

ABORTION ACCESS & CARE

# YOUR RIGHTS, OPTIONS, AND RESOURCES





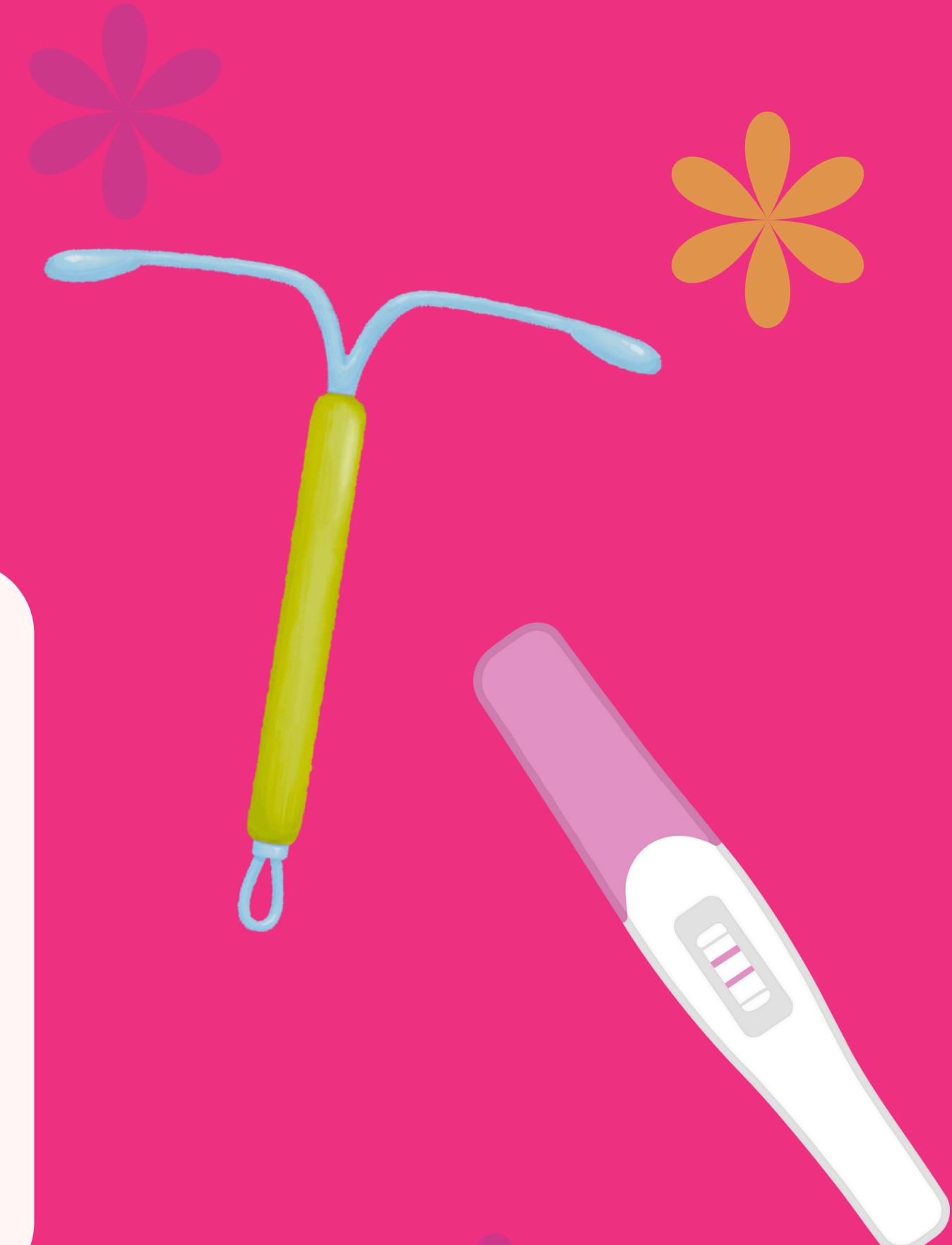
# WHAT IS ABORTION?

- A medical procedure used to terminate a pregnancy.
- A critical component of reproductive healthcare and one of the most common procedures performed among women.
- Can be performed through medication (using mifepristone and misoprostol) or procedural methods (such as manual vacuum aspiration or dilation and evacuation)

(Kumwong, 2025)

# ABORTION IN HEALTHCARE

- Used to end a pregnancy safely and effectively.
- Also used to manage complications, such as incomplete or failed pregnancies or early pregnancy loss, non-obstetrical care (imbedded IUDs, etc.,).
- **Medication abortion:** noninvasive, greater privacy, uses pills.
- **Procedural abortion:** performed by a skilled clinician using instruments to remove pregnancy tissue.



# IS ABORTION SAFE?

Abortion is a safe procedure when performed in appropriate settings by trained clinicians.

