

Start:

September 26 - November 4 is 40 days of action in response to the anti-abortion campaign.

Support Abortion Rights Donate to:

Abortion Rights Coalition of Canada (ARCC-CDAC): <http://www.arcc-cdac.ca/membership.html>

Action Canada for Sexual Health & Rights: <https://www.actioncanadashr.org/donate/>

National Abortion Federation (NAF) Canada: <http://www.nafcanada.org/>

IPAS www.ipas.org

UNFPA www.unfpa.org

Contact your local pro-choice group and offer to volunteer, or donate.

Sep 26 Day 1

The ability to manage one's fertility, affirm one's gender, treat or manage STIs should not be dependent on income, place of residence or immigration status. Read the Submission by Action Canada for Sexual Health & Rights then complete the online survey by September 28.

<https://www.actioncanadashr.org/submission-on-pharmacare-to-the-advisory-council-on-the-implementation-of-national-pharmacare/>

Sep 27 Day 2

Do not allow anti-choice messaging to go unchallenged in public spaces. Gather friends and counter protest the anti-choice Life Chain on Sunday, September 30 in your community.

Join the #Handmaids <https://www.facebook.com/groups/246011552580806/>

Sep 28 Day 3

Ask your local school board what action they are taking to comply with the draft national guidelines provided by SIECCAN. Thank a teacher for supporting comprehensive sexual health education.

<http://sieccan.org/>

Sep 29 Day 4

ARCC's has Position Papers that set out their official positions on a wide range of issues related to reproductive rights and healthcare in Canada.

<http://www.arcc-cdac.ca/ontheissues.html>

Read about anti-choice violence and harassment

<http://www.arcc-cdac.ca/postionpapers/73-Anti-choice-Violence-Harassment.pdf>

Sep 30 Day 5

Help ensure abortion access for future generations. Learn about the issues doctors have in accessing abortion training: <http://www.arcc-cdac.ca/postionpapers/06-Training-Abortion-Providers-MSFC.PDF>

Support Medical Students for Choice @MSFC <https://www.msfc.org/about-us/giving-to-msfc/>

Oct 1 Day 6

Learn about safe access zones:

<http://www.arcc-cdac.ca/postionpapers/74-Safe-Access-Zones.pdf>

Write your MLA and thank them for their support of #bill9 Protecting Choice for Women Accessing Health Care.

http://www.assembly.ab.ca/lao/mla/mla_help.htm

Oct 2 Day 7

Someone you care about may need an abortion (or had one already). Learn how to talk about abortion using rights-based messaging:

https://www.ippf.org/sites/default/files/ippf_abortion_messaging_guide_web.pdf

Oct 3 Day 8

Take political action!

Post and re-post Jason Kenney's voting record on women's and LGBTQ+ rights

<https://www.facebook.com/notes/kyle-morrow/timeline-jason-kenneys-30-year-fight-against-womens-reproductive-rights/319469708862725/>

Oct 4 Day 9

In 2006, a Statistics Canada report stated that 21 per cent of abused women were assaulted during pregnancy. Many women first experience physical violence while they are pregnant.

<http://www.humanservices.alberta.ca/abuse-bullying/15697.html>

Resources in Alberta can be found at: <http://www.familyviolence.alberta.ca/>

Oct 5 Day 10

Learn about later abortion and be a strong ally:

<http://www.arcc-cdac.ca/postionpapers/22-Late-term-Abortions.PDF>

Ending a wanted pregnancy stories and diagnosis:

<https://endingawantedpregnancy.com/>

Watch "After Tiller"

Oct 6 Day 11

Support comprehensive sexual health education.

Ask your teachers about third party presenters in their classrooms. Thank them for using prochoice resources. Help them remove anti-choice from #abed schools

<https://abprochoice.ca/take-action/stop-anti-choice-school-presentations/>

Oct 7 Day 12

Stop abortion stigma. Tell someone about the abortion you had. #ShoutYourAbortion

- The Sovereign Uterus stories were effective in the campaign for access in PEI.

<https://thesovereignuterus.wordpress.com/>

- Shout Your Abortion: <https://shoutyourabortion.com/>
- Ending a Wanted Pregnancy: <https://endingawantedpregnancy.com/>

Oct 8 Day 13

Dispel myths and misinformation by sharing pro-choice facts with friends, family, acquaintance, community, your religious community,

Oct 9 Day 14

Take action against aborted fetus images in your community. Write your municipality and ask for a bylaw to restrict graphic advertising and flyers in your community.

