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# ACTION IN PRACTICE

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## WHAT THIS TOOLKIT COVERS

This toolkit offers a range of practical, accessible actions anyone can take to support abortion access, along with guidance for assessing personal capacity, risk, and skillsets.

## BEFORE YOU BEGIN

Before launching into action, we recommend starting with these SYA toolkits:

- ☐ [What Kind of Activist Am I?](#)
- ☐ [How to Conduct a Landscape Analysis](#)

Before jumping into action, it helps to take a little time to get grounded.

A little preparation goes a long way. Understanding the needs and strengths of your community will make your efforts more effective and impactful. Taking action rarely means starting from scratch; it means plugging into the work in ways that build real power.

## WHO THIS TOOLKIT IS FOR

This toolkit is for anyone ready to take action but unsure where to start. Whether you're showing up on the frontlines, working behind the scenes, or mobilizing your community, you'll find practical strategies to help you get involved in ways that fit your strengths and capacity.

The fight for abortion access is vast and varied—there's no one right way to contribute. The actions outlined here represent a wide range of possibilities, designed to accommodate different abilities, personalities, and schedules.

Some might feel like a perfect fit; others might not resonate with you right now. That's okay. This isn't a checklist—it's a starting point to spark your creativity and help you find your place in the movement.

Your age, background, or skill set doesn't determine your impact. The most important thing is that you show up and are ready to learn. The movement needs people of all kinds, doing work in all kinds of ways. And remember: you don't have to reinvent the wheel. Many groups are already doing this work; sometimes, the most powerful thing you can do is support and strengthen what's already there.

Abortion access requires all of us. As you move through this toolkit, stay open to new ideas, trust your instincts, and know that your role—whatever it may be—is essential.

## EVALUATING LEGAL AND PERSONAL RISKS

Taking action to support abortion access requires thoughtful consideration, especially given the shifting legal landscape across different regions. The actions in this toolkit are intended to offer inspiration, not directives. What you choose to do, and how, is entirely up to you.

Certain identities—such as race, immigration status, gender identity, or socioeconomic background—place some of us at greater risk than others.

What feels low-risk for one person might carry significant consequences for someone else. Ultimately, each of us must decide what level of risk we are comfortable taking based on our personal circumstances.

To better understand potential risks and how to protect yourself, we recommend reviewing *Shout Your Abortion's Toolkit on Security for Activists*, which offers practical guidance on staying safe while engaging in this work.

## DIRECT SUPPORT FOR PEOPLE SEEKING ABORTIONS

### VOLUNTEER WITH LOCAL ORGANIZATIONS:

Start by researching local groups (see SYA's *Landscape Analysis Toolkit*) to see who's already doing the work. Check their website or social media for volunteer opportunities, or send a short email introducing yourself and asking how you can help. Don't expect an immediate response—organizers are balancing a lot—but be patient and follow up if needed.

- **GOOD FIT FOR:** Organizers, Caretakers, Advocates
- **TIME COMMITMENT:** Low to High
- **SPECIALTIES:** Willingness to learn, flexibility, ability to take initiative
- **RISK LEVEL:** Low

Apiary for Practical Support is a great place to start: [ApiaryPS.org/psolist](https://apiaryps.org/psolist)

### PROVIDE PRACTICAL SUPPORT TO ABORTION SEEKERS:

Practical Support Organizations (PSOs) provide logistical assistance for people seeking abortion care, including transportation, lodging, childcare, meal assistance, direct cash support, translation services, accompaniment to appointments, and more. Providing practical support means engaging with pregnant people, who can be vulnerable in a number of ways.

Doing it right requires training, vetting, and preparation. Luckily, there's an organization that specializes in just that!

### RAISE MONEY FOR/DONATE TO ABORTION FUNDS:

Abortion funds provide direct support to people seeking care. If you have the means, donate to a local fund. If donating directly isn't accessible, you can still make a significant impact by organizing a fundraiser. A fundraiser could be anything from a bake sale, benefit dinner or DJ night, art auction, tattoo flash day, or an online campaign. Even small amounts add up and make a difference, plus, it's a great way to meet people who are passionate about supporting abortion.

