

**Unitarian Universalists for
Reproductive Justice**

RESOURCE GUIDE

Main Line Unitarian Church
Devon, PA
2023

PREFACE

On April 29, 2023, the Unitarian Universalist Reproductive Justice Team of MLUC held a fun, educational and intergenerational event with the theme of ***Reproductive Justice – Spring Into Action.***

This resource guide contains an outline of our event, a room map, and information about the issue tables and activities.

We also include a sample of sources for reliable information and ideas for legislative advocacy and action.

Please join us in this fight for ***Reproductive Justice for ALL!***

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WHAT IS REPRODUCTIVE JUSTICE?

As defined by [SisterSong](#), the largest national multi-ethnic reproductive justice collective in the United States, **Reproductive Justice is the human right to:**

- Maintain personal bodily autonomy
- Have children
- Not have children
- Parent the children we have in safe and sustainable communities

Modeled on the [Universal Declaration of Human Rights](#), reproductive justice demands that **EVERY person have both the choice *and the resources* to make decisions concerning reproduction.**

Among other things, it advocates for:

- Comprehensive sex education for all students
- Adequate wages to support families
- Access to and funding for contraception and abortion
- Freedom from violence, e.g., domestic violence and police violence
- The right of all people to self-determination in the creation of how, when, and why they do or do not create families

Where there is “freedom of choice” but no realistic access to the resources necessary to make those choices, the right cannot be said to apply to all people. **We must advocate for a system in which everyone** has both the legal right to choose what happens to their body and the resources to make those choices.

For those reasons, we must support reproductive justice for persons who can get pregnant and have a child. This advocacy will necessarily involve support for many different initiatives. For example:

- We must take a stand against legal challenges to the right of bodily autonomy.
- We must support the movement for an adequate wage for all workers. This way, people can access the reproductive services they need and have the opportunity to parent children in safe, healthy, and dignified environments.
- We must teach our students the difference between choice and access and emphasize why it is important for all people to have access to the resources and services they require.

The struggle for reproductive justice is not easy, but it must continue until everyone is able to control their reproductive lives. The health, safety, and dignity of all communities depend on it.



The [Unitarian Universalist Reproductive Justice Team](#) at the [Main Line Unitarian Church](#) (MLUC UURJ) collaborates with other reproductive justice organizations and churches to keep abreast of what's happening in Pennsylvania. Our primary partner is UUJusticePA's Reproductive Justice Team (Unitarian Universalist Justice Pennsylvania is a UU advocacy network: <https://uujusticepa.org>).

The UUJusticePA Reproductive Justice Team has monthly Zoom meetings on the third Wednesday at 7:30pm.

For details go to:

<https://uujusticepa.org/reproductive-justice/>

The Reproductive Justice Team supports and advocates for legislation that gives people **the right to have or not to have children**, improves **maternal and child health**, provides for **safe and healthy environments** in which to raise children, and supports the rights of individuals to **express their sexuality without fear of oppression**.

We support an individual's right to obtain birth control and abortion and seek to make both easily accessible and affordable for all. Other issues include addressing reproductive inequities among members of marginalized communities including racial, ethnic, and religious minorities, LGBTQIA+ individuals, incarcerated persons, and those living in poverty.



OTHER RELIGIOUS COALITIONS FOR REPRODUCTIVE JUSTICE

Pennsylvania Religious Coalition for Reproduction Justice

<https://parcrj.org>

Religious Coalition for Reproductive Choice

<https://rcrc.org>

National Council of Jewish Women (NCJW)

<https://www.ncjw.org>

LEARN HOW TO REACH OUT TO ELECTED OFFICIALS

There are multiple ways to reach out to your elected officials to advocate for change and to express your concerns. Whatever your political affiliations, contact with elected representatives—local, state, and federal—is a great way to take action against laws and policies that violate gender and racial equity. <https://www.usatoday.com/story/college/2017/01/24/5-ways-to-contact-your-elected-officials-and-make-your-voice-heard/37427477/>

Destigmatizing Abortion: You Might Be Doing Abortion Advocacy Wrong!
<https://nwlc.org/destigmatizing-abortion-you-might-be-doing-abortion-advocacy-wrong/>

TIPS FOR LEGISLATIVE ADVOCACY

(Courtesy Susan Tachau, at Main Line Unitarian Church Spring into Action event, 4.29.23)

Points to Remember When Meeting with Your Legislators

- Learn who your legislators are and do your research about their backgrounds, interests, boards they serve on, etc., so that you can find ways to connect.
- Make an appointment to meet with your representative in Harrisburg or Washington, D.C., to talk about a legislative issue (or you can meet in the district if the General Assembly is on recess). You may meet with a member of the legislator's (or committee's) staff. Your message will be relayed.
- Identify yourself as a constituent (or how you're connected to the district.)
- Take a friend for support if that will help you feel more confident.
- Arrive at your meeting on time.
- State your issue or issues—no more than two—clearly and provide a solution.
- Ask for action in support of your position.
- Leave a simply written fact sheet.
- Write a thank you note that summarizes the issue or issues and action promised.

Pennsylvania's Budget Process in Brief with Advocacy Opportunities

(Courtesy Susan Tachau, at Main Line Unitarian Church Spring into Action event, 4.29.23)

1. Overview

Pennsylvania's fiscal year begins July 1 and ends June 30 of the following year. While Pennsylvania must pass a balanced budget, there is no constitutional requirement that a budget be in place by June 30. To ensure, however, that funding for all state programs continues, the budget should be completed and signed by the governor by midnight on June 30.

2. Budget Process Beginnings

The budget process begins almost a year before the General Assembly passes a budget bill. In August, state agencies begin preparing budget requests based upon guidance provided by the Governor's Budget Office. Typically, state agencies are instructed to keep their budget requests within a small increase (or no increase) over the current year's budget. State agencies usually submit their budget requests to the Governor's Budget Office in late fall (October or early November).

During October through January, the Governor's Budget Office and other key staff develop a budget document that is released in February, mid-way through the fiscal year. During the first week in February (unless it is a year in which the governor is first inaugurated, then delayed until March), the governor addresses the joint General Assembly with the state-of-the-state budget speech highlighting aspects of the proposed budget along with the priorities for the Commonwealth for the next fiscal year. The day of the budget address, all budget documents are available on the [Governor's Budget Office website](#).

Advocacy Opportunity

Advocacy around the budget is like advocacy around other legislation. It's important to understand the timing of the process. Write letters, send emails, make calls, and meet with the Secretaries of the agencies in August, September, and October.