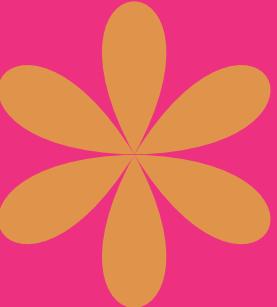
Major complications are rare; risk increases slightly with later gestational age.

Safer than childbirth (about 14x safer).

(Kumwong, 2025)



# TYPES OF ABORTION CARE



## Medication Abortion

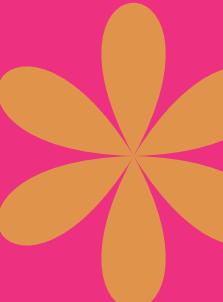
- Eligible patients **under 10 weeks** can meet with a clinician virtually and pills are mailed to your home after the visit
  - **Day 1:** Mifepristone blocks pregnancy hormones.
  - **24–48 hrs later:** Misoprostol causes the uterus to empty (similar to a heavy, crampy period).
  - Bleeding and cramping usually start within a few hours; completion confirmed with a follow-up pregnancy test
- Patients within **10 weeks** come into the office for a medication abortion and schedule a follow up for one week later

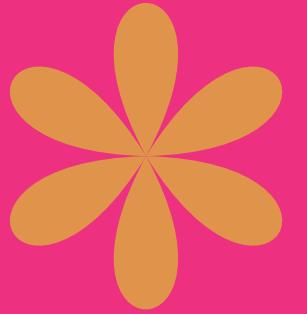
(California, 2025)

## Surgical Abortion

- **D&C (Dilation & Curettage):** gentle suction or a small instrument (curette) to empty the uterus (up to 13 weeks)
- **D&E (Dilation & Evacuation):** performed 13–21.6 weeks, combines suction and surgical tools under general anesthesia
- FPA offers all three procedures in-clinic.

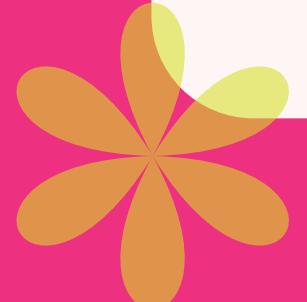
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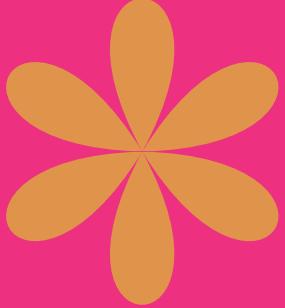


# ABORTION IS NOT...

- Abortion is not a form of emergency contraception or a form of birth control!
  - Plan B & birth control prevent pregnancy before it occurs.
- Abortion ends an existing pregnancy.



# YOUR RIGHTS IN CALIFORNIA



## Legality & Privacy

- Abortion is legal and protected in California (**Proposition 1**)
- All care is confidential; clinics cannot share your information without your consent.
- FPA Women's Health offers an uncompensated care grant covering abortion costs for eligible patients, regardless of your out-of-state or immigration status.

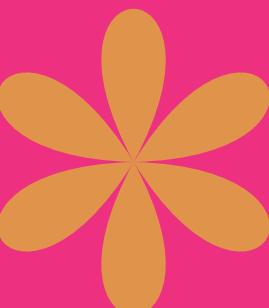
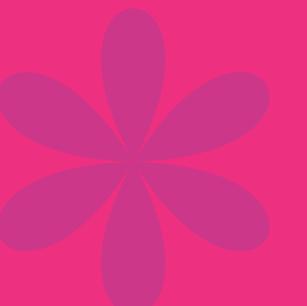
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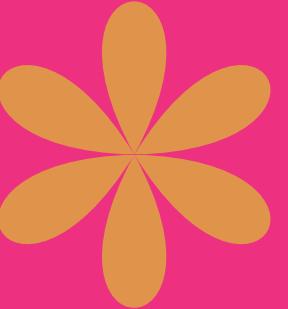
## Title IX Protections

- Title IX protects students' rights during pregnancy, abortion, and recovery.
- Excused absences for medical reasons, Opportunity to make up missed work, Protection from discrimination
- Contact your campus Title IX office for support and accommodations.

(California, 2025)

This information is for educational purposes only, not legal advice.  
Always confirm current policies when scheduling care.





# WHO ELSE DO THESE LAWS PROTECT?

## Minors' Rights

- Minors can consent to abortion and reproductive care without parent/guardian permission in CA.
- Providers must keep all sensitive services confidential unless the patient requests otherwise.

## Foster Youth Rights

- Foster youth have the same reproductive rights as any other minor, including abortion access and confidentiality.

## Out-of-State Patients

- Out-of-state patients (including students) can legally receive abortion care in California, regardless of home-state restrictions

**(California Shield Laws)**

This information is for educational purposes only, not legal advice.  
Always confirm current policies when scheduling care.

