

ABORTION ACCESS & CARE

YOUR RIGHTS, OPTIONS, AND RESOURCES



WHAT IS ABORTION?

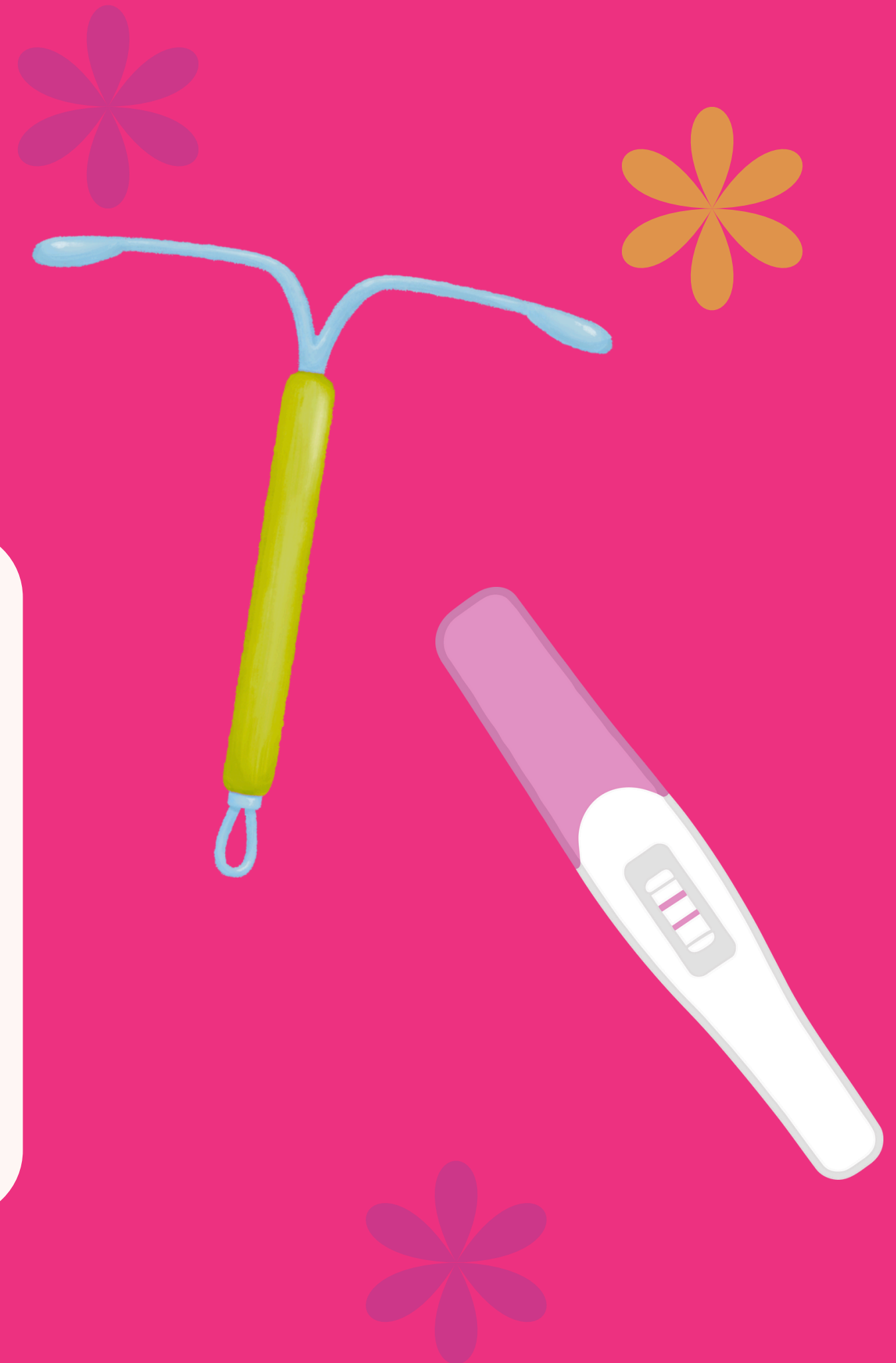
- A medical procedure used to terminate a pregnancy.
- A critical component of reproductive healthcare and one of the most common procedures performed among women.
- Can be performed through medication (using mifepristone and misoprostol) or procedural methods (such as manual vacuum aspiration or dilation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

(California, 2025)

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.

(California, 2025)

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.

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

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)

(California, 2025)

FINDING TRUSTWORTHY CARE & AVOIDING MISINFORMATION



Verify Licensed Clinics

Check 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:

Find verified clinics

[FPA Women's Health](#):

877-883-7264

[Access Reproductive Justice](#):

510-925-0335

[National Abortion Federation \(NAF\) Hotline](#):

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



Q & A

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

THANK YOU

General FPA Line: (877) 883-7264

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www.fpawomenshealth.com



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