3. Budget Hearings

Soon after the budget address, the House of Representatives and Senate hold several weeks of appropriations hearings with all state agencies about the details of their agency's proposed budget. Appropriations Committee members ask specific questions about the budget as well as specific programs and initiatives for each state agency. The Governor's Budget Office also appears and responds to questions to defend the governor's proposed budget.

Advocacy Opportunity

Meet with members of the Appropriations Committee (and their staff) and members of the relevant committee (e.g., Health, Human Services, Labor and Industry) and submit questions that the member can ask the administration during the appropriations hearings. The dates for the hearings are posted on the [General Assembly website](#).

4. Projecting Revenues

The main reason the introduction and debate over the budget bills is so close to the end of the fiscal year is related to determining the best estimate for projected revenues. The end of a fiscal year gives a clearer picture of whether there will be any shortfalls or surpluses in funding that will carry over to the next fiscal year. Potentially, there could be six different revenue projections because the Governor's Budget Office, the Independent Fiscal Office, and both caucuses (Democrat and Republican) of each chamber (House of Representatives and Senate) make projections. There needs to be a general agreement about the anticipated revenues, "cost-to-carry" estimates, and the amount of a structural deficit (if any) to determine the projected General Fund spend number to ensure a balanced budget.

Advocacy Opportunity

Meet with or call your party's Appropriations Committee staff member (the staff responsible for a specific area of the budget you're interested in) and ask what the projected revenue number is. You can better frame your recommendations if they are based on this information.

5. The Budget Bills

After the General Assembly's appropriations hearings, a budget is drafted and introduced (typically in May or early June). Usually, the bill reflects each chamber's budget priorities. The budget bill then goes through the normal legislative process. After the General Assembly passes the budget bill, the governor has the opportunity to sign the bill, veto the bill, permit the bill to become law without signing it, or line-item veto particular items. A line-item veto means specific lines or budget items can be stricken out of the document before the governor signs the bill. The General Assembly can override a bill's veto or a line-item veto with a two-thirds majority in each chamber.

There are other related budget bills that usually pass along with the budget, including the Fiscal Code, that provides rules and guidelines on how to spend the funds adopted in the state budget.

Advocacy Opportunity

In recent years, the majority party has controlled the priorities set forth in the budget, with the minority party being included in the discussions only at the end of the process. It's important that the leadership of *both* parties, as well as the budget secretary and the governor, know your interests. Note: in 2023, the governor is a Democrat, the House is controlled by the Democrats (narrowly), and the Senate is controlled by the Republicans.

6. Why Care About the Budget?

Even though it may seem as though the state budget is only important for politicians, it actually has a major impact on your life. Understanding the state budget provides insight into the governor's and legislators' priorities because the budget determines how much is spent, or not spent, on key programs and services. Even small cuts can have a devastating impact. The budget also informs us about how our elected officials plan to raise the revenue needed to pay for these programs and services.

Advocacy Opportunity

When advocating for a particular initiative, it's important to be sure that funding is dedicated to implementing the program and that this funding is included in the final, approved budget.



LEGISLATIVE PRIORITIES 2023-2024

Reproductive Freedom

<u>Reproductive Rights Amendment</u>	<u>Protection for Nurses Providing Reproductive Health Services</u>	<u>Protecting Patients' Reproductive Healthcare Information</u>	<u>Ensuring Reproductive Rights through the Bodily Autonomy Act</u>	<u>Prohibiting Cooperation with Out of State Criminal Abortion Investigations</u>
<u>Reducing Cost Barriers to Abortion</u>	<u>Constitutional Right to Privacy</u>	<u>Protection of Pregnancy Persons' Privacy</u>	<u>Insurance Coverage for Infertility Services</u>	<u>Access to Contraceptives</u>
<u>Setting Standards for Family Planning Services</u>	<u>Prohibiting Spousal Notice for Abortions</u>	<u>Menstrual Education in Schools</u>	<u>Combating Fertility Fraud & Deception</u>	<u>Menstrual Equity Act</u>

Go to
<https://pawomenshealthcaucus.com/members/>
to see whether your local legislators are
members of Pennsylvania
Women's Health Caucus.

LET'S TALK ABOUT ABORTION

Developed by Liz Martin and Judy Wilson

Spring into Action Event: Two sessions 20-30 minutes. Groups closed groups once discussion is started.

Purpose: For us to engage in reproductive justice work, we must be in touch with and understand our own values and beliefs before we can talk to others effectively. Today's session is simply an "appetizer or introduction" to a larger conversation in a day's workshop. The questions below are given to each person and encourages discussion.

Think About These Questions:

- Do you know anyone including yourself who's had an abortion?
- Do you believe people should be allowed multiple abortions?
- Should abortions be subsidized by the government (i.e., Medicaid) or covered by insurance?
- Should there be abortions after 22 weeks?
- Do you believe in exceptions for abortions such as rape, incest, health of mother, or birth abnormalities, etc. Which ones?
- Should there ever be mandatory or forced abortions? When? What about pregnant people who are severely handicapped, mentally ill, or imprisoned?
- Should abortions be allowed for minors? Without parental consent?
- Should abortions be available to trans people?
- Thoughts on free contraception?
- Do you agree public school sexuality education should be optional and left up to the parents?

Discuss

(For more information, go to: <https://abortionfunds.org/heart-to-heart/>)

See next page for helpful approaches to talking about abortion.