<http://www.arcc-cdac.ca/action/take-action-against-aborted-fetus-images.pdf>

Oct 10 Day 15

Provide age appropriate pro-choice sexual health education to your children. Check out the parent portal at: <https://teachingsexualhealth.ca/>

Oct 11 Day 16

Send a thank you card to your local #prochoice service provider for their support of sexual and reproductive health rights including abortion.

<https://www.actioncanadashr.org/find-service-provider/>

Oct 12 Day 17

Adoption is not a pregnancy choice, it is a parenting choice. Those choosing to parent have a right to know about resources:

- <https://alis.alberta.ca/plan-your-career/additional-resources/for-youth/transitioning-to-careers-and-independence/youth-if-you-re-pregnant-or-parenting/>
- <https://terracentre.ca/what-is-terra/partners-funders/>
- <http://www.thealex.ca/>
- The Mother's Bill of Rights: <https://www.originscanada.org/adoption-human-rights/a-mothers-bill-of-rights/>

Oct 13 Day 18

Hold a coffee morning, beer & tacos or some other type of simple fundraiser for a pro-choice organization <https://www.stewardship.org.uk/blog/blog/post/206-9-steps-to-hosting-a-successful-coffee-morning-to-raise-funds>

Oct 14 Day 19

Learn about the human rights abuses of pregnant people in US here and why personhood laws criminalize them:

http://advocatesforpregnantwomen.org/main/publications/articles_and_reports/executive_summary_paltrow_flavin_jhpll_article.php

Oct 15 Day 20

Become a member and follow @AbortionRights to continue 365 days of activism.

http://www.arcc-cdac.ca/take_action.html

Like Alberta Pro-Choice Coalition on Facebook <https://www.facebook.com/albertaprochoicecoalition/> and follow us on Twitter for Alberta centered activism.

Oct 16 Day 21

Write your MP to thank them for Canada's foreign funding support of programs that include agencies providing contraception and abortion. Thank them for defying the #GlobalGagRule reinstated by the US government.

<https://www.cbc.ca/news/politics/trudeau-bibeau-london-trump-1.4198786>

Find your MP:

<https://www.ourcommons.ca/parliamentarians/en/constituencies/FindMP>

Oct 17 Day 22

Challenge pictures that media use with abortion stories. Third trimester pictures are inaccurate and inappropriate. Provide media with @abortionrights link to stock photos <http://www.arcc-cdac.ca/backgrounders/media-photos.html>

Oct 18 Day 23

Learn about the history of black women and their advocacy for reproductive justice

- <https://www.trustblackwomen.org/2011-05-10-03-28-12/publications-a-articles/african-americans-and-abortion-articles/31-african-american-women-and-abortion>
- <https://www.sistersong.net/reproductive-justice/>
- <https://www.goodreads.com/book/show/34671451-reproductive-justice>
- <http://www.arcc-cdac.ca/postionpapers/100-reproductive-justice.pdf>

“Reproductive Justice is an intersectional analysis that looks at reproductive health through a social justice lens. The short definition for reproductive justice is the human right to have a child, not have a child, and parent the children we have in safe and healthy environments. The formal definition is when women and girls have the economic, social and political power and resources to make healthy decisions about our bodies, [labor], sexuality and reproduction for ourselves, our families and our communities in all areas of our lives.”

Oct 19 Day 24

Ask your Municipality to update their advertising policy to include references to advertising standards

<http://www.arcc-cdac.ca/presentations/Local-Governments-Should-Cite-Advertising-Code.pdf>

Municipality list via @abortionrights

<http://www.arcc-cdac.ca/presentations/City-Search-Advertising-Code-Worksheet-all.pdf>

Take action against anti-choice advertisements. Complain to #AdStandards, write your elected official, send a letter to your local newspaper.

@abortionrights provides guidance.

<http://www.arcc-cdac.ca/submitting-ad-complaints.html>

Oct 20 Day 25

Donate to other prochoice agencies in your community:

Centre for Sexuality (Calgary) <https://www.centreforsexuality.ca/search/donate>

Compass Centre for Sexual Health: <https://www.canadahelps.org/en/charities/options-sexual-health-association/>

Oct 21 Day 26

Maternity homes:

The History of maternity homes in Canada: <https://www.originscanada.org/adoption-practices/adoption-realities/homes-for-unwed-mothers/>

Christian agencies lavish support services on pregnant women--if they give up their babies.