- **GOOD FIT FOR:** Organizers, Caretakers, Amplifiers
- **TIME COMMITMENT:** Medium to High
- **SPECIALTIES:** Networking, social media, event planning
- **RISK LEVEL:** Low

Apiary for Practical Support offers [Hivemind](https://apiaryps.org/hivemind), a training program designed to equip volunteers with the skills and knowledge needed to do this work responsibly.

Learn more here: [ApiaryPS.org/hivemind](https://apiaryps.org/hivemind)

- **GOOD FIT FOR:** Caretakers, Organizers
- **TIME COMMITMENT:** Medium to High
- **SPECIALTIES:** Discretion, problem-solving, reliability
- **RISK LEVEL:** Medium to High

## STOCK UP ON THE ESSENTIALS:

Having a small stash of reproductive health supplies can make a big difference when someone needs support immediately. Stock emergency contraception (like [Plan B](#) or [Ella](#)), pregnancy tests, and one round of abortion pills. Keep these in your medicine cabinet as you would flu medicine or pain relief—just in case they're needed.

These supplies can help bridge the gap when access is delayed or information is hard to find. Being prepared means you can respond quickly when someone reaches out for help,

and then restock once it's used. Abortion pills have a shelf life of about two years, and Plan B remains effective for four years if stored as directed.

- **GOOD FIT FOR:** Everyone
- **TIME COMMITMENT:** Low
- **SPECIALTIES:** Discretion, organization, communication
- **RISK LEVEL:** Low to High (depending on legal context)

## STRENGTHENING INFORMATION ACCESS & NETWORKS

### SHARE ACCURATE ABORTION INFORMATION:

Misinformation about abortion is everywhere, and one of the simplest, yet most impactful, actions you can take is to share accurate, up-to-date information. Post reliable resources on social media, text friends, and talk openly when opportunities arise. Information about self-managed abortion, legal resources, and how to find trustworthy providers can be life-saving.

See Shout Your Abortion's [Resource Directory](#) for a list of trusted organizations.

- **GOOD FIT FOR:** Amplifiers, Caretakers, Strategists
- **TIME COMMITMENT:** Low to Medium
- **SPECIALTIES:** Communication, social media
- **RISK LEVEL:** Low to Medium (depending on location and platform)

### ABORTION ACCESS INFO STATION:

An Info Station is a physical, community-based hub where people can access accurate, stigma-free information about abortion care. These stations are placed in trusted, everyday spaces like bookstores, cafés, community centers, and mutual aid hubs. See Shout Your Abortion's toolkit for a step-by-step guide on [setting up an Abortion Access Info Station](#) in your community.

**RECOMMENDED READING:** *Mutual Aid: Building Solidarity During This Crisis (and the Next)* by Dean Spade.

- **GOOD FIT FOR:** Amplifiers, Organizers, Caretakers
- **TIME COMMITMENT:** Medium to High
- **SPECIALTIES:** Community outreach, organization, information design
- **RISK LEVEL:** Medium (varies by location and visibility)

### ASK YOUR LOCAL LIBRARY OR BOOKSTORE TO CARRY ABORTION-RELATED BOOKS:

Encouraging your local library or bookstore to carry books about abortion helps normalize access to accurate, compassionate information. Suggest titles that cover abortion history, reproductive justice, and personal stories, making these resources more visible and accessible to your community. Most libraries have a dedicated online form that you can fill out in order to request a book be purchased and added to the library's collection. Try searching the name of your library and "purchase request" or "suggest a purchase."

Often, the form will pop right up in search results. You can also talk to a librarian in person, or try calling your local branch. Once you succeed, consider starting a bookclub with your friends!

- **GOOD FIT FOR:** Amplifiers, Advocates
- **TIME COMMITMENT:** Low to Medium
- **SPECIALTIES:** Communication, research, advocacy
- **RISK LEVEL:** Low

## TAKE A CLASS ON ABORTION PILLS:

[Self-Managed Abortion; Safe & Supported \(SASS\)](#) is the US project of Women Help Women, a global nonprofit that advocates for everyone's right to access safe, reliable information about abortion with pills. Their training program teaches the basics of abortion pills—how they work, how people access them, and how to share accurate, compassionate information with others. By completing SASS training, you'll gain practical skills to confidently share resources and push back against misinformation.