REDUCING PUSHBACK, AVOIDING STIGMA, HELPFUL APPROACHES

INSTEAD OF ...	SAY THIS ...	WHY?
• Pro-choice or Pro-life	• Support women's decisions; anti-abortion, abortion opponents	• People often identify as both pro-choice and pro-life, so the labels are not useful in messaging.
• Mother	• Woman, person	• Using "mother" ties the pregnant person to only one role, erasing their autonomy. Try to use gender neutral language like "person" where possible because women are not the only people who get abortions.
• Person's choice	• Personal decision • Important life decision	• A "decision" is more serious than "choice," which can be perceived as less thoughtful and impulsive.
• Abortion should be safe, legal, and rare	• Abortion must be available and affordable • Abortion must be safe, legal, and within reach.	• Saying "rare" increases stigma and can create support for restrictions. Legality alone does not mean people have access to abortion.
• We can't go back to pre-Roe days • If Roe is overturned, women will die from back alley abortions	• We all want to be able to live a safe and healthy life and be free to define our own path.	• So much has changed since 1973, including internet access to medication abortion. Threats of women dying now are less believable and not helpful. Communicate positive values to build support for abortion that is safe, affordable, and available
• Talking about codifying Roe	• Abortion must not only be legal, but also available and affordable for all people. • Legal abortion is the floor, not the ceiling.	• Messages should highlight the need to do more than uphold Roe because despite abortion being legal, many people, especially Black, Indigenous people and other people of color, face barriers accessing abortion.
• No one wants to have an abortion • This is a devastating decision	• We don't know every person's circumstances • This is a deeply personal decision	• Convey seriousness without stigma or assuming anything about the feelings of the person having the abortion.
• The government shouldn't interfere/ should stay out of our personal decisions • Demonizing government's role	• "Some lawmakers" or special interest groups want to impose their values on others	• The government/Congress has a role in ensuring access to a full range of healthcare, including abortion care. Individual lawmakers do not.
• Listing details or reasons why a woman is having an abortion	• Mention decision-making process: "thinking through the decision;" "talking it over with loved ones." Remind audiences that "the person has made their decision" • We trust people to know what they need. People come to this decision with their families, faith, and future in mind	• Listing reasons a person is seeking an abortion increases judgment, listing exceptions can lead to support for restrictions.
• Poor women, dependent on government funding	• Family/person working to make ends meet	• Reduce stereotyping and judgment about low-income people
• Fair, unfair, fairness	• We should not treat people differently just because they are working to make ends meet; live in a certain zip code; etc.	• The value and explanation of fair treatment is powerful, but the words "fair, unfair, fairness" alone can result in pushback from audiences because they are thinking about outcomes.



NATIONAL
WOMEN'S
LAW CENTER



conway



strategic

CONTACT INFORMATION

UMA IYER VP, Marketing & Communications
UIYER@NWLC.ORG
202-319-3032

BOOKS UNBANNED INITIATIVE

Prepared by Mia Carpinello and Noelle Hammerbacher

BOOKS UNBANNED INITIATIVE BY THE BROOKLYN LIBRARY

What Happened and Why Are Books Being Banned?

In 2021, political reasons caused an alarming rise in book bans in school and public libraries in the United States. The American Library Association (ALA) reported 729 challenges to library, school, and university materials and services in 2021, resulting in more than 1,597 individual book challenges or removals. This represents the highest number of attempted book bans since ALA began compiling these lists 20 years ago. **Most targeted books were for a teen audience and were by or about Black or LGBTQIA+ persons.**

These bans deprive teens of the opportunity to see themselves authentically represented in the pages of a book or the chance to learn about the people in the world around them.

What is the Books Unbanned Initiative?

Books Unbanned allows young adults ages 13 to 21, nationwide, to apply for a FREE eCard from the Brooklyn Public Library, unlocking access to the library's extensive collection of half a million eBooks and audiobooks. Since launching in April 2022, more than 6000 teens have applied for the card from all 50 states.

"The book bans we see across the country are attempts to silence our individuality, erase our history, and stifle our freedom to be wholly, expansively ourselves," **Brooklyn Borough president Antonio Reynoso** said. "The stories and characters books contain are lifelines, especially for young people who are only just discovering and learning to love every part of who they are."

The Books Unbanned program is ongoing. The mission is to defend books from all points of view, provide free access to information, and to support, uplift, and empower librarians, teachers, and students so that books rejected by a few will not be removed from the shelves for all.

How can I apply for a FREE eCard via email and learn more to help this cause?

Go to the Books Unbanned page on the Brooklyn Library website at <https://www.bklynlibrary.org/books-unbanned> or click the QR code to the right. Right from this page, you can apply for a card via email, learn more about this project, report a challenge, donate, or find out ways to spread the word in your community.



A MESSAGE FROM THE BROOKLYN PUBLIC LIBRARY

Brooklyn Public Library is one of the nation's largest library systems and among New York City's most democratic institutions. As a leader in developing modern 21st-century libraries, we provide resources to support personal advancement, foster civic literacy, and strengthen the fabric of community among the more than 2.7 million individuals who call Brooklyn home. We provide nearly 60,000 free programs a year with writers, thinkers, artists, and educators—from around the corner and around the world. We give patrons millions of opportunities to enjoy one of life's greatest satisfactions: the joy of a good book.

(The information for this document was primarily taken from the Brooklyn Public Library website at <https://www.bklynlibrary.org/books-unbanned>.)

BKLYN Books UnBanned List

by BklynAmyM

<https://www.bklynlibrary.org/search?booklist=booksunbanned>

In recognition of National Library Week 2022, Brooklyn Public Library is celebrating the role of libraries in protecting Intellectual Freedom and the Right to Read. Enjoy these titles on frequently challenged topics and speak up against book censorship. Learn more and get support at www.bklynlibrary.org/books-unbanned

Title	Author	Call Number	Format	Annotation
Last night at the Telegraph Club	Malinda Lo	FIC LO	Book	
Gender queer : a memoir	Maia Kobabe	306.7608 K	Book	
Lawn boy	Jonathan Evison	FIC EVISON	Book	
The bluest eye	Toni Morrison	FIC MORRISON	Book	
The black flamingo	Dean Atta	FIC ATTA	Book	
Tomboy : a graphic memoir	Liz Prince	B PRINCE T	Book	
The 1619 Project : a new origin story		973 1	Book	
Juliet takes a breath	Gabby Rivera	FIC RIVERA	Book	
On Earth we're briefly gorgeous	Ocean Vuong	FIC VUONG	Book	
All boys aren't blue : a memoir-manifesto	George M Johnson	B JOHNSON J	Book	
Out of darkness	Ashley Hope Pérez	FIC PEREZ	Book	
The hate u give	Angie Thomas	FIC THOMAS	Book	
The absolutely true diary of a part-time Indian : by Sherman Alexie ; art by Ellen Forney ; foreword by Jacqueline Woodson	Sherman Alexie	FIC ALEXIE	Book	
Me and Earl and the dying girl	Jesse Andrews	FIC ANDREWS	Book	
This book is gay	Juno Dawson	306.766 D	Book	
Beyond magenta : transgender teens speak out	Susan Kuklin	306.768 K	Book	



1/2

(2022)

BKLYN Books UnBanned List *(continued)*

George	Alex Gino	J FIC GINO	Book	
Stamped : racism, antiracism, and you	Ibram X Kendi	eBOOK	eBook	
All American boys	Jason Reynolds	FIC REYNOLDS	Book	
Speak	Laurie Halse Anderson	FIC ANDERSON	Book	
Something happened in our town : a child's story about racial injustice	Marianne Celano	J-E CELANO	Book	
To kill a mockingbird	Harper Lee	FIC LEE	Book	
Of mice and men	John Steinbeck	FIC STEINBECK	Book	

PERIOD POVERTY & MENSTRUAL PRODUCT DONATIONS

Prepared by Ruth Bowen

What Is Period Poverty?

