



Reproductive Justice Is The Way: A Community Practice Workbook

A Pathway to Collective Action & Liberation



Created by: In Our Own Voice Action Fund

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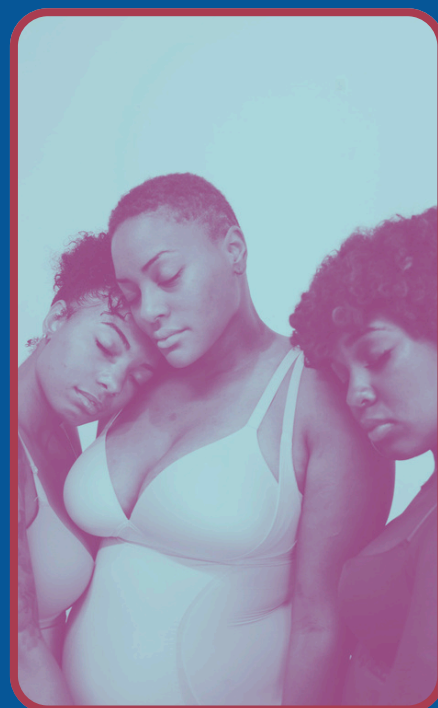
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INTRODUCTION

What is Reproductive Justice?

Reproductive Justice (RJ) is the human right to control our bodies, our sexuality, our gender, our work, and our reproduction. That right can only be achieved when all Black women, girls, and gender-expansive people have the complete economic, social, and political power and resources to make healthy decisions about our bodies, our families, and our communities.



Why This Workbook?

This workbook seeks to empower individuals and communities to take action

Reproductive Justice is not just a theory—it's a call to action.

This workbook was created to help you understand what RJ is, how it shows up in your life and community, and what steps you can take to advance it. Whether you're new to the concept or have been doing this work for years, this workbook offers tools, stories, and strategies to connect your personal values with collective power.

Reproductive Justice is inherently a cross-movement framework.

It cannot exist in isolation. RJ is deeply connected to movements for racial justice, gender justice, LGBTQIA+ liberation, disability rights, economic justice, environmental justice, and more. This workbook exists because the conditions that impact our reproductive autonomy—like poverty, state violence, and systemic racism—are rooted in larger systems of oppression that must be dismantled collectively. Reproductive Justice invites us to move in solidarity, to see our struggles as interconnected, and to build power with others working toward liberation across all fronts.

In a time when our bodies, our choices, and our communities are under constant threat, we believe everyone has a role to play. This workbook will help you:

- Understand the roots and principles of RJ
- Reflect on how systems of oppression impact your life and the lives of others
- Learn from movement wins and community-based solutions
- Take meaningful steps toward justice—whether through conversations, organizing, or policy advocacy
- Sustain your commitment to RJ through community-building and self-care

This workbook is a beginning, not an endpoint. It's designed to help you step more fully into your role as an advocate, supporter, or leader in the ongoing fight for reproductive liberation.

Who is This For?

(Short answer: YOU)

Individuals, organizers, faith groups, educators, and those looking to deepen their engagement.

This workbook is for anyone who believes that everyone deserves the right to have children, not have children, raise their families in safe and sustainable communities & enjoy the freedom of sexual and gender expression.

Whether you're...

- A student who is learning about how reproductive rights connect to racial justice
- A community organizer seeking to root your work in a RJ framework
- A person of faith exploring how your values align with liberation
- A parent or caregiver looking to advocate for future generations
- An educator bringing RJ principles into your classroom
- Or simply someone ready to learn and act—

You belong here.

You do not need to be an expert. You do not need to be perfect. You just need to care about justice—and be willing to take the next right step.

This workbook meets you where you are and walks alongside you as you find your place in the broader movement for Reproductive Justice.



Photograph Leslie Mac

Section 1:

Understanding Reproductive Justice

Core Principles of Reproductive Justice

RJ means the human right to control our sexuality, our gender, our work, and our reproduction. That right can only be achieved when all women and girls have the complete economic, social, and political power and resources to make healthy decisions about our bodies, our families, and our communities in all areas of our lives.

At the core of Reproductive Justice is the belief that all people have:

The right to have children.

01

The right to not have children.

02

**The right to nurture the children we
have in a safe and healthy environment.**

03

**The right to gender and
sexual expression.**

04

Intersectionality in RJ

Reproductive Justice recognizes that our identities—race, gender, class, immigration status, ability, and more—shape how we experience the world, including our access to healthcare and the right to parent safely. No one lives a single-issue life, and the RJ framework ensures we address the full spectrum of systems that impact our autonomy and dignity.

Examples of Intersectional Reproductive Injustice

1. Race + Healthcare System

Example: Black women in the U.S. are 3–4 times more likely to die from pregnancy-related causes than white women—even when controlling for income and education.

This disparity is not genetic, but rooted in systemic racism, implicit bias in medical care, and the chronic stress of navigating racism.

2. Class + Access to Contraception

Example: People living in poverty may not be able to afford contraception, abortion, or prenatal care, especially in states that haven't expanded Medicaid.

Even when sliding scale clinics exist, transportation, childcare, and time off work create barriers to care that wealthier individuals do not face.

3. Immigration Status + Access to Care

Example: Undocumented immigrants are often ineligible for public health insurance like Medicaid, even in emergencies.