Visit [AbortionPillInfo.org](#) to learn more about trainings.

- **GOOD FIT FOR:** Caretakers, Amplifiers, Organizers
- **TIME COMMITMENT:** Medium to High
- **SPECIALTIES:** Education, communication, harm reduction
- **RISK LEVEL:** Medium (varies by location and how you share information)

## DIRECT ACTION

### PUBLIC ART AND STREET MESSAGING:

Public art and street messaging involves using creative, eye-catching tactics to share abortion information and shift cultural narratives. Stickers, wheatpasting, posters, and chalk messages turn everyday spaces into platforms for information about abortion. Slap QR-code stickers in bathrooms and around the street, wheatpaste posters in high-traffic areas, or use chalk on sidewalks. See Shout Your Abortion's [Guide to Wheatpasting](#) for more information on this form of direct action. Before getting started, make sure to check local laws and evaluate your personal risk assessment.

- **GOOD FIT FOR:** Amplifiers, Frontline Activists
- **TIME COMMITMENT:** Low to Medium
- **SPECIALTIES:** Creativity, design, messaging
- **RISK LEVEL:** High

Check out [CrimethInc](#), a collective that shares readings, tools, and resources for developing direct actions and grassroots organizing.  
[CrimethInc.com](#)

## HOST A COMMUNITY TEACH-IN:

Hosting a community teach-in is a powerful way to share essential information about abortion. These gatherings can be casual or formal—held in living rooms, libraries, or community centers—and provide a space for people to learn, ask questions, and get involved. Consider inviting experts from your community to talk about their work, invite people to share personal stories about abortion, host a Q&A with abortion providers, or collaborate with local abortion funds for insights on current needs and challenges.

Visit [The Commons Social Change Library](#) for a collection of resources to help you learn all about activism, organizing, and campaigning.  
[CommonsLibrary.org](#)

- **GOOD FIT FOR:** Amplifiers, Organizers, Advocates
- **TIME COMMITMENT:** Medium to High
- **SPECIALTIES:** Public speaking, event planning, community engagement
- **RISK LEVEL:** Medium to High (depending on the content, location, and visibility)

### ATTEND A PROTEST OR RALLY:

Protests and rallies are powerful, visible ways to demand abortion access and show solidarity with the movement. You can organize your own demonstration or join existing actions; Both are valuable forms of participation. If attending a rally, bring bold, clear pro-abortion signage. See Shout Your Abortion's [collection of printable posters](#) or make your own! If joining an existing action, consider reaching out to local organizers and coordinating with trusted groups. Thoughtful participation strengthens collective action, so take time to understand the protest's demands and respect the organizing efforts behind it.

- **GOOD FIT FOR:** Frontline Activists, Organizers
- **TIME COMMITMENT:** Low to High (depending on level of involvement)
- **SPECIALTIES:** Public presence, coordination, messaging
- **RISK LEVEL:** Medium to High (depending on location and visibility)

## EXPOSE FAKE CLINICS (AKA CRISIS PREGNANCY CENTERS):

**Crisis Pregnancy Centers** (CPCs) exist to mislead and manipulate people seeking abortion care, often spreading misinformation and delaying access to time-sensitive services. You can help combat their deceptive practices by leaving truthful, fact-based reviews on Google, Yelp, and similar sites. Use resources like the Crisis Pregnancy Center Map to find CPCs in your area and learn more about how they operate. Your reviews can warn others, reduce these centers' online visibility, and help direct people toward legitimate abortion resources. Just be mindful of your digital security and consider using a pseudonym if needed.

Looking for more ideas? *Beautiful Trouble* is a collective that provides creative tools, strategies, and resources for designing effective direct actions and building impactful social movements. [BeautifulTrouble.org/toolbox](https://BeautifulTrouble.org/toolbox)

- **GOOD FIT FOR:** Amplifiers, Advocates
- **TIME COMMITMENT:** Low
- **SPECIALTIES:** Research, writing, digital organizing
- **RISK LEVEL:** Low to Medium (depending on digital privacy practices)

## CREATIVE & MEDIA-BASED ACTIVISM

### CREATE PRO-ABORTION ART:

Art has always been a powerful tool for social change, and the fight for abortion access is no exception. Creating posters, zines, stickers, and other visuals can make complex or unfamiliar information more accessible while pushing back against stigma. Whether you're screenprinting in your living room, drawing a comic about your abortion story, or designing graphics for social media, these pieces can be distributed in public spaces, at events, or within your community to keep abortion access visible.

