

Reproductive Justice Is The Way: A Community Practice Workbook

A Pathway to Collective Action & Liberation



Created by: In Our Own Voice:
National Black Women's Reproductive Justice Agenda

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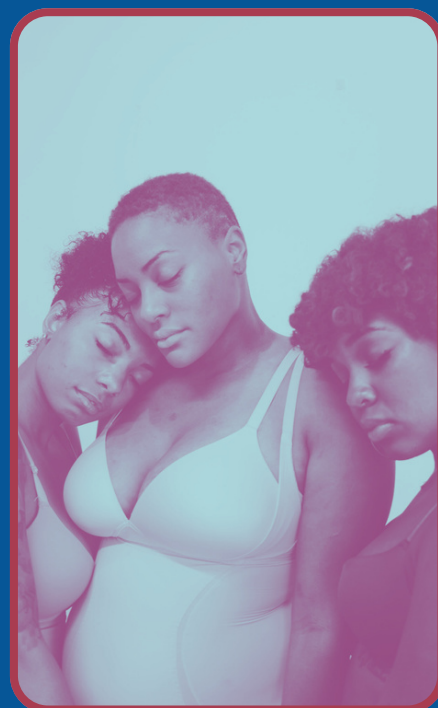
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INTRODUCTION

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 an 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

1. David Adams, GA	21. Patricia Cerny, MD	41. Gloria Lewis, IL	61. Kelly Ruff, IL	81. Eric Finkel, NY
2. Fred Allen, IL	22. Patricia Cline, VA	42. Frances Lewis, IL	62. Mary Tavel, PA	82. Mary Tavel, PA
3. John Adams, MD	23. Linda Corbett, MD	43. Linda Lewis, MS	63. William E. Trotter, NJ	83. William E. Trotter, NJ
4. James H. Adams, MD	24. Susan Cramer, MD	44. Susan Lewis, MD	64. Susan R. Tupper, NJ	84. Susan R. Tupper, NJ
5. Patricia Adams, IL	25. Patricia Evans, VA	45. Patricia Lewis, MD	65. Audrey Taylor, PA	85. Audrey Taylor, PA
6. John Adams, MD	26. Susan Evans, MD	46. Susan Lewis, MD	66. Susan E. Thompson, MD	86. Susan E. Thompson, MD
7. Robert Adams, MD	27. Susan Evans, MD	47. Susan Lewis, MD	67. Susan E. Thompson, MD	87. Susan E. Thompson, MD
8. Robert Adams, MD	28. Susan Evans, MD	48. Susan Lewis, MD	68. Susan E. Thompson, MD	88. Susan E. Thompson, MD
9. David Adams, MD	29. Susan Evans, MD	49. Susan Lewis, MD	69. Susan E. Thompson, MD	89. Susan E. Thompson, MD
10. David Adams, MD	30. Susan Evans, MD	50. Susan Lewis, MD	70. Susan E. Thompson, MD	90. Susan E. Thompson, MD
11. David Adams, MD	31. Susan Evans, MD	51. Susan Lewis, MD	71. Susan E. Thompson, MD	91. Susan E. Thompson, MD
12. David Adams, MD	32. Susan Evans, MD	52. Susan Lewis, MD	72. Susan E. Thompson, MD	92. Susan E. Thompson, MD
13. David Adams, MD	33. Susan Evans, MD	53. Susan Lewis, MD	73. Susan E. Thompson, MD	93. Susan E. Thompson, MD
14. David Adams, MD	34. Susan Evans, MD	54. Susan Lewis, MD	74. Susan E. Thompson, MD	94. Susan E. Thompson, MD
15. David Adams, MD	35. Susan Evans, MD	55. Susan Lewis, MD	75. Susan E. Thompson, MD	95. Susan E. Thompson, MD
16. David Adams, MD	36. Susan Evans, MD	56. Susan Lewis, MD	76. Susan E. Thompson, MD	96. Susan E. Thompson, MD
17. David Adams, MD	37. Susan Evans, MD	57. Susan Lewis, MD	77. Susan E. Thompson, MD	97. Susan E. Thompson, MD
18. David Adams, MD	38. Susan Evans, MD	58. Susan Lewis, MD	78. Susan E. Thompson, MD	98. Susan E. Thompson, MD
19. David Adams, MD	39. Susan Evans, MD	59. Susan Lewis, MD	79. Susan E. Thompson, MD	99. Susan E. Thompson, MD
20. David Adams, MD	40. Susan Evans, MD	60. Susan Lewis, MD	80. Susan E. Thompson, MD	100. Susan E. Thompson, MD

control and exploitation of sexuality, labor, and sexual oppression in the U.S. during labor, 2018 included a federal prisons on the American Civil

Loretta Ross

Photo by Margo Okazawa-Rey



100



~~SEIS~~ MUJERES NEGRAS
8 ¿POR QUE FUERON
ASESINADAS?

~~SIX~~ BLACK WOMEN
87 WHY DID
THEY DIE?

ELEVEN BLACK WOMEN WHY DID THEY DIE?

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.