Period poverty, defined as a lack of access to menstrual products, hygiene facilities, waste management, and education, affects many women globally, causing physical, mental, and emotional challenges. The stigma that shrouds periods further prevents individuals from talking about it.

Facts at a Glance

- **500 million** people lack access to menstrual products and hygiene facilities.
- **16.9 million** people who menstruate in the United States are living in poverty.
- **Two-thirds of the 16.9 million low-income women** in the United States could not afford menstrual products in the past year, with a half of this group needing to choose between menstrual products and food.
- **14.2 % of college menstruating people** in the United States had experienced period poverty in the past year.
- **10% of menstruating college students** experience period poverty every month. The result is skipped classes and greater self-reported rates of moderate or severe depression.
- According to the [State of the Period 2021](#) survey of 1,010 United States teens ages 13 to 19 who menstruate, period poverty “has jumped to nearly **a quarter of all students** (up from 1 in 5 in 2019).”
- Tax on menstrual products in the United States ranged from **4.7% to 10%** in 2019. As of June 2019, [35 states](#) in the United States taxed menstrual products at rates between 4.7%, in Hawaii, and 9.9%, in Louisiana. Pennsylvania does not tax menstrual products.
- While [SNAP \(Supplemental Nutrition Assistance Program\)](#) can be used to buy food items including bread, fruits, vegetables, meats, fish, poultry, and dairy products, these benefits cannot be used to buy toilet paper, diapers, toothpaste, shampoo, deodorant, or menstrual health products.

Risks Associated with Period Poverty

Those experiencing period poverty may have mental health challenges and physical health risks. They may also miss school or work and have low self-esteem. The stigma surrounding periods prevents people from openly discussing the issue, and the stigma is even greater for trans individuals who menstruate.

MENSTRUAL CYCLE AFFECTS ALL ASPECTS OF A GIRL'S LIFE

Education

Girls may miss school during their periods due to lack of facilities or necessary supplies.

Health

Use of improvised menstrual hygiene materials can lead to infection.

Economics

Women may miss work if they don't have access to the supplies or facilities they need.

Dignity

Girls may suffer from discomfort, endure teasing and shaming, and face exclusion from everyday activities.

Participation

Girls may be distracted or less productive during school, work and other activities due to pain, discomfort and fear of leaks.



How You Can Help

The Reproductive Justice Team at MLUC supports No More Secrets, an organization that in 2021 opened the nation's first menstrual hub, The SPOT Period, located in Germantown, Philadelphia, PA, which offers a safe and welcoming space for marginalized women and girls. The SPOT Period provides educational and menstrual hygiene resources as well as access to clean water and operable toilets for women and girls that do not have reliable access to these basic amenities.

SUPPLIES NEEDED

NOTE: Tampons are **not** being requested. All products must be in original packaging.

Pads (Overnights Preferred!)
Wipes
Deodorant
Shampoo/Conditioner
Lotion
Underwear/Bras
Menstrual Cups

Liners
Soap
Feminine Wash
Body Wash
Toothbrushes/Toothpaste
Razors

If you would like to donate,

please go the [No More Secrets webpage](#) for instructions about:



- Mailing a donation
- Ordering supplies using an Amazon Wishlist
- Donating using PayPal, Venmo, and Cashapp

You can also help by:

- Starting conversations around period poverty
- Donating your time to a period-related organization
- Donating supplies to your local food bank or shelter

Resources

1. [Period Poverty in the United States: What the Law Should Do](#) , by Bridget J. Crawford and Emily Gold Waldman | May 25, 2022
2. [The Gender Policy Report \(at University of Minnesota\)](#)
3. [State of the Period 2021](#): The Widespread Impact of Period Poverty on US Students
4. [Period Poverty: Why It Should Be Everybody's Business](#), by Janet Michel, Annette Mettler, Silvia Schönenberger, and Daniela Gunz, February 2022
5. [No More Secrets website](#)

GAMES

KAHOOT Reproductive Justice Quiz

Conceived and developed by Silas Costa

QUESTIONS

1. How many states mandate comprehensive sex education?
2. What is the only thing that is 100% effective in preventing pregnancy?
3. Which three countries, other than the United States, have "rolled back" or taken away right-to-abortion laws since 1994?
4. *True or False:* Abortion is safer than getting your tonsils removed.
5. From a reproductive justice standpoint, which of the following would NOT be considered a basic right?
 - a. To parent children only if one has enough money and other resource
 - b. To have access to safe and affordable abortion services
 - c. To throw things at anti-choice protesters
 - d. To have access to quality health care and education
6. What 1973 court case gave women the right to have an abortion in the United States?
7. How many Planned Parenthood clinics are there in the United States?
8. How long is the average "paid" or "unpaid" maternity leave?
9. *True or False:* There is a federal mandate for paid maternity leave in the United States.
10. What percentage of US teen girls will become pregnant BEFORE the age of 20?
11. When condoms are used perfectly, what percentage of pregnancies can they avoid?
12. What percentage of Americans believe that abortion should be legal?
13. Which issues does the term "reproductive justice" involve?
14. How many U.S. states have laws that protect the right to an abortion?
15. *True or False:* Roe v. Wade was overturned and the right to abortion taken away in the United States.

ANSWERS

- | | |
|--|---|
| 1. Seven | 9. False |
| 2. Abstinence | 10. 30% |
| 3. El Salvador, Nicaragua, and Poland | 11. 98% |
| 4. True | 12. 61% |
| 5. To throw things at anti-choice protesters | 13. The right to have children, the right not to have children, the right to parent children in a safe environment, and more! |
| 6. Roe v. Wade | 14. 17 states and the District of Columbia |
| 7. More than 600 | 15. True, in 2022. |
| 8. The average paid leave is 8 weeks, unpaid 10 weeks. | |

(NOTE: Answers correct as of April 24, 2023; changes may occur at any time.)



Wheel of Ms Fortune Data

Developed by Judy Wilson

The player chooses an example from a collection of abortion scenarios and reads it aloud. She then spins the wheel and depending on where it stops determines whether she can get an abortion or faces state obstacles and regulations.