- **GOOD FIT FOR:** Amplifiers, Frontline Activists
- **TIME COMMITMENT:** Low to Medium
- **SPECIALTIES:** Art, design, storytelling
- **RISK LEVEL:** Low to Medium (depending on content and distribution methods)

### HOST A STORYTELLING EVENT:

Storytelling is one of the most powerful ways to break stigma and build solidarity. Organize a storytelling event where people can share their abortion experiences in a supportive, judgment-free space. Whether it's a casual gathering at someone's house, a public event at a community center, or a virtual session, these stories help personalize the fight for abortion access and remind people they're not alone. Consider recording the stories (with consent) to share more widely or publishing a zine with the collected narratives.

- **GOOD FIT FOR:** Amplifiers, Organizers
- **TIME COMMITMENT:** Medium to High
- **SPECIALTIES:** Event planning, facilitation, storytelling
- **RISK LEVEL:** Low to Medium (depending on location and publicity)

### WRITE CARDS OF SUPPORT FOR YOUR LOCAL CLINICS:

Clinic staff and abortion providers face immense pressure and hostility, often working in high-stress environments while continuing to show up for their communities. Writing cards of support is a simple but meaningful way to show solidarity and let providers know their work is valued. Gather friends or community members for a card-writing night, or send individual notes directly to clinics. It might feel like a small gesture, but it does more than you know. Reminding clinic

staff that they are not alone and that their work is deeply appreciated. Consider using postcards as opposed to cards in envelopes, in order to avoid raising security flags and make sure your message is received.

- **GOOD FIT FOR:** Caretakers, Amplifiers
- **TIME COMMITMENT:** Low
- **SPECIALTIES:** Writing, empathy, community care
- **RISK LEVEL:** Low

## WHAT COMES NEXT

You've explored a range of possible actions, completed a landscape assessment, identified your activist type, and reviewed our security guides—now it's time to take action. There's no perfect place to start. Choose one action that aligns with your skills, interests, and capacity, and make a plan to follow through. If you hit a roadblock, reach out to a friend or fellow activist to help you problem-solve. This work is always easier when we do it together. Every action you take, no matter the size, helps build a stronger, more resilient movement.

## RESOURCES

### APIARY FOR PRACTICAL SUPPORT:

A national hub for groups that provide logistical assistance to people seeking abortions.

[ApiaryPS.org/pso-list](https://apiaryps.org/pso-list)

### BEAUTIFUL TROUBLE:

A collective that provides creative tools, strategies, and resources for designing effective direct actions and building impactful social movements.

[BeautifulTrouble.org/toolbox](https://BeautifulTrouble.org/toolbox)

### THE COMMONS SOCIAL CHANGE LIBRARY:

A collection of resources to help you learn all about activism, organizing, and campaigning at

[CommonsLibrary.org](https://CommonsLibrary.org)

### CRIMETHINC:

A collective that shares readings, tools, and resources for developing direct actions and grassroots organizing.

[CrimethInc.com](https://CrimethInc.com)

### CRISIS PREGNANCY CENTER MAP:

Find CPCs in your area and learn more about how they operate.

[CrisisPregnancyCenterMap.com](https://CrisisPregnancyCenterMap.com)

### *Mutual Aid: Building Solidarity During This Crisis (and the Next)* by Dean Spade

Learn more about how to organize to meet immediate needs in your community.

[DeanSpade.net](https://DeanSpade.net)

### SELF-MANAGED ABORTION; SAFE & SUPPORTED (SASS):

A support service that provides information and one-on-one support for those in the U.S. looking to end their own pregnancies and provide trainings on the basics of abortion pills.

[AbortionPillInfo.org](https://AbortionPillInfo.org)