(California, 2025)

# FINDING TRUSTWORTHY CARE & AVOIDING MISINFORMATION



## Verify Licensed Clinics

Check [abortion.ca.gov](http://abortion.ca.gov) or CDPH for licensed providers. Look for medical staff (MD, NP, PA)

## Avoid Crisis Pregnancy Centers

These centers offer “free tests” or “abortion counseling”.

These centers have no licensed staff, use pressure or guilt tactics, and spread misinformation

## Reliable Abortion Support & Resources

[Abortion.ca.gov](http://Abortion.ca.gov):

Find verified clinics

[FPA Women's Health](http://FPA.org):

877-883-7264

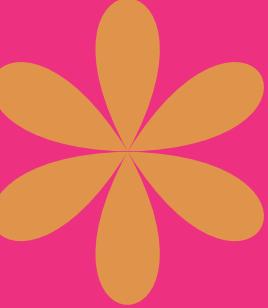
[Access Reproductive Justice](http://AccessReproductiveJustice.org):

510-925-0335

[National Abortion Federation \(NAF\) Hotline](http://NAF.org):

1-800-772-9100

# SUPPORTING A FRIEND



## What to Say/Do

Be nonjudgmental, listen, and respect privacy.

Say: "I'm here for you."



## Practical Support

Offer a ride, help with meals/childcare, make a wellness basket.



## Emotional Support

Be present before & after; mixed feelings are normal.

Encourage counseling if they need extra support.

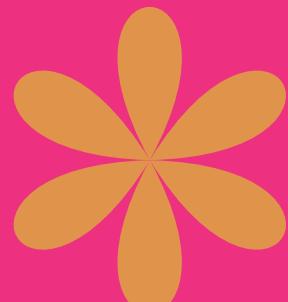


## What Not to Say

"Did you consider other options?"

"What was it like?" or "Does it hurt?"

"You'll get over it"



# MYTH VS FACT

**Myth:** Most People Regret Their Abortions

**Fact:** Over 95% of women surveyed five years after having an abortion reported that it was the right decision for them. Only you and your chosen health care professional can make the choice that's right for you, your health, and your life.

**Myth:** Abortion Causes Breast Cancer

**Fact:** The American Medical Association, the World Health Organization, and other experts have all released statements saying there is no link between breast cancer and abortion.

# MYTH VS FACT

**Myth:** Medical Students Can Learn Abortion Practices Anywhere

**Fact:** States with abortion bans often restrict access to clinical training, leaving students without hands-on experience.

**Myth:** If you have an abortion, it's hard to get pregnant again in the future.

**Fact:** According to the American College of Obstetricians and Gynecologists, evidence has shown that abortion is not associated with a higher risk of infertility and people can get pregnant immediately after having an abortion.



# SCENARIOS

“I’m Under 18”

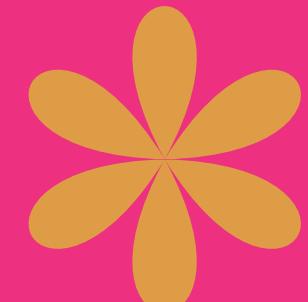
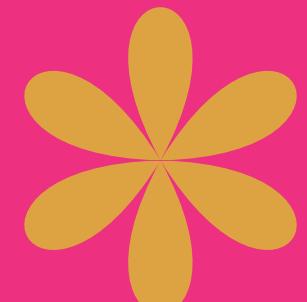
“I’m from out of state and  
worried about privacy.”

“My foster mom wants me to  
keep my pregnancy”

“I don’t have insurance”

“Can I get on birth control now?”  
“What are my options?”

“How can I support my friend?”



# RESOURCE ROUNDUP

## FPA Women's Health

**FPA Women's Health** offers comprehensive reproductive health care for all patients!

- Abortion care, (in-state & out-of-state, up to 21.6 weeks)
- Birth control, STI testing, Pap smears, breast exams, pregnancy testing
- GYN care for women + STI & HIV testing & treatment for **men**
- Supportive, confidential, trauma-informed, patient-centered care

## “I Need An A”

“**I Need An A**” is here to help you understand all your abortion options and access the latest information about clinics, pills by mail, state laws, and available support.

The site is designed to protect your privacy, nothing you enter is stored, and your digital footprint remains minimal.

For more information, go to:  
[www.ineedana.com](http://www.ineedana.com)



## Q & A

Have a question you'd prefer to discuss privately?  
Feel free to reach out to Marie Garcia at  
[megarcia@fpawomenshealth.com](mailto:megarcia@fpawomenshealth.com)  
for a confidential conversation.

# THANK YOU

General FPA Line: (877) 883-7264

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\*This presentation was made possible in part by the valuable contributions of  
our Community Engagement Intern, Raina Bandekar

[www.fpa womens health.com](http://www.fpa womens health.com)



@FPAWomensHealth



# References

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