

## 5 SIMPLE TIPS TO PROTECT YOURSELF IF YOU THINK YOU COULD BE PREGNANT

Abortion bans in many states **criminalize** miscarriage, testing positive for any drugs including weed, self harm and suicide, and even being drunk, even if you did not know you were pregnant. There are even documented cases in the past few years of women being blamed and charged with "feticide" after being *attacked by another person*.

**1. Never tell a medical provider the "first date of your last period"** if you are pregnant, seeking an abortion, or seeking medical care for a miscarriage. This quasi-scientific, often inaccurate way of calculating your "due date" can be used to tie you to a legal cutoff time in states that have a six week abortion ban.

The safest thing is to say you don't remember. They may pressure you to give a date. Don't give one and don't allow them to make one up (e.g. from an ultrasound: ultrasounds are largely inaccurate as well.)

**2. There is no medical test that can distinguish between a miscarriage and an abortion.** Never tell a medical professional details of a self-managed abortion or menstrual extraction, even if they say they must know. If you are seeking treatment, always say you are having a miscarriage, or better, that you did not know you were pregnant. Many hospitals are run or funded by anti-abortion churches and do not disclose this. Depending where you live, there is a high likelihood you could be treated as a criminal if they decide they have "probable cause" you might have attempted to access abortion. **Medical providers have been known to lie and say they have "tested" you and found your miscarriage to be induced. This is a lie intended to trick people into confessing. Don't fall for it.** People have gone to jail in the U.S. in the last few years because they got confused on this point.

**3. Watch out for digital "evidence" that may be used against you.** If you are seeking medical care in a state that has criminalized abortion/miscarriage, police may end up able to subpoena you if they decide they have "probable cause". This means they can take your phone, go through your messages and search history, search your house, your car, even your trash. Be very careful how you communicate about what you are going through. Use secure communication whenever possible and do not use period tracker apps.

**4. If you are getting bloodwork, even for an unrelated procedure, be aware that you may be pregnancy-tested and drug tested, sometimes without your consent.** In some states, recipients of WIC or food stamps can be drug-tested without consent and can lose benefits if you test positive. In other states such as texas, a positive drug test in someone who is pregnant (even if you don't know you're pregnant) can face criminal prosecution for "child abuse". This is a brutal fact that limits everyone's ability to get basic health care--but you should know that's what they're doing.

**5. Know where people in your life stand on this issue and identify who is and isn't your real support.** The vast majority of americans don't want abortion banned, and even those who oppose abortion mostly don't want people to be sent to prison over a miscarriage. But as things stand now, if you go to the wrong person, they could snitch and you could be sent to jail or forced to carry a pregnancy to term and deliver. Find out ahead of time whenever possible who can be trusted to help you and who can't. Don't assume a health care provider you haven't met is in your corner.

RESOURCES AND STATISTICS ON REVERSE ----->

**The risk of death from childbirth is 10x higher than the risk of death from having an abortion.**

According to StatPearls on the National Institute of Health website, the total abortion-related complication rate (including all sources of care including emergency departments and the original abortion facility) is approximately 2%.

**One in three of all pregnancies ends in a miscarriage.**

**49% of pregnancies that happen in the United States every year are unintended. Half of those will result in an abortion.**

By the age of 45, 35% of women in the US will have had at least one abortion.

Only 5% of women who need contraception are not using a method while having intercourse, yet this small group accounts for 47% of the 3 million unplanned pregnancies that occur in the US every year.

**88% of abortions that take place in the US are performed during the first trimester. Only 2% of abortions happen after 21 weeks.**

In one study of women who were having an abortion at 16 or more weeks, a substantial percentage said the delay occurred because they needed time to raise money.

23%. That's the percentage of Catholics who believe that abortion should be illegal in all circumstances. Many protestant denominations support being Pro Choice. Catholic women are 29% more likely than Protestants to have an abortion, but are as likely as all women nationally to do so.

Nearly one-third of all abortions after 12 weeks are obtained by teenagers.

### ***Life Begins At Conception***



Life begins at the moment of conception. To say otherwise is not only to deny the word of God, but to defy science. An abortion takes the life of a living person, whether the procedure occurs in the first week of pregnancy or the last.

### ***Life Begins At 40!***



I'm sorry, but I must strongly disagree with Ms. Brewster. Life begins at 40!

For anyone out there about to turn the big four-oh and dreading it, let me assure you: I myself just hit the milestone earlier this year and, like a bottle of fine wine, I'm only getting better with age. As far as I'm concerned, 40 is when life really begins!

The truth is, you're only as old as you feel. And I've