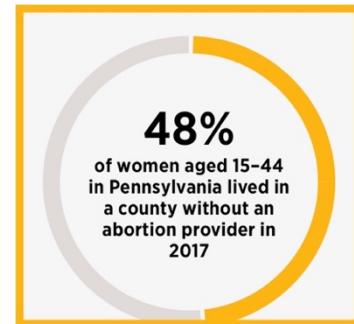
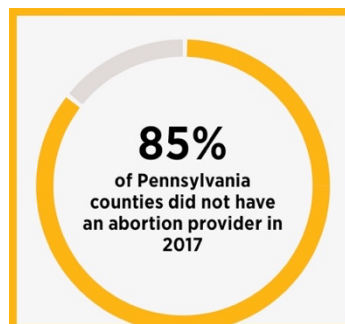
States have constructed a web of abortion laws and regulations that restrict or support whether, when and under what circumstances providers can offer abortion care and a pregnant individual can obtain an abortion.

While a state's abortion policies affect all people seeking care, they are particularly significant for individuals who find it difficult or outright impossible to access care when forced to navigate around abortion bans and restrictions. This group includes people already facing barriers due to such factors as their race, income, age, or gender identity.

Abortion Policies in Pennsylvania *(as of April 24, 2023)*

- Abortion is banned at 24 weeks and later.
- Patients must wait 24 hours after counseling (not required to be in-person) to obtain an abortion.
- State Medicaid coverage of abortion care is banned except in very limited circumstances.
- Parental consent or notice is required for a minor's abortion.
- Only physicians can provide abortions and not other qualified health care professionals.
- Unnecessary regulations are in force and designed to shutter abortion clinics without basis in medical standards.
- State has a shield law to protect abortion providers from investigations by other states; may cover patients and support organizations.

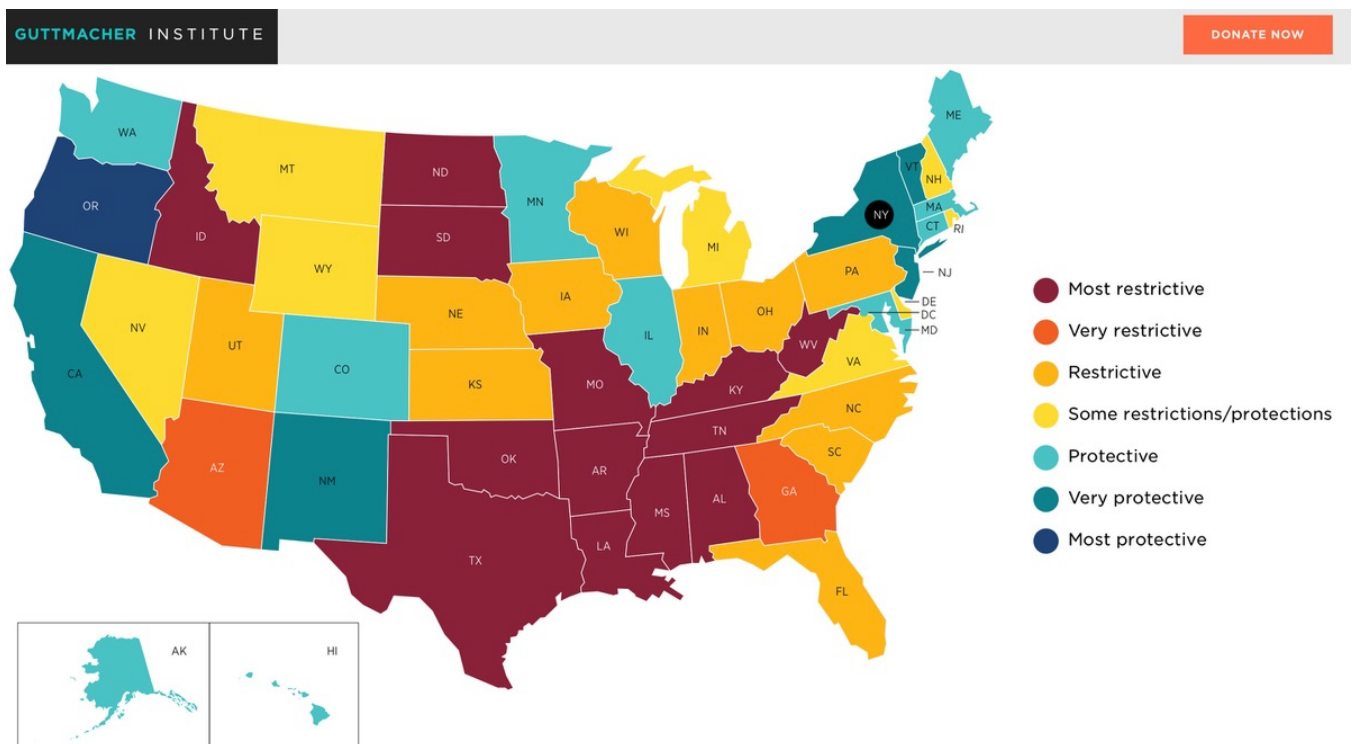
Some of Pennsylvania statistics:



INTERACTIVE MAP: U.S. ABORTION POLICIES AND ACCESS AFTER ROE

(At <https://states.guttmacher.org/policies/pennsylvania/abortion-policies>)

“The abortion landscape is fragmented and increasingly polarized. Many states have abortion restrictions or bans in place that make it difficult, if not impossible, for people to get care. Other states have taken steps to protect abortion rights and access. Our interactive map groups states into one of seven categories based on abortion policies they currently have in effect. Users can select any state to see details about abortion policies, characteristics of state residents and key abortion statistics, including driving distance to the nearest abortion clinic. The map reflects state policies in effect as of April 24, 2023.”



- Oregon is the **MOST PROTECTIVE of the 50 states**.
- **VERY PROTECTIVE** states include New York, Oregon, New Jersey, and Vermont
- Texas and South Dakota are among 13 **MOST RESTRICTIVE** states.

NOTE: The District of Columbia is under the jurisdiction of the US Congress, which means that Congress reviews all DC legislation, including anything related to abortion, before it can become law. Congress can modify or even overturn such legislation and it can impose unwanted laws on DC.

Protections for abortion patients and clinic staff can include:

- Prohibiting specific activities near clinics, such as vandalism or obstruction
- Limiting protests aimed at clinic patients by either creating “buffer” zones around clinics that bar protestors entirely or establishing floating “bubble zones” of several feet around a person who is within a specific distance of a clinic

POSTCARD ADVOCACY

WRITING TIPS & FINDING YOUR LEGISLATORS

Developed by Judy Wilson, Ann Goodman, and Gail Burgess

There are many ways to engage in legislative advocacy; one effective and easy way is to write postcards to your legislator, committee chair or government official as a group or congregation. In addition to asking them to support policy and laws related to a special issue, it's also a good strategy to send a thank you note when they do something positive and/or impactful on behalf of an issue.