They may avoid seeking reproductive healthcare—including prenatal care or abortion services—due to fear of deportation or legal consequences, leading to delayed or denied treatment.

4. LGBTQIA+ Identity + Medical Discrimination

Example: Trans and nonbinary people often face refusals of care, misgendering, or outright hostility in reproductive health settings.

A transmasculine person seeking a Pap smear or abortion may be told “we don't treat people like you here”—or may not see their needs reflected in outreach materials or provider training.

5. Disability + Bodily Autonomy

Example: People with intellectual and developmental disabilities have historically been (and continue to be) subjected to forced sterilization or denied the right to parent.

Their ability to consent to medical decisions is often questioned, and their reproductive autonomy is undermined by guardianship laws or institutional control.

6. Geography + Policy

Example: A person living in a rural area or a Southern state with a six-week abortion ban may have no in-state providers and need to travel hundreds of miles to receive care.

This disproportionately affects poor people and people of color, whose ZIP code becomes a determinant of reproductive freedom.





Pauli Murray

Photograph courtesy Schlesinger Library /
Radcliffe Institute / Harvard University



Byllye Avery

Photograph courtesy SUNY SPH Foundation



Frances Thompson



Sojourner Truth

Honoring the Path: Black Reproductive Justice Through Time

1822 – Harriet Tubman

Symbol of resistance and bodily autonomy through the Underground Railroad.

1851 – Sojourner Truth

Her “Ain’t I a Woman?” speech prefigured intersectional thinking.

1866 – Frances Thompson

A formerly enslaved trans woman who publicly testified about sexual assault, asserting Black women’s right to bodily protection.

1968 – 1980

- Black Women’s Liberation Committee → Third World Women’s Alliance (TWWA):
- Formed from SNCC to address racism and sexism within civil rights movements. Pioneered “triple jeopardy” framework (race, gender, class).
 - Frances M. Beal authored “Double Jeopardy: To Be Black and Female” (1969).

1947

Anna Pauline “Pauli” Murphy coined the term “Jane Crow”, co-founded the National Organization for Women, and published “States’ Laws on Race and Color”.

1977 – Combahee River Collective Statement:

A groundbreaking articulation of Black feminism and intersectionality by Black lesbians in Boston: *“Our liberation is a necessity not as an adjunct to somebody else’s but because of our need as human persons for autonomy.”*

1984 – Black Women’s Health Imperative (BWHI)

Founded by Byllye Avery & Lillie Allen
First national organization focused on Black women’s health; emphasized self-help, community organizing, and public policy.

1989 – “We Remember: African-American Women Are for Reproductive Freedom”

- First collective pro-abortion statement by Black women leaders like Shirley Chisholm, Rev. Willie Barrow, and Faye Wattleton.
- Declared: *“Somebody owned our flesh... we have known how painful it is to be without choice.”*

Birth of Reproductive Justice

1994 – RJ Framework Coined by 12 Black Women in Chicago

- In response to white feminist abortion-centered agendas and health policy failures (like the Clinton Health Security Act).
- Defined RJ through a Black feminist and human rights lens:
 - Right to have a child
 - Right to not have a child
 - Right to raise children in safe communities
 - The right to disassociate sex from reproduction, and healthy sexuality and pleasure are essential components to a whole and full human life.

1994 – Women of African Descent for RJ publish Full-page Ad

In *Washington Post & Roll Call* - Called for comprehensive reproductive health services and anti-discrimination protections.

1997 – Founding of SisterSong Women of Color Reproductive Justice Collective

Co-founded by Loretta Ross and others to build RJ power among women of color.

2010 – Trust Black Women Partnership

- In direct response to racist anti-abortion billboard campaigns accusing Black women of genocide.
- Coalition of 9 Black-women-led RJ organizations.

2014 – In Our Own Voice: National Black Women's Reproductive Justice Agenda founded

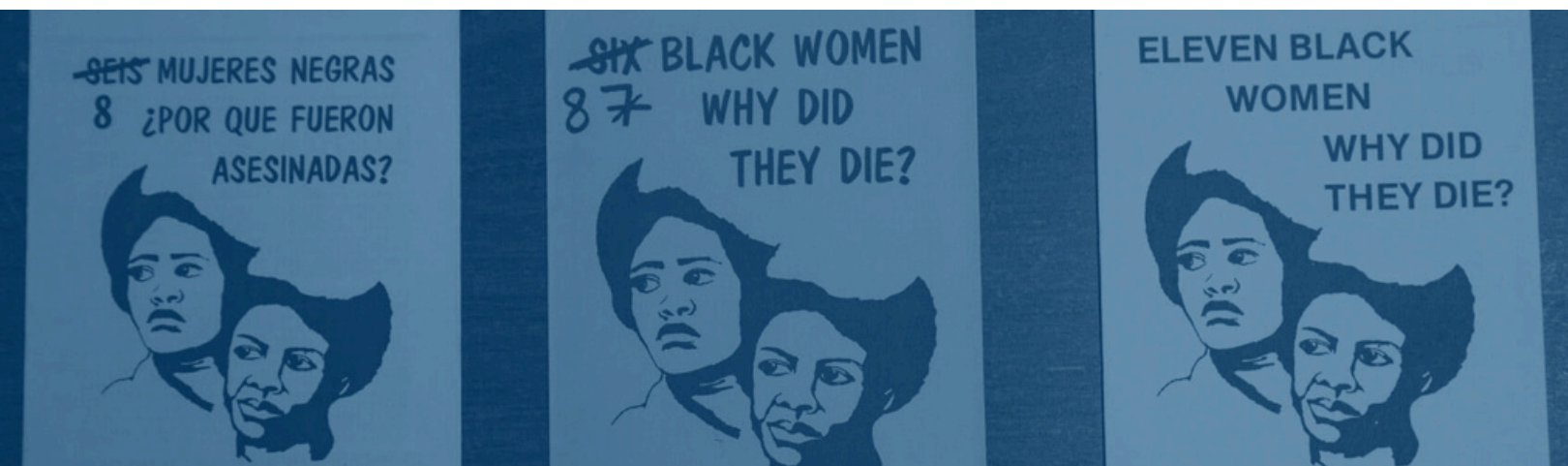
- Created by 5 founding partner organizations (now 8 state partners and 4 enhancement partners) to advance RJ at the national and state levels.
- Founded by Marcela Howell; centers Black women, girls, and gender-expansive people.