<https://www.thenation.com/article/shotgun-adoption/>

Alberta Maternity homes linked with anti-choice:

- Red Deer – Central Alberta Pregnancy Care Centre
- Emma House – partnered with the Calgary Pregnancy Care Centre
- Elizabeth House - program of the RC Diocese of Calgary
- Elsie's House – associated with Lethbridge & District Pro-life

Write your MLA and ask for regulation of maternity homes to protect young parents from adoption coercion.

http://www.assembly.ab.ca/lao/mla/mla_help.htm

Oct 22 Day 27

Write a letter to the editor of your local newspaper defending choice and/or post a pro-choice comment under a web article about abortion.

Oct 23 Day 28

Patients have a right to receive professional and unbiased sexual and reproductive health care.

NAF Canada has a guide on physician complaints:

<https://5aa1b2xfmfh2e2mk03kk8rsx-wpengine.netdna-ssl.com/wp-content/uploads/patientguide.pdf>

Pharmacy complaints

<https://abpharmacy.ca/complaints>

Oct 24 Day 29

Be inclusive in language around reproductive justice by specifically naming trans men, non-binary and gender diverse people alongside women (trans women are women).

<http://www.arcc-cdac.ca/postionpapers/101-transgender-inclusivity.pdf>

Oct 25 Day 30

Learn about Truth and Reconciliation

<http://www.trc.ca/websites/trcinstitution/index.php?p=3>

Learn about the coerced and/or forced sterilization of indigenous women

<https://nationalpost.com/news/politics/women-being-coerced-or-forced-into-surgical-sterilization-is-heinous-saskatchewan-ndp-calls-for-action>

Learn about ensuring access while guarding against coercion (US article):

<https://www.guttmacher.org/gpr/2014/09/guarding-against-coercion-while-ensuring-access-delicate-balance>

#TRC

Oct 26 Day 31

Take a class on sexual and reproductive health. Volunteer or donate to Alberta Society for the Promotion of Sexual Health (ASPSH)

<https://www.aspsh.ca/>

Oct 27 Day 32

Ask your MP to continue to support the changes in the Canada Summer Jobs programs that supports opportunities in STEM and encourages hiring in under represented groups (plus supports the Charter Rights of women and LGBT).

Find your MP:

<https://www.ourcommons.ca/parliamentarians/en/constituencies/FindMP>

Learn about the new Canada Summer Jobs program:

<https://www.canada.ca/en/employment-social-development/services/funding/canada-summer-jobs.html>

Oct 28 Day 33

Ask the provincial parties for #SRHR policies, attend political forums and ask the candidates about their position on reproductive and LGBTQ+ rights. Share widely. Donate, volunteer, vote for #prochoice parties and candidates.

Oct 29 Day 34

Write to a pro-choice MLA or MP and any candidate to thank them for being vocally pro-choice.

Alberta MLAs:

http://www.assembly.ab.ca/lao/mla/mla_help.htm

Federal MPs:

<https://www.ourcommons.ca/parliamentarians/en/constituencies/FindMP>

Anti-choice MPs listed here: <http://www.arcc-cdac.ca/presentations/anti-choice-unknown-MPs-2016.pdf>

Oct 30 Day 35

Organize a screening of a pro-choice documentary or film in your own home, or get involved in a bigger organization to do this. <http://www.arcc-cdac.ca/student/pro-choice-films.pdf>

Oct 31 Day 36

Some families are separated by adoption.

Learn about adoption from advocates serving people across Canada who have been separated from family members by adoption. <https://www.originscanada.org/>

Read about adoption trauma: <https://www.originscanada.org/adoption-trauma-2/>

Open adoption does NOT mean contact: <https://www.originscanada.org/adoption-practices/adoption-coercion/the-myth-of-open-adoption/>

Open adoption is not enforceable in Canada: <https://www.lawforalbertawomen.ca/women-and-children/adoption/>

Write your MLA and ask for protection for natural parents and their child:

<https://www.originscanada.org/adoption-human-rights/adoption-activism/>

Nov 1 Day 37

Start a pro-choice club at your school or campus

<http://www.arcc-cdac.ca/student.html>

Nov 2 Day 38

Can you spot a #fakeclinic ? Learn about crisis pregnancy centres and take the quiz at