This is what we chose to do at the **Spring into Action** event, asking attendees to write a postcard and sign with their name and address to thank Pennsylvania Attorney General Michelle Henry, with sample messages such as:

1. *As a Unitarian Universalist I want to thank you for fighting for Pennsylvanians to have access to safe reproductive healthcare free from religious and moral restrictions. I believe the moral imperative is bodily autonomy.*
2. *As a Unitarian Universalist I want to thank you for fighting for Pennsylvanians to have access to safe reproductive healthcare free from religious and moral restrictions. Thank you for your quick response to this injustice.*
3. *As a Unitarian Universalist I want to thank you for fighting for Pennsylvanians to have access to safe reproductive healthcare free from religious and moral restrictions. Thank you for honoring the separation of church and state by asking the Biden administration to also remove the religious exemption.*

Excerpt From *Pennsylvania Morning-Star*, April 10, 2023, e-Mail:

"It is more vital than ever that people everywhere have access to this preventative health care," state Attorney General Michelle Henry said.

Pennsylvania Attorney General Michelle Henry is leading a coalition of colleagues in 22 states who are urging the **Biden administration** to further revise a Trump-era rule that allowed nearly all employers to deny birth control coverage on religious or moral grounds.

Henry and her fellow attorneys general sent a letter to the administration last week urging the changes.

"Women deserve access to safe reproductive healthcare free from unwarranted interference by a court. I will continue to fight to ensure that the people of Pennsylvania get exactly that," **Henry** said.

In a letter sent to **U.S. Health & Human Services Secretary Xavier Becerra**, **U.S. Treasury Secretary Janet Yellen**, and acting **U.S. Labor Secretary Julie Su**, **Henry**, and attorneys general from 22 states called on the White House to further narrow the religious exemption and to make further changes to the individual contraceptive agreements.

"Contraception is necessary preventive healthcare that is vital for women, and everyone with capacity to become pregnant, to be able to aspire, achieve, participate in, and contribute to society based on their individual talents, capabilities, and timelines," the letter from the attorneys general continued. "The 2018 [rules] created sweeping new exemptions that denied women across the country access to legally protected preventive healthcare."

In addition to **Henry**, attorneys general from California, Massachusetts, and New Jersey were the lead signatories to the comment letter.

They were joined by the attorneys general of Arizona, Colorado, Connecticut, Delaware, Hawaii, Illinois, Maine, Maryland, Michigan, Minnesota, Nevada, New York, North Carolina, Oregon, Rhode Island, Vermont, Washington, and the District of Columbia.

GenderBread Person 4.0

(From <https://www.genderbread.org/>)

A Teaching Tool for Breaking the Big Concept of Gender Down into Bite-Sized, Digestible Pieces

So, you want to better understand gender, or need help explaining it to someone else?

Used by, and contributed to by, countless people around the world and throughout the decades, the genderbread person (and all the different evolutions of it, and ideas it evolved from) is a wonderful way to start an important conversation.

Identity \neq Expression \neq Sex
Gender \neq Sexual Orientation

Anatomical Sex

Sex (sometimes called biological sex, anatomical sex, or physical sex) is comprised of things like genitals, chromosomes, hormones, body hair, and more. But one thing it's not: gender.



READ MORE →

Gender Identity

Your psychological sense of self. Who you, in your head, know yourself to be, based on how much you align (or don't align) with what you understand to be the options for gender.



READ MORE →

Gender Expression

The ways you present gender, through your actions, clothing, demeanor, and more. Your outward-facing self, and how that's interpreted by others based on gender norms.



READ MORE →

Attraction

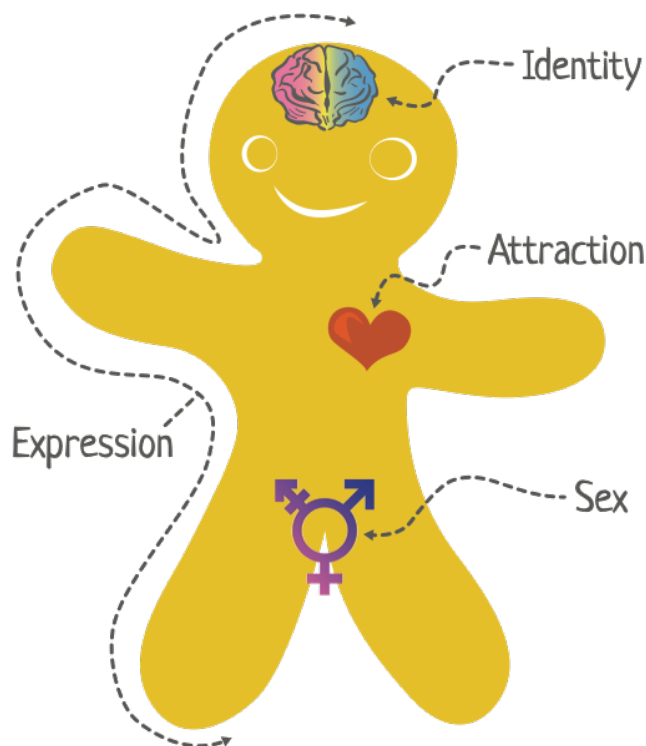
Like sex, attraction isn't really a component of gender. However, we often conflate sexual orientation with gender, or categorize the attraction we experience in gendered ways.



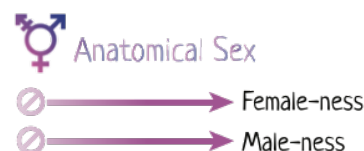
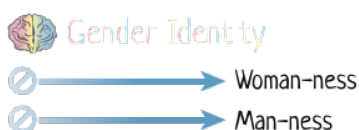
READ MORE →

While these versions of the Genderbread person, created by Sam Killermann (many of which are featured on the Genderbread website), are the most popular, the idea goes far beyond him, and is a creation of the commons.

The Genderbread Person v4 by its pronounced METROsexual.com

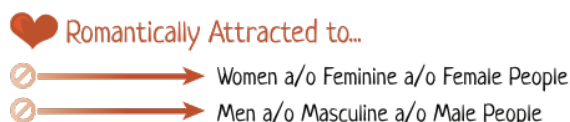
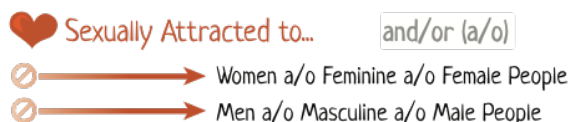


⊘ means a lack of what's on the right side



Identity ≠ Expression ≠ Sex
Gender ≠ Sexual Orientation

Sex Assigned At Birth
☐ Female ☐ Intersex ☐ Male



Genderbread Person Version 4 created and uncopyrighted 2017 by Sam Killermann

For a bigger bite, read more at www.genderbread.org

(Spring into Action Activity Table developed by Liz Martin)

CONDOM ART

Nurtured by Kit Burns and Linda Farr

This is always a fun intergenerational activity. Have plenty of supplies and ideas for displaying the art, such as making mosaics with colorful wrapped condoms, making a string of condoms to hang on a display branch or tree, drawings, or paintings on a nonlubed condom before blowing it up.