2018 – Launch of I Am A Reproductive Justice Voter

A digital and grassroots campaign mobilizing Black voters through an RJ lens.

August 16, 1994

Original Washington Post ad for the Fanning Mothers of Reproductive Justice



Combahee River Collective Brochures

Myths vs. Facts

There's a lot of misinformation about Reproductive Justice—what it is, who it's for, and what it fights for. In this section, we debunk common myths and replace them with the truth, centering the lived experiences of Black communities and others too often left out of the conversation.

Black Communities

MYTH: Black women are more likely to have complicated pregnancies because of unhealthy choices.

FACT: Black maternal mortality is driven by systemic racism, medical bias, and unequal access to care—not individual behavior. Even wealthy and educated Black women face higher maternal health risks due to institutional neglect and chronic stress caused by racism.

Immigrant Communities

MYTH: Immigrants come to the U.S. just to access free reproductive healthcare.

FACT: Most undocumented immigrants are excluded from public insurance programs like Medicaid. Many pay taxes but are still denied basic care, and often avoid treatment due to fear of deportation.

Trans and Nonbinary Communities

MYTH: Only women need access to abortion prenatal care.

FACT: Trans men, nonbinary, and gender-diverse people can and do become pregnant and need access to abortion, contraception, and prenatal care. Reproductive Justice affirms that everyone deserves comprehensive, gender-affirming healthcare.

Disability Communities

MYTH: People with disabilities can't or shouldn't have children.

FACT: People with disabilities are capable of parenting and making decisions about their reproductive health. Reproductive Justice demands bodily autonomy and freedom from forced sterilization or institutional bias.

Rural Communities

MYTH: Everyone has equal access to reproductive healthcare in America.

FACT: People in rural and medically underserved areas often face long travel distances, clinic closures, and limited provider options—especially for abortion or culturally competent care. Geography is a major barrier to reproductive autonomy.

Low-Income Communities

MYTH: People living in poverty shouldn't have children if they can't afford them.

FACT: Everyone has the right to have and raise children in safe, sustainable communities. Reproductive Justice includes fighting for housing, childcare, and healthcare—not judging people's worthiness based on income.

Faith Communities

MYTH: All people of faith are against abortion and birth control.

FACT: Many faith leaders and communities support Reproductive Justice and view access to contraception, abortion, and parenting support as part of compassionate, moral care. Faith and RJ are not in conflict—many find that their faith demands reproductive justice.

ACTIVITY WORKSHEET:

Reproductive Justice Reflection Exercise

This journaling activity is designed to help you explore how RJ shows up in your life. There's no right or wrong answer—just your truth.

List three ways that Reproductive Justice intersects with your own life. As you reflect, consider areas such as:

Access to healthcare and contraception.

Ability to parent in safe environments.

Immigration or economic barriers to care.

How your race, gender, or disability status has shaped your health experiences.

ACTIVITY WORKSHEET:

Reproductive Justice Reflection Exercise

Reflection: BODY

How has your ability to make decisions about your body been supported or limited?



Reflection: FAMILY

What has shaped your experience or desire to parent (or not)?



Reflection: COMMUNITY

How have systems, policies, or your community impacted your reproductive health or choices?



Section 2:

Reproductive Justice in Action

Community & Policy Wins

Reproductive Justice is not just a vision—it's a movement creating real change every day. Across the country, communities have organized, advocated, and won policies that protect our rights and expand our freedoms. These victories remind us that when we fight together, we win together.

Virginia: Reproductive Freedom Constitutional Amendment

- SJ247 <https://lis.virginia.gov/bill-details/20251/SJ247>
- *Provides that every individual has the fundamental right to reproductive freedom. The amendment allows the Commonwealth to regulate the provision of abortion care in the third trimester when it is medically indicated to protect the life or health of the pregnant individual or when the fetus is not viable. The bill passed both chambers and will be on a ballot initiative next year.*

California: Maternal Health Awareness Day

- CA ACR18 <https://legiscan.com/CA/text/ACR18/id/3074079>
- *This legislation aims to raise awareness about maternal health in California and reduce maternal mortality by addressing racial disparities, particularly among Black women. The bill was passed on February 24, 2025.*

Michigan Momnibus Package

- SB 24-34 and 36-39
 - <https://senatedems.com/blog/2025/04/18/michigan-senate-passes-historic-momnibus-bill-package-to-improve-maternal-health-outcomes/>
- *Passed in the Senate on April 4, 2025, and referred to the House Health Policy Committee, the Michigan Momnibus package is a legislative effort aimed at improving maternal health outcomes through a number of bills.*

How Black, Indigenous, Latinx, AAPI, & Other Communities Are Leading The Movement

The Reproductive Justice movement is rooted in the leadership of communities who have been historically excluded from traditional reproductive rights frameworks. Black, Indigenous, Latinx, AAPI, and other communities of color have always fought for the right to control their bodies, build their families, and live with dignity. Today, they continue to lead the movement—not just as participants, but as architects of solutions, strategies, and transformative change.

