

# ABORTION MYTH vs FACT

**MYTH**

Abortion is physically and mentally harmful to women.

**FACT**

Abortions are safe.

They have significantly fewer poor outcomes than your average colonoscopy—a similarly routine outpatient procedure.

**MYTH**

If abortion is outlawed, women will no longer receive abortions.

**FACT**

We know this isn't true because it's never been true. When governments make it harder to access abortion care, it just hurts people whose lives are already hard.

**MYTH**

Abortion is murder.

**FACT**

Abortion is a matter of health care, not a criminal act.

**MYTH**

Too many women use abortion as birth control.

**FACT**

The choice to have an abortion is a deeply personal medical decision, one that often happens after talking to trusted family members and physicians.

**MYTH**

Advocates want abortion to be legal up to the moment the baby is delivered.

**FACT**

Abortions later in pregnancy are incredibly rare (less than 1% of all abortions) and only happen when something has gone terribly wrong.

“**LET'S ADDRESS  
SOME COMMON  
MISCONCEPTIONS  
ABOUT ABORTION CARE**”

LET'S TALK  
ABOUT  
ABORTION

# CONVERSATION GUIDE

How to talk about abortion  
with friends, family, and that  
one cousin you barely know.



## Effective conversations have five parts:

01

Ask their opinion about abortion  
and listen nonjudgmentally.

02

Find the common ground with  
your views and values and theirs.

03

Share a story that addresses those  
values.

04

Engage with their initial concerns  
and get them thinking.

01

Connect your conversation back  
to abortion access.

## Listen, share, connect.

The goal of effective conversations about abortion isn't to convince your great-uncle or friend's aunt they're wrong but to build rapport and walk in another person's shoes.

Having deeper, nonjudgmental conversations in which you share personal, values-based stories has been shown to move the needle—even for people who start with opposite views. It isn't magic, and it doesn't work every time or even immediately, but these conversations can change the way Hoosiers think and talk about abortion.

The majority of Kentuckians believe in abortion access, so you're talking to someone who shares your values—like the freedom to control your own body, that every person should be able to decide if and when to have children, that one person's decision about abortion shouldn't depend on a politician's religious beliefs, or that every pregnancy is unique.

## The way we talk about abortion makes a difference.

Whether it feels like it or not, the majority of Kentuckians believe we should all have access to abortion—that’s why voters struck down Amendment 2 in 2022. Striking up a conversation with your friends and family means you’re likely to find someone who agrees with you. Either way, you’ll be having an important conversation.

Here are a few ways to talk about what the majority of Kentuckians believe:

**“Every pregnancy is unique, which is why people must have the freedom to decide what’s best for them.”** The more you talk to people about all the personal decisions that come up in pregnancy, the more you’ll hear about all the things that can and do go away. Exceptions are not enough. People experiencing pregnancy complications are unable to access care because of the abortion bans in place across the country.

**“People should have the freedom to decide if and when to have children.”** And, even more basically, **“people should be able to make decisions about their own body.”** Being able to decide what’s best for yourself is relatable—it’s fundamental to a democratic society.

**“Politicians’ religious beliefs shouldn’t interfere with people’s ability to make decisions about their own reproductive care.”** Keeping politics out of doctors’ offices and out of personal medical decisions is something Kentuckians agree on.



### Learn more and share more.

Trusted friends, family, and community members are the people who will change the minds of Kentuckians. It takes more than one conversation to change a person’s mind, but real-life, two-way conversations are the best place to start.

If you want to learn more about our fight to restore abortion access in Kentucky, visit [aclu-ky.org/poe](https://aclu-ky.org/poe).

If you need to find up-to-date information on the laws and restrictions on abortion, visit [abortionfinder.org](https://abortionfinder.org).

If you want to volunteer or get involved, visit [aclu-ky.org/en/act](https://aclu-ky.org/en/act).

LET'S TALK  
ABOUT  
ABORTION

**ACLU**  
Kentucky