Supplies: Plenty of condoms - all colors, types, and sizes, and markers, paint, glue, multi-colored string, displays for hanging the artwork, and good lungs for inflating the condoms.



OUR WHOLE LIVES (OWL): LIFESPAN SEXUALITY EDUCATION

(Excerpts from <https://www.uua.org/re/owl>)

Thanks to youth and adult MLUC OWL teachers Yassara Antar, Gail Burgess, Carr Everbach and Carrie Nielsen for developing the activity tables.

Honest, accurate information about sexuality changes lives. It dismantles stereotypes and assumptions, builds self-acceptance and self-esteem, fosters healthy relationships, improves decision making, and has the potential to save lives. For these reasons and more, the Unitarian Universalist Association is proud to offer Our Whole Lives (OWL), a comprehensive, lifespan sexuality education curricula for use in both secular settings and faith communities.

Interactive workshops and activities engage participants, while step-by-step instructions for program planners and facilitators help ensure success.

OWL helps participants make informed and responsible decisions about their relationships, sexual health, and behavior. With a [holistic approach \(PDF\)](#), OWL provides accurate, developmentally appropriate information about a range of topics, including relationships, gender identity and expression, sexual orientation, sexual health, and cultural influences on sexuality.

OWL Offers

- Accurate information presented in developmentally appropriate ways
- Affective and emotional learning
- Guiding values and principles
- Activities that help participants clarify values and improve decision-making skills
- A safe and supportive peer group
- Acceptance of diversity
- A social justice approach to inclusive sexuality education
- Step-by-step instructions for program promotion, implementation, and facilitation
- Parent orientation that affirms parents as their children's primary sexuality educators
- Facilitator trainings, continuing education, and email forums to increase knowledge, skills, and confidence
- Expert user support from the Unitarian Universalist Association's OWL Program Manager and the United Church of Christ's Minister of Sexuality Education and Justice.
- Sexuality and Our Faith, an optional religious supplement for use in Unitarian Universalist and United Church of Christ settings

OWL Values

While OWL is secular, it is not value-free. The program gives clear messages about the following key sexuality issues:

- Self-worth
- Sexual health
- Responsibility
- Justice and inclusivity

OWL recognizes and respects the diversity of participants with respect to biological sex, gender identity, gender expression, sexual orientation, and disability status in addition to cultural and racial background. The activities and language used throughout the program have been carefully chosen to be as inclusive as possible of this human diversity.

Who Uses OWL?

OWL is used in faith communities as well as by public, charter, and private schools; after-school programs; youth groups; home schoolers; colleges; correctional facilities; and groups in other settings. OWL for Older Adults is well suited to senior centers and retirement communities. Although developed by two religious organizations, Our Whole Lives contains no religious references or doctrine.

Many Unitarian Universalist congregations and United Church of Christ churches offer OWL programs. To find one near you, please use the [Find a Congregation](#) (Unitarian Universalist) or [Find Churches Near Me](#) (United Church of Christ) search engines. The Director of Religious Education or Director of Christian Education, respectively, will be able to answer questions about their programming.

For more information, go to: <https://www.uua.org/re/owl>

OTHER RESOURCES & OPPORTUNITIES

Use Your Voice and Platforms

There is power in your voice and platforms. If you see any form of discrimination, bias, stereotyping, racism or any other oppressive actions or language, speak out against it. Whether it's in the workplace, at school, the grocery store or online, using your voice to speak up has power. Social media is growing as a platform to speak out against injustices taking place worldwide as well. Utilize your social networking profiles to promote, share, post and acknowledge to advocate for gender and racial equity.

Learn how to use your digital platform for activism:

<https://online.maryville.edu/blog/a-guide-to-social-media-activism/>

Women's Law Project PA

Women's Law Project PA is a nonprofit public interest legal organization working to defend and advance the rights of women, girls, and LGBTQ+ people in Pennsylvania and beyond.

<https://www.womenslawproject.org>

Information for Advocates

<https://www.womenslawproject.org/information-for-advocates/>

Women Law Project's landmark report [Through the Lens of Equality: Eliminating Sex Bias to Improve the Health of Pennsylvania Women](#) or a detailed analysis of women's status in Pennsylvania, including the impact of sexual violence, workplace discrimination, intimate partner violence, poverty, restrictions on access to reproductive healthcare and sex and gender bias in health insurance.

Reproductive Support, Rights & Justice Resources

Planned Parenthood of Southeastern Pennsylvania provides sexual, reproductive and complementary services; delivers comprehensive sexuality education; and advocates fiercely for the protection and advancement of health equity and access to care – all with a commitment to cultural humility.

<https://www.plannedparenthood.org/planned-parenthood-southeastern-pennsylvania>

What Is Reproductive Justice?

<https://www.sistersong.net/reproductive-justice/>

<https://parcrj.org/learn-more>

Abortion Is Healthcare [https://reproductiverights.org/sites/default/files/documents/CRR Columbia COVID 19 Abortion FINAL.pdf](https://reproductiverights.org/sites/default/files/documents/CRR_Columbia_COVID_19_Abortion_FINAL.pdf)

Talking About Abortion: Reference Chart

<https://nwlc.org/wp-content/uploads/2022/05/Abortion-Values-Dos-and-Donts-Reference-Chart-Updated-5.17.22-AG-2.pdf>

To Be Pro-Choice You Must Have the Privilege of Making Choices

<https://www.nytimes.com/2022/04/11/opinion/abortion-black-brown-women.html>

Guttmacher Institute

<https://www.guttmacher.org>

The Pennsylvania Religious Coalition for Reproduction Justice, Inc.

<https://parcrj.org>

Religious Coalition for Reproductive Choice

<https://rcrc.org>

The Fund for Women and Girls (*serving Chester County*)

“The Fund leads and unites the community through philanthropy and advocacy to ensure that women and girls have resources and opportunities to thrive. Our vision is that Women and girls will have equality and security, making our communities stronger and more vibrant for everyone. The Fund will be seen as a vital partner and leader, known for its boldness, connectivity, and creativity as it brings together and supports individuals and organizations around a shared commitment to the well-being and self-determination of women and girls.”

