



Abortion Conversation Projects

CREATIVITY. CONNECTION. FUNDING.

Real Talk About Abortion: Conversation Starters

At Abortion Conversation Projects, we want to help you engage in positive discussions about all reproductive experiences. Here are some guidelines that can help:

Ground Rules For Safe Spaces

- Listen actively and without judgment, taking turns of about 3 to 5 minutes.
- Summarize what you hear in your own words to ensure understanding.
- Use “I” sentences to focus on your own experiences and to avoid generalizing about others.
- Have courage to question what you hear, but focus on clarifying ideas, not challenging the speaker.
- Keep conversations confidential unless you get permission to share.

Conversation 1: Why abortion access for all?

- Is there an event in your life that moves you to advocate for abortion access and reproductive justice? What is it? Please tell the story.
- How do you think inequalities around gender, race, and economics impact people's reproductive experiences?
- What do you think marches and rallies can accomplish?

Conversation 2: Talking about abortion.

- Has anyone ever talked to you about having an abortion, or asked you for help?
- Do you think it is difficult for people who need an abortion to ask for information or support?
- Are you someone your friends, coworkers, your children or their friends can talk to about reproductive issues? How do you let them know you are open to talking?
- Tell about an experience of abortion -- either your own or someone else's. What was the situation? Was there support? What does having an abortion mean? What feelings does it bring up?

Conversation 3: Pregnant?

- Have you ever been pregnant, or missed a period and had a pregnancy “scare?” What was it like trying to decide what was right for you?
- If you have never been pregnant, talk about how it would be if you just discovered you or someone you love were pregnant right now. What would come up regarding relationships, family, career, education, hopes, goals, and dreams?

Conversation 4: Carrying it on.

- What encourages or discourages you from identifying as an advocate for abortion access among your friends, family, coworkers, classmates, neighbors?
- What do you see as the next step in helping people have constructive conversations about abortion and other reproductive experiences?

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