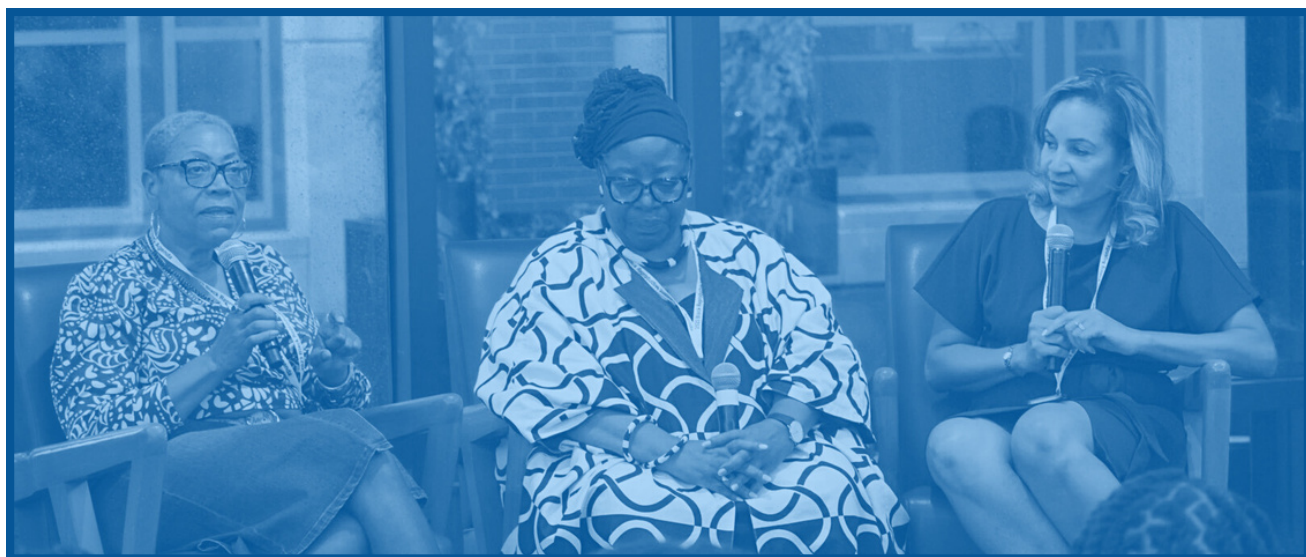
Reproductive Justice is often mischaracterized as being at odds with faith, but in truth, faith and RJ are deeply intertwined for many people. Across traditions, spiritual values like compassion, dignity, autonomy, and justice align powerfully with the goals of the RJ movement. For Black communities 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.



In Our Own Voice 2023 Summit
Dr. Toni M. Leonard Bond, Loretta Ross, & 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



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: National Black Women's Reproductive Justice Agenda



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.



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 caption.*
- *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

Photo Credit: Adam Cuerden - United States Library of Congress's Prints and Photographs division

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, and have their right fists raised in a protest gesture. The woman on the left is looking directly at the camera. The woman in the center is looking slightly to the side. The woman on the right is looking down. The image has a blue tint. Overlaid on the image is the text "Justice is not just about the fight. It's also about the feeling." in white, bold, sans-serif font.

**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**
 - Join the mailing list: <https://blackrj.org/contact-us/>
 - Instagram: <https://www.instagram.com/blackwomensrj/>
 - Facebook: <https://www.facebook.com/BlackWomensRJ/>
 - YouTube: <https://www.youtube.com/channel/UCbi3OXQjRT4k8ZrOjccmWNO>

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](http://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](http://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](http://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.

Call to Action & Resources

- Share this Workbook
- Join the Movement
- Resources & Further Learning
- Stay Connected to **In Our Own Voice**
 - Join the mailing list: <https://blackrj.org/contact-us/>
 - Instagram: <https://www.instagram.com/blackwomensrj/>
 - Facebook: <https://www.facebook.com/BlackWomensRJ/>
 - YouTube: <https://www.youtube.com/channel/UCbi3OXQjRT4k8ZrOjccmWNO>

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[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.



SPARK Reproductive Justice Now Staff

National Network of Abortion Funds – 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 – 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 – 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 – 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.



SisterReach Staff

Resource

Staying Safe While Showing Up

A Personal Security Planner

We live in a time of heightened surveillance, criminalization, and militarized responses to advocacy and protest. Safety is no longer something we can take for granted—especially for Black women, girls, and gender-expansive people who are too often targeted simply for showing up, speaking truth and demanding justice.

Whether we're organizing in our communities, traveling to support loved ones, attending public events, or navigating healthcare systems, we face layered risks. Meeting those realities requires us to be proactive—not fearful—and grounded in preparation.

Reproductive Justice (RJ) is not just about the right to have or not have children. It's also about the right to live and move freely, with the safety, resources, and support we need to thrive. That includes the right to protest injustice, to travel without fear, and to trust that if we go missing or are at risk, our communities know how to respond.

This section of the workbook is designed to help you build a Personal Security Plan that reflects your life, your values, and your community. It's not about withdrawing or isolating yourself—it's about building networks of collective care. Within these pages, you'll find tools for setting up check-in protocols, identifying support roles, preparing for travel or protest, and knowing what to do in case of emergency, detainment, or disappearance.

