

Pro-choice things to do while you're stuck at home



**Abortion Rights
Coalition of Canada**

**Coalition pour le droit à
l'avortement au Canada**

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Cooped up at home? Here's a list of pro-choice activities to help keep you occupied during the coronavirus pandemic. Thank you for your valuable support and activism!

Stay safe and stay active!

1. Thank your local abortion provider:

- a. Find a service provider
(Action Canada for Sexual Health and Rights)
- b. List of abortion clinics, doulas, support services
(ARCC-CDAC)



2. Support abortion rights by donating to:

- a. Abortion Rights Coalition of Canada
- b. Action Canada for Sexual Health & Rights
- c. Norma Scarborough Fund
- d. National Abortion Federation (NAF) Canada
- e. Clinic 554 in Fredericton NB
- f. Your local clinic
- g. Your local pro-choice group



3. Get paid to do pro-choice work:

- a. ARCC is recruiting an experienced web designer to redesign and reconstruct our website. Please send your resumé and samples of your work to info@arcc-cdac.ca.



- b. Check out the [Job and Internship Opportunities](#) at Action Canada for Sexual Health and Rights.

4. Volunteer for ARCC:

Please contact us (info@arcc-cdac.ca) if you'd like to help with:

- a. Writing for our [Reproductive Justice blog](#) at Rabble.ca
- b. Translating documents into French (native speakers only)
- c. Translating our key documents into Mandarin, Punjabi, and other common languages spoken in Canada
- d. Administrative tasks



5. Take action:

- a. Support Clinic 554 in New Brunswick:
 - o Sign the [petitions to the provincial government](#) and to the [federal government](#).
 - o [Donate to the clinic](#).
- b. Protest against aborted fetus images in your community. [Write your municipality](#) and ask for a bylaw to restrict graphic advertising and flyers in your community.
- c. [Complain to Ad Standards](#) about an inaccurate or demeaning anti-choice advertisement in your community.



6. Speak out:

- a. Write a letter to the editor (or an op-ed or blog), on the critical importance of abortion services, including during the pandemic. (Consult ARCC's [list of COVID-19 resources](#).)
- b. Dispel myths and misinformation by sharing pro-choice facts with friends, family, acquaintances, your community, your religious community.
- c. Post pro-choice comments on websites and news sites.
- d. Establish contacts with your local MP / MPP / MLA to discuss reproductive rights issues. (Here's a [sample letter for MPs](#).)
- e. Be inclusive in language around reproductive justice by specifically naming trans men, non-binary, and gender diverse people alongside women. Trans women are women.



7. Be artistic:

- a. Design and donate a graphic for media outlets to use as a stock illustration for abortion-related articles. (ARCC will add it to our [stock photo resource](#).)
- b. Download feminist colouring pages:
 - o From [Gender Focus](#)
 - o From [National Women's Law Center](#)
- c. Read pro-choice poetry or write your own.
- d. Listen to pro-choice music and abortion rights protest songs, or write your own pro-choice song.



8. Educate yourself:

- a. Check out [COVID-19 info, advice, resources, and news](#) specific to abortion and other sexual and reproductive healthcare.
- b. Take an online class with the [Alberta Society for the Promotion of Sexual Health](#) (ASPSH)
- c. Attend a webinar with [Action Canada for Sexual Health and Rights](#).
- d. Read ARCC's [Position Papers](#) that set out our official positions on a wide range of issues related to reproductive rights and healthcare in Canada.
- e. Know your MP's stance on abortion.
- f. Learn how to identify a fake clinic (anti-choice "crisis pregnancy centres").



9. Share your story:

- a. Tell someone about the abortion you had.
- b. Shout Your Abortion
- c. Read about other stories:
 - o The Sovereign Uterus stories were effective in PEI's campaign for access.
 - o Six Canadian moms share the stories of their abortions (Aug 2019)
 - o Why I'm talking about my abortion. Three Toronto women open up (Oct 2019)
 - o Ending a Wanted Pregnancy



10. Watch pro-choice films:

- a. How a Crop of New Movies Is Changing the Narrative About Abortion (Mar 13, 2020)
- b. Comprehensive catalog of pro-choice films, including many foreign language films.
- c. ARCC's partial list of pro-choice films
- d. Watch some of The Abortion Monologues (or read them all in an e-book).



11. Read pro-choice books:

- a. Here's a searchable list of abortion-related books, including foreign language books. (It's the most comprehensive list on the Internet and excludes anti-choice books.)



12. Get some pro-choice swag:

- a. Abortion Rights Coalition of Canada:
 - o Stickers and postcards
 - o T-shirts, tote bags, mugs
- b. Pro-choice art (Etsy)
- c. Pro-choice art prints (Society 6)
- d. Pro-choice T-shirts: Spreadshirt • Teepublic