These communities bring intersectional wisdom, cultural knowledge, and movement-building experience that have shaped RJ from the start. Their leadership ensures that the movement stays grounded in lived experience and addresses the full spectrum of barriers to reproductive freedom—such as poverty, criminalization, environmental racism, and immigration injustice.

RJ organizations led by and for these communities are:

- Winning local and national policy changes
- Providing direct support, education, and care
- Shifting culture through storytelling, art, and media
- Training the next generation of movement leaders
- Building networks of solidarity across identities and geographies



[JUMP TO A LIST TO
RJ ORGANIZATIONS](#)



Faith & Reproductive Justice

How faith and spirituality intersect with the movement.

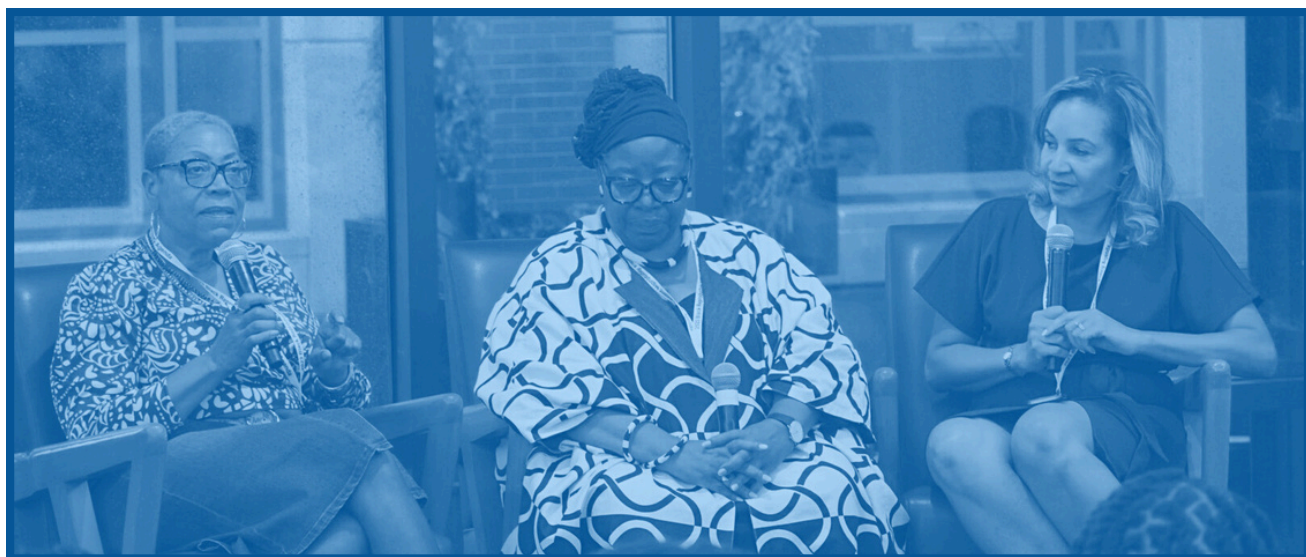
Reproductive Justice is often mischaracterized as being at odds with faith, but in truth, faith and RJ are deeply intertwined for many people. Across traditions, spiritual values like compassion, dignity, autonomy, and justice align powerfully with the goals of the RJ movement. For Black communities in particular, churches, mosques, temples, and spiritual centers have long been spaces of resistance, healing, and care—making them natural partners in the fight for bodily and collective freedom.

Many people of faith believe that moral decision-making must include the right to choose whether and how to bring life into the world. Faith does not require control over others—it requires love, equity, and care. Reproductive Justice offers a framework that honors spiritual agency and challenges the misuse of religion to justify harmful laws or stigma.

Learn More & Take Action:

Interfaith Voices for Reproductive Justice (IV4RJ) is a multifaith, Black-led network of faith leaders, theologians, and advocates working at the intersection of Reproductive Justice and spiritual liberation. It provides theological education, organize with clergy and communities, and push back on religious narratives used to restrict reproductive freedom.

Whether you're a person of faith or simply spiritually grounded, you have a place in the RJ movement. Justice isn't just a political vision—it's a sacred one.



**Mothers of the Movement Dr. Toni M. Leonard Bond
& Loretta Ross with Dr. Regina Davis Moss**

— “

**Faith without
justice is empty.
Reproductive
Justice is not a
rejection of our
spiritual values—it
is the fullest
expression of them.**

— Dr. Toni M. Bond Leonard, PhD



Theologian

**Co-Founder of the
Reproductive Justice
framework**

**Founding Board
Member, Interfaith
Voices for
Reproductive Justice**

ACTIVITY WORKSHEET:

Faith & RJ Reflection Prompt:

Take a moment to reflect on your own beliefs.

Where do your values—spiritual, religious, or otherwise—intersect with the vision of Reproductive Justice?



How have faith spaces supported or challenged your reproductive autonomy?



Write down your thoughts below or share them with someone you trust.



ACTIVITY WORKSHEET:

Mapping RJ in Your Community

Instructions:

Create a simple map (can be a drawing or a bulleted list) that includes:

- Local organizations doing RJ work
- Hospitals, clinics, or birth centers
- Harmful policies or systems in place (e.g., no access to doulas under Medicaid)
- Places of faith or community that could be RJ allies



Policy Example Links:

- [Medicaid Expansion Map](#)
- [State-level abortion bans or protections](#)
- [Doula Medicaid reimbursement information by state](#)

Faith and RJ Resource:

- [Religion & Reproductive Justice Policy Agenda](#)
- [Pro-Choice Religious Community Making Their Voices Heard](#)

Next Generation Leadership Institute Fellows



Section 3:

How You Can Take Action

IN OUR OWN voice
OWN Action Fund

Everyday Actions for Reproductive Justice

You don't have to be an expert or an activist to make a difference. Reproductive Justice lives in our daily choices, conversations, and relationships. Whether you're talking with loved ones, sharing your story, raising awareness online, supporting local organizations, or contacting policymakers—every action adds up. This section offers practical ways to show up for RJ in your life, your community, and beyond.

Talk To Your People

Talking with family and friends about Reproductive Justice can feel hard—but it's one of the most powerful tools we have. These conversations can change hearts and minds, open doors for deeper understanding, and create support for policies that impact our lives and communities.

Why Difficult Conversations Matter

- *They connect the personal to the political.*
- *They help break down stigma and misinformation.*
- *They move people from passive support to active engagement.*
- *They are one way we build a culture of justice—starting close to home.*

Best Practices for Talking About RJ

- *Lead with love and respect, not argument.*
- *Speak from your personal experience or values.*
- *Ask questions and listen actively.*
- *Don't expect agreement—plant seeds and focus on connection.*
- *Know your boundaries. You don't have to stay in harmful conversations.*

ACTIVITY WORKSHEET:

Reproductive Justice Conversation Worksheet

Prepare for a Conversation

Who do you want to talk to? List a few names below:

1

2

3

4

5



What's one thing you hope they understand or reflect on after your conversation?



Conversation Starters

Use or adapt one of these to guide your next conversation:

- “I know we don’t always agree, but I want to talk to you about something that really matters to me...”
- “Reproductive Justice is about more than abortion—it’s about the right to have children, not have children, and to raise families in safe communities.”
- “You don’t have to agree with me completely, but I hope we can talk about what justice looks like for everyone.”
- “For a lot of people—especially Black women and people living in poverty—access to abortion is not about politics. It’s about survival.”

**Remember: Every conversation won’t be easy—
but every conversation is a step toward justice.**

Sample Scripts:

Script Example – Difficult Conversation with a Family Member

“I wanted to talk to you about something that’s been on my heart. You know how much family means to me—and part of that is wanting everyone to have the freedom to make decisions that are right for them and their families.

Reproductive Justice is about that freedom. It means having the right to have children, not have children, and raise the children we do have in safe, healthy environments.

I know we may see things differently, but I hope we can talk about this with care. For so many people—especially in our communities—this isn’t just politics. It’s about dignity, safety, and having real choices. I’d really appreciate hearing your thoughts too.”

Script Example – Difficult Conversation with a Conservative Family Member

“I know this topic can be uncomfortable, and I’m not bringing it up to argue—but because it really matters to me. You’ve always taught me the importance of family, of making responsible choices, and of standing up for what you believe in.

That’s why I care so much about Reproductive Justice. To me, it means making sure people have the freedom and support to make the best decisions for their own lives—even when those decisions are different from what we might choose ourselves.

For many Black women and folks living paycheck to paycheck, being denied access to abortion or reproductive healthcare isn’t just hard—it can be dangerous. I don’t expect us to agree on everything, but I do hope we can respect that this is about people’s real lives, safety, and freedom.”

Script Example – Difficult Conversation with People of Faith

"I know this may be a difficult topic, especially because faith is such a guiding force in both of our lives. But I've been thinking a lot about what it means to truly honor the dignity and humanity of others—and I believe Reproductive Justice is part of that calling.

To me, it's about compassion. It's about making sure people, especially those who are struggling the most, have the ability to make decisions with care, support, and dignity. I believe God gives us free will for a reason—and that includes the freedom to make decisions about our bodies, our families, and our futures.

We may not agree on every detail, but I hope we can agree that love, grace, and justice should be at the center of how we treat one another."

Script Example – Difficult Conversation with Privileged Friends Who Want To Help

"I really appreciate that you care and want to support this work—it means a lot. Something I've realized, though, is that support isn't just about reposting or agreeing in theory—it's about recognizing how much harder this fight is for some of us than for others.

For Black women, low-income folks, and others navigating layered injustices, access to abortion and reproductive healthcare can be life or death. And the systems that protect some people's choices often punish others for trying to make the same ones.

What would really help is using your access—your time, money, or platform—to amplify voices from impacted communities and take some of the weight off those of us who are constantly on the front lines. This is about collective care, not guilt. And I believe we all have a role to play."

We can't keep thinking a system that has failed us is going to come up with the solutions to the problems it created. Our stories must be told by us, because only we bring the insight that's going to create change.