Because we believe this: **We keep us safe. And preparation is a form of love.**

This section includes information,
worksheets, checklists & templates for:

Centering Safety & Wellness

Building a Personal Security Plan

Supportive Roles and Escalation Planning

Travel & Protest Safety

Section 5: Staying Safe While Showing Up: A Personal Security Planner



INTRODUCTION

We live in a time of heightened surveillance, criminalization, and militarized responses to advocacy and protest. Safety is no longer something we can take for granted—especially for Black women, girls, and gender-expansive people who are too often targeted simply for showing up, speaking truth and demanding justice.

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Because we believe this:

**We keep us safe.
And preparation is
a form of love.**



General Guidelines:

Centering Safety & Wellness

This section outlines foundational safety practices for those engaging in Reproductive Justice work, especially Black women, girls, and gender-expansive people, who may face increased risk in both digital and physical spaces.

These tips are meant to help you move with intention, reduce vulnerability, and build a responsive safety network rooted in collective care.

1. Know Your Rights

Before you show up in public spaces—especially for political, protest, or educational activities—it’s crucial to understand your legal rights.

Best Practices:

- Research local laws. Your rights during protest or detainment can vary by state. Look for resources from the American Civil Liberties Union (ACLU), the National Lawyers Guild, or local bail fund collectives.
- Save key phone numbers. Write down (not just in your phone) the number of a local legal support hotline or bail fund.
- Carry minimal ID. Bring only what you need and remove unnecessary cards that could be used to target you (e.g., immigration documents, old warrants).
- Say less. If stopped by law enforcement, you can ask, “Am I free to go?” If not, invoke your right to remain silent and request a lawyer.
- If detained, don’t sign anything without a lawyer.

Steps to Prepare:

- Watch this ["Know Your Rights" training video](#) from the [National Lawyers Guild](#).
- Download or print out [Know Your Rights “red cards”](#) from the [Immigration Legal Resource Center](#).
- Ask a trusted local RJ organization if they provide legal observers or jail support.

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2. Travel with Intention

Moving through public space as a Black person, especially when engaging in justice work, can come with increased surveillance and targeting.

Planning ahead helps reduce risk.

Best Practices:

- Never travel alone to unfamiliar protest sites. If you must, notify your support network.
- Set a check-in buddy. Let someone know your destination, when you plan to arrive, and when they should expect your next message.
- Use public transportation or verified ride apps cautiously. Screenshot license plates, share ride info with a friend, and trust your instincts.
- Don't overshare on social media. Posting locations in real time can compromise your safety or the safety of your group.
- Have a basic "go bag" ready. Include water, snacks, cash, ID, health supplies, a charger, and a written emergency contact.

Steps to Prepare:

- Create a travel notification template you can quickly text to a friend.
- Save key local emergency contacts to your phone.
- Pack a protest safety kit or overnight bag if traveling far from home.



3. Protect Your Digital Security

Online surveillance is real. Your organizing work, personal identity, and contacts can all be vulnerable. Taking a few digital precautions can protect you and your community.

Best Practices:

- Use encrypted apps like Signal for all organizing conversations.
- Turn on 2FA (two-factor authentication) for your email, social media, and cloud storage accounts.
- Avoid cloud backups of private content. Disable auto-backup on apps that may hold sensitive information (e.g., WhatsApp, Notes apps).
- Use passcodes. Don't rely on Face ID/fingerprint access, especially during protests or encounters with law enforcement.
- Be cautious with links. Phishing attempts often target activists—double-check URLs and avoid downloading unfamiliar files.

Steps to Prepare:

- Download Signal and create a trusted group for check-ins.

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4. Communicate Your Risk

Don't assume others know your plans or your risk level. A short message to your people can mean the difference between a check-in and a crisis.

Best Practices:

- Notify someone when you're going into a high-risk situation (e.g., protest, police station, solo travel, late-night meeting).
- Agree in advance on what actions your network should take if they don't hear from you.
- Include context. If you're meeting someone new or going to an unfamiliar space, share the address, name, and time you plan to leave.
- Create shared expectations. Let people know whether you want gentle check-ins, firm follow-up, or emergency action if you go silent.

Steps to Prepare:

- Pick 1-2 people as your designated safety contacts.
- Draft a "when you don't hear from me" plan and share it with your support thread.
- Use your daily check-in worksheet (included later in this section).



5. Document Your Preferences in Advance

If something happens and you're unreachable, your support system needs clear instructions. Don't leave them guessing. Write it down.

Best Practices:

- List your emergency contacts. Include phone, Signal handle, and their role (e.g., legal, friend, activist, etc.).
- Clarify who should do what. Who calls your lawyer? Who posts to social media? Who checks on you in-person?
- Set thresholds. How long should someone wait before escalating from text to phone call to in-person check?
- Indicate legal support. Include the name of your preferred lawyer or local legal collective, if known.
- Store securely. Keep your documented plan somewhere accessible by your safety team (e.g., shared folder, locked envelope, etc