<https://endthelies.com/>

Help people to avoid #fakeclinics by leaving & liking accurate reviews and ratings on pregnancy care centres. Use Google, Yelp, Facebook

Change their category to religious organization

#ExposeFakeClinics #EndTheLies

Nov 3 Day 39

Wear a pro-choice T-shirt or button. Buy pro-choice swag (buttons, t-shirts, mugs):

- Abortion Rights Coalition of Canada <https://teespring.com/stores/arcc-cdac>
- YQL Pro-Choice <https://teechip.com/search/yql%20pro-choice>

Nov 4 Day 40

Ask your MLA to advocate for sexual and reproductive health care, including abortion, to be provided by all publicly funded hospitals across the province.

http://www.assembly.ab.ca/lao/mla/mla_help.htm

#RealAccessNow

EXTRAS

Crossroads Clinic

The anti-choice clinic in Brooks is still involved in sexual assault advocacy AND they appear to be funded provincially through Alberta Health Services (they ask for clients to bring in their health care card.

AHS <https://www.albertahealthservices.ca/assets/wf/lab/wf-lab-bulletin-south-zone-east-lab-expansion-revised-brooks-important-lab-contact-information.pdf>

PASA https://www.facebook.com/pg/BrooksPASA/posts/?ref=page_internal

Crisis pregnancy centres promote purity culture. Read about why it is dangerous:

<https://www.motherjones.com/politics/2018/08/evangelical-purity-culture-taught-me-to-rationalize-my-sexual-assault/>

Governments are required to uphold our Charter Rights. These centres exist to undermine the right to access ethical health information.

Write your MLA and demand that government funding be stopped immediately.

http://www.assembly.ab.ca/lao/mla/mla_help.htm

The Calgary Baby & Tot Show (SUCCESS – Antis were blocked)

The Calgary Baby & Tot Show has invited the antichoice group Calgary Pro-life with their plastic fetuses and misinformation about our basic health care and the rights of pregnant people.

Let CanWest Productions babyshows@canwestproductions.com

know that this is NOT ok. Ask them to support our Charter Rights. Tell them that fringe groups that oppose rights for pregnant people should not be legitimized.

September 29th & 30th, 2018

Saturday, 9:30am to 5:30pm

Sunday, 11:00am to 5:00pm

<http://calgarybabyshow.com/Exhibitor-List>

Take action against anti-choice homophobic presentations in Spruce Grove public school! (SUCCESS Antis were blocked)

<https://abprochoice.ca/take-action/stop-anti-choice-school-presentations/>

#Fight4SexEd #SaveOurSexEd

Antichoice Cemetery Monument in Taber

Sign and share the petition to remove this disrespectful antichoice monument from the Taber cemetery.

<https://www.change.org/p/town-of-taber-remove-pro-life-ad-from-taber-cemetery> Cemeteries are no place for anti-choice political statements.

Write the Taber council and mayor, let them know why this divisive and disrespectful "advertisement" must be removed.

Contact info

<https://www.taber.ca/how-do-i/contact/council>

<http://www.tabertimes.com/editorial/2018/09/26/cemetery-bench-concerns-voiced/>

Update: <http://www.tabertimes.com/news/2018/10/31/pro-life-cemetery-bench-debate-being-brought-back-to-council-chambers/>

Easy and quick action item. Do not let antichoice go unchallenged in the news or opinion columns.

#yql Lethbridge Herald continues to publish articles supporting the removal of rights from women and other people that can get pregnant.

Two links to comment on (**COMPLETED**):

1) <https://lethbridgeherald.com/news/lethbridge-news/2018/10/01/pro-life-group-sends-a-message/>

2) <https://lethbridgeherald.com/commentary/letters-to-the-editor/2018/06/10/clump-of-cells-no-longer-a-viable-pro-choice-argument/>

Don't let them go unchallenged.

Foreign Aid for Family Planning

"Countries like Canada – with its political will and financial means – need to do more to meet their needs and rights. Comprehensive sexual and reproductive health care is often neglected in emergency settings in large part because of myths and misperceptions, including the idea that reproductive health services are not needed, and that abortion is too complicated to provide in fragile settings."

Foreign aid is impacted by conservative governments implementing global gag rules that prevent organizations from even talking about abortion and often contraception. Our current federal government is providing aid that includes support for pro-choice groups. More needs to be done.

Write your MP, ask them to increase and expand aid

<https://www.ourcommons.ca/parliamentarians/en/constituencies/FindMP>