

How to Talk to Friends and Family About Your Abortion

- Deciding to share you had an abortion is your decision. No one can or should force you to share your experience.
- Know that you made the best decision for yourself, and you do not have to justify your decision to others.
- Have the conversation on your own terms when you feel ready.
- Writing down your thoughts beforehand can be helpful if you are nervous.
- Choose a neutral, safe space to talk that allows you to leave if needed.
- If you are not ready to tell someone, but are feeling isolated or alone, online resources exist to find stories and connect with others who have had an abortion.

Sources for Support:

<https://www.all-options.org/resources/abortion/>

<https://www.heyjane.co/articles/telling-people-i-had-an-abortion>

<https://www.bustle.com/p/abortion-ama-how-do-i-tell-my-family-i-had-abortion-8803447>

<https://www.advocatesforyouth.org/abortion-out-loud/abortion-out-loud-abortion-storytelling/>