<https://www.thefundcc.org/>

Women’s Way (*serving Greater Philadelphia region*)

“Women’s Way is dedicated to the advancement of women, girls, and gender and racial equity. (When we refer to women, we mean cis and trans women and femme-identified people (which includes anyone who is not a cis or trans woman but who identifies as feminine), and also those who identify as gender-expansive, nonbinary, and/or gender-nonconforming.)”

<https://womensway.org>

Safety (Gender-Based Violence)

Abusive Red Flags Everyone Should Know

<https://www.domesticshelters.org/articles/faq/abusive-red-flags-everyone-should-know#.WZNuUFV96UI>

SPRING INTO ACTION Event MAP

TABLE STATIONS, RESTROOMS, SNACKS

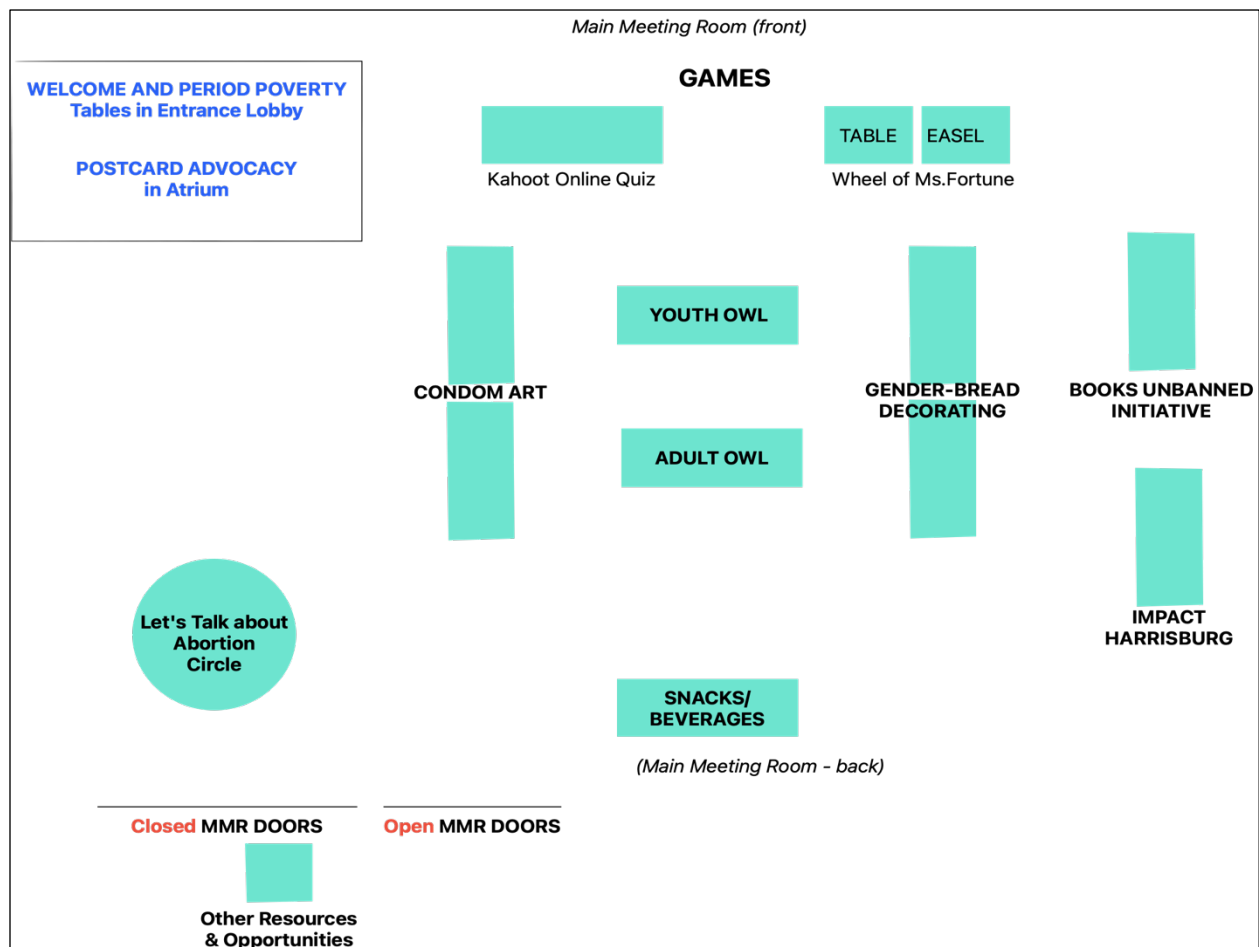
Welcome Table: included sign up to receive a copy of the **Resources Guide**, to be sent out after the event.

Period Poverty Table: Here is attendees could drop off period product donations, receive a receipt, and/or donate to *No More Secrets*. (See Period Poverty section above).

Restrooms: **Ladies Room** is located ... **Gender Neutral Room** is located... **Men's Room** is located.....

Postcard Advocacy: Attendees had the opportunity to send a thank you postcard to **Pennsylvania Attorney General Michelle Henry** who is leading a coalition of colleagues in 22 states who are urging the **Biden administration** [to further revise a Trump-era rule](#) that allowed nearly all employers to deny birth control coverage on religious or moral grounds.

Activity Station Tables in the Main Meeting Room (*see map below*):



Many Thanks to All Who Helped Create MLUC's *Spring into Action* Event

- **MLUC UURJ Team & Event Volunteers:** Judy Wilson and Dana Wiley, Co-Chairs; Eileen Andrews, Ruth Bowen, Anne Hummer, Liz Martin, Diana Roberts, Debby Smith; , Mia Carpinello, Silas Costa, Yassara Antar, Susan Batchelor, Nora Beatty, Kit Burns, Gail Burgess, Paul Costa, Carr Everbach, Noelle Hammenbacher, Pat Hennessey, Pam Kosty, Kathy Landay, Elisa Lang, Linda Farr, Anne Goodman, Virginia Kirk, Cameron Martin, Jess Michael, Denise Petit, Cora Pluta, Day Sarahs-Borchelt, Susan Tachau, Margot Wert, and Sam Wilson
- **MLUC Advisory Staff:** Dawn Star Sarahs-Borchelt, Director of Life Span Education Development and Caroline Bright, Ministerial Intern; Rich Fritzson, Executive Director
- **UURJ Resource Guide:** Developed (birth mother), curated and edited by Dana Wiley; Contributions and editing by Judy Wilson; Final edit by Debby Smith.

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Questions? Email: reproductive-justice@mluc.org



<https://www.woventeaching.org/blog/what-is-reproductive-justice>