— Dr. Regina Davis Moss
President/CEO
In Our Own Voice Action Fund



Tell Your Story

Telling your story is one of the most powerful tools in the Reproductive Justice movement. Use this worksheet to reflect on your experiences and prepare to share your truth in a way that feels safe, grounded, and meaningful.



Tanya Denise
Founding Executive Director
The Black Feminist Project

Why Your Story Matters

- *It brings visibility to what's often invisible.*
- *It reminds others they're not alone.*
- *It challenges harmful narratives and replaces them with truth.*

Storytelling with Care

- *You get to choose what and how much to share.*
- *Protect your own well-being—don't share what feels unsafe or triggering.*
- *Never feel obligated to speak on behalf of a whole group.*

Ways to Share Your Story

- *Speak at a community event or teach-in.*
- *Write a blog post, op-ed, or social media ca.ption*
- *Pair your story with an image or piece of art.*
- *Record an audio message or voice memo for a podcast or zine.*
- *Contribute to community storytelling campaigns or art projects.*

ACTIVITY WORKSHEET:

Reproductive Justice Storytelling And Sharing Lived Experiences

Your voice is a tool for change.

Reproductive Justice isn't just about policies and frameworks—it's about people. It's about our bodies, our families, our communities, and our stories. Whether you've faced barriers to care, parented through crisis, supported a loved one through loss, or imagined a future where we all thrive—**your story matters**.

When we share our truths, we:

- Make the invisible visible.
- Challenge stigma and shame.
- Build solidarity across differences.
- Inspire others to take action.

Instructions

This worksheet is designed to help you begin telling your story in a way that feels authentic, powerful, and grounded in your lived experience. There are no rules here—just prompts to help you reflect and express.

- Use "I" statements. This is your experience.
- Be as detailed or as brief as you like.
- Don't feel pressure to share everything—only what feels safe and meaningful.
- You can write, record, draw, or speak your story—this worksheet is just a starting point.

Story Starter Prompts

I first realized RJ was personal for me when...



My experience navigating the healthcare system as a [identity] taught me...



I advocate for RJ because I believe...



NOTE: You don't need a mic or a stage to share your truth — just a moment of courage and a commitment to justice.

GET INVOLVED WITH RJ ORGANIZATIONS & CAMPAIGNS

The Reproductive Justice movement is sustained by everyday people—people just like you—who choose to show up, speak out, and take action. Whether you're having conversations in your community, amplifying voices on social media, or joining local advocacy efforts, your involvement matters.

You don't have to be an expert—or even an activist—to make a difference. In this section, you'll find practical ways to support Reproductive Justice in your daily life, including how to connect with local policymakers and plug into community-led campaigns.

Looking for organizations to support? **At the end of this workbook, you'll find a curated list of trusted Reproductive Justice organizations** where you can learn more, volunteer, donate, or get involved.

Join their mailing list

Stay informed about events, policy updates, and calls to action.

Become a recurring donor

Even \$5/month helps sustain grassroots work and lets organizations plan for the long-term.

Follow on social media

Keep up with the latest campaigns, share their content, and boost visibility for their work.

Thank them

A quick email or public post expressing appreciation can go a long way for movement leaders doing hard, emotional work.

Amplify their campaigns

Repost calls to action, share educational posts, and tag your networks.

Volunteer your time or skills

Many RJ orgs welcome support with outreach, admin tasks, design, translation, or event staffing.

Join as a member, if available

Some organizations offer membership or ambassador programs that deepen your engagement.

Bring them to your campus, workplace, or faith community

Invite RJ leaders to speak, host a workshop, or share their tools and stories.

Attend teach-ins, webinars, or community events

Learn directly from organizers and deepen your understanding of the work.

Write a review or testimonial

Share how their work has impacted you or why others should support them.

Tip: If you're not sure how to start, just reach out via their website or social media and say, "How can I support your work right now?"

**JUMP TO A LIST TO
RJ ORGANIZATIONS**



CONNECT WITH LOCAL POLICY MAKERS

Reproductive Justice isn't just about what we believe—it's about what we demand. Local and state policymakers have a direct impact on the issues that shape our lives: access to healthcare, education, housing, parental support, and more. That's why it's critical to raise our voices and make our values known to the people who represent us. Whether you're calling a city councilmember or meeting with your state legislator, you have the power to push for change. Use the *Local Policy Maker Connection Plan* worksheet to get started.



— “ —

**“If they don't
give you a
seat at the
table, bring a
folding chair.”**

— Shirley Chisholm

ACTIVITY WORKSHEET:

Engaging with local policymakers is a key part of advancing Reproductive Justice. This worksheet will help you determine who to contact, how to reach out, and how to show up effectively.

Best Practices for Contacting Policymakers

- Be clear, concise, and respectful in your message
- Share your personal story and why this issue matters to you
- Include a clear ask (e.g., support a bill, attend a community forum)
- Follow up if you don't hear back—and thank them if you do
- When possible, connect with a local RJ organization doing policy advocacy

When & Who to Contact

Ask yourself:

- Is there a local or state bill being proposed that impacts reproductive rights or health?
- Has something recently happened in your community that demands a response?
- Do you want your elected official to publicly support (or oppose) an issue?

Use this tool to find your local, state, and federal representatives: [Common Cause's Find Your Representatives Tool](https://www.commoncause.org/find-your-representative/)

(<https://www.commoncause.org/find-your-representative/>)

Sample Contact Scripts

Phone Call or Voicemail:

Hi, my name is [Your Name], and I'm a constituent from [City or Zip Code]. I'm calling to urge [Representative Name] to support policies that protect reproductive freedom and access to abortion. Reproductive Justice is about being able to make personal decisions about our bodies, families, and futures. Please stand with our community in ensuring access to care for everyone. Thank you.

Email or Letter:

Dear [Representative Name],

As one of your constituents, I'm writing to ask you to support legislation that protects and expands access to reproductive healthcare, including abortion. Reproductive Justice means the right to have children, not have children, and to raise families in safe and supportive environments. These rights are under attack, and we need leaders like you to defend them.

*Sincerely,
[Your Name]*

ACTIVITY WORKSHEET:

Contacting Local Policymakers Action Plan

Use this worksheet to create your action plan for reaching out to local policymakers.

You'll:

1. **Identify** the officials who represent you at the local and state levels.
→ Use Common Cause's Find Your Representatives Tool
2. **Learn** where they stand on RJ-related issues.
3. **Plan** the best way to contact them—phone call, email, social media, or an in-person visit.
4. **Draft** your message using the sample scripts or your own words.
5. **Follow up** and stay connected by tracking responses and next steps.

Who will I contact?

What is my message or issue?

How will I contact them? (Email, phone, visit, etc.):

Which RJ organizations near me are doing policy work?

SHARE ON SOCIAL MEDIA

Social media is a powerful tool for Reproductive Justice advocacy. It can amplify marginalized voices, spread critical information, and connect communities across geographies. Whether you have 50 followers or 50,000, your platform matters.

Tips for Effective RJ Advocacy Online:

- Use your voice intentionally – Speak from your experience, but also use your platform to lift up others.
- Center the message, not just the moment – Don't just react to headlines; offer context and resources.
- Credit and amplify – Tag organizations, repost from trusted RJ leaders, and always cite original creators.
- Be mindful of safety – Especially when posting about abortion access, be aware of digital security and do not share identifying information about others without consent.

What You Can Post:

- Repost infographics from trusted RJ organizations.
- Share quotes from movement leaders or community members (with permission).
- Use your stories to talk about why RJ matters to you.
- Create threads or carousels that break down issues (e.g., abortion bans, doula access, maternal mortality).
- Post links to petitions, resources, or local events.

Suggested Hashtags:

- #ReproductiveJustice
- #ReproJustice
- #BlackMamasMatter
- #BodilyAutonomy
- #RJInMyCommunity
- #HearOurVoices



Section 4:

Building a Reproductive Justice Community

The Power of Community Networks

How organizing creates long-term change

Reproductive Justice doesn't live in silos—it lives in community. Our power multiplies when we come together, build relationships, and organize for the long haul. While individual action matters, **lasting change happens when people work in concert**—sharing resources, building trust, and showing up for each other across issues, identities, and geographies.

Community networks are the backbone of the Reproductive Justice movement. These networks:

- Create **safety and care** in times of crisis
- Provide **mutual aid and support** when systems fail
- **Nurture leadership** by raising up new voices, not just repeating old ones
- Offer **political power** through base-building, storytelling, and coordinated action
- **Sustain our** work over time by making sure no one moves alone

Whether you're joining a local RJ organization, attending a community forum, or organizing a ride-share to the polls, you're helping to build the infrastructure of liberation. **You don't have to start a new group to build power—you just have to plug into the community already at work.**

As we build a Reproductive Justice future, **our connections are our strongest asset.** They turn ideas into movements, and movements into meaningful, lasting change.

Resources for Joining RJ Work in Your Community

Even if you're just getting started, you don't have to build something new—you can join, support, and amplify the RJ efforts already happening around you. Here are some tools to help you do that meaningfully and respectfully:

Questions to Ask Before Getting Involved

- What organizations are already doing this work near me?
- How can I support what they are already leading?
- What skills, time, or resources do I bring that could be helpful?
- What is their mission and who do they serve?

Find Local RJ Organizations

- Use national directories
- Search for abortion funds, birthing justice orgs, or BIPOC-led reproductive health groups
- Ask trusted community leaders or networks

Best Practices for Showing Up Respectfully

- Listen before acting
- Follow the lead of directly impacted communities
- Respect boundaries, histories, and strategies already in motion
- Center trust-building, not urgency

Sample "First-Time Volunteer" Checklist

- Attend a teach-in or info session
- Follow the organization on social media and engage
- Show up to an event and introduce yourself
- Ask how to plug in—then follow through

Self-Care and Sustainability in the Movement

Showing up for RJ means showing up for your community and yourself. Sustainable movements are grounded in joy, care, and connection. Here are some small but powerful ways to stay grounded:

- Attend or support a community meal hosted by a local organization.
- Bring joy into meetings—share a playlist, poem, or creative offering.
- Speak life into the people around you—affirm and appreciate their contributions.
- Honor rest—give yourself permission to pause and recharge.

A photograph of three Black women standing in front of a brick building with large glass windows. They are all wearing black leotards and jackets. The woman on the left is in a powerful pose with her right arm raised in a fist and her left hand on her hip. The woman in the center is wearing a white fur-trimmed jacket and has her right arm raised in a fist. The woman on the right is also in a powerful pose with her right arm raised in a fist. The background shows a brick wall and large glass windows with some text visible inside, including 'DOCOO', 'MILLION', and 'A SU'.

**Justice is
not just
about the
fight. It's
also about
the feeling.**

ACTIVITY WORKSHEET:

Create a Reproductive Justice Community Commitment Plan

This is your personal pledge to take action for Reproductive Justice in ways that feel authentic, grounded, and sustainable. Choose at least one action in each of the following categories: Learn, Speak Up, and Act.

Instructions

- Pick three actions you can take to support RJ in your personal life, community, or workplace.
- Use the categories below to guide your commitment.
- Write your answers and sign at the bottom as your personal pledge.



My RJ Community Commitment Plan

LEARN: I will read/listen to...

SPEAK UP: I will have a conversation with...

ACT: I will attend/host/volunteer with...

MY PERSONAL RJ COMMITMENT

I commit to learning more about:

I will show up for:

I will support local RJ work by:

Signed: _____

Date: _____

Call to Action & Resources

- Share this Workbook
- Join the Movement
- Resources & Further Learning
- Stay Connected to **In Our Own Voice Action Fund**
 - Join the mailing list: [BlackRJAction.org](https://blackrjaction.org)
 - Instagram: [@blackrjaction](https://www.instagram.com/blackrjaction)
 - Facebook: [In Our Own Voice Action Fund](https://www.facebook.com/InOurOwnVoiceActionFund)

Resources

Reproductive Justice Organizations to Support

The RJ movement is powered by grassroots organizations led by those most impacted—Black women, Indigenous communities, people of color, queer and trans folks, and young people. These organizations are building power, shifting culture, and creating lasting change. Whether you donate, follow, share their work, or show up in person, supporting these leaders helps sustain the fight for reproductive freedom and justice.



[In Our Own Voice: National Black Women's Reproductive Justice Agenda](#)

- A national/state partnership lifting up the voices of Black women and gender-expansive people on RJ issues. IOOV leads policy, research, and movement-building efforts centered on the lived experiences of Black communities.



[The Afiya Center](https://theafiyacenter.org) – theafiyacenter.org

- Located in Texas, The Afiya Center is led by Black women and focuses on transforming the lives of Black women and girls through Reproductive Justice, HIV advocacy, and abortion access.



[Black Women for Wellness](https://bwwla.org) – bwwla.org

- Based in California, BWW combines education, advocacy, and direct services to improve the health and wellness of Black women and girls, with a strong emphasis on environmental justice and reproductive health access.



[Black Women's Health Imperative](https://bwhi.org/) – bwhi.org/

- BWHI brings the challenges and disparities affecting Black women and girls to the forefront of national conversation, integrating science, advocacy, and action to eliminate barriers to wellness.



[New Voices for Reproductive Justice](http://newvoicesrj.org) - newvoicesrj.org

- A Pennsylvania- and Ohio-based RJ organization centering the health and well-being of Black women, femmes, girls, and gender-expansive folks through leadership development, policy advocacy, and community organizing.



[SisterLove](http://sisterlove.org) - sisterlove.org

- SisterLove's mission is to eradicate the adverse impact of HIV, sexual and reproductive rights, and justice challenges impacting women and their families through education, prevention, support, research, and human rights advocacy in the United States and around the world.



[SisterReach](http://sisterreach-tn.org) - sisterreach-tn.org

- SisterReach is a Black woman-led nonprofit based in Tennessee, working locally and nationally to advance Reproductive and Sexual Justice. It supports Black women, people of color, LGBTQIA+ and gender-expansive communities through advocacy, education, and organizing to help individuals and families lead healthy, empowered lives.



[SisterSong Reproductive Justice Collective](http://sistersong.net) - sistersong.net

- Founded in 1997, SisterSong is the first national RJ organization led by women of color. It works to build collective power for reproductive freedom through education, advocacy, and organizing in communities of color.



[SPARK Reproductive Justice Now](http://sparkrj.org) - sparkrj.org

- SPARK Reproductive Justice NOW!, based in Georgia, is a political home and leadership hub for Black women, queer and trans people, and those living outside the gender binary. It uses arts, culture, media, and grassroots organizing to build power, shift narratives, and advance justice across Georgia and the U.S. South.



[Women With A Vision](http://wwav-no.org) - wwav-no.org

- Women With A Vision, based in Louisiana, works to improve the lives of marginalized women, their families, and communities by addressing the root causes that impact their health and well-being. It leads with advocacy, health education, supportive services, and community-driven research to advance justice and equity.



[National Network of Abortion Funds](https://abortionfunds.org) – abortionfunds.org



- NNAF connects people with local abortion funds that help pay for procedures, travel, and lodging. It builds grassroots power to remove financial and logistical barriers to abortion across the U.S.

[National Latina Institute for Reproductive Justice](https://latinainstitute.org) – latinainstitute.org



- This organization centers Latinx communities in the fight for health, dignity, and justice. It leads national and state-based advocacy to improve access to reproductive healthcare, including abortion and contraception.



[NAPAWF](https://napawf.org) – napawf.org

- NAPAWF works to build power with AAPI women and girls to create policies and systems rooted in equity, dignity, and self-determination. It focuses on RJ, immigrant rights, and economic justice.



[URGE](https://urge.org) – urge.org

- A national youth-powered organization that trains and mobilizes young people—especially in the South and Midwest—to advocate for reproductive and gender justice in their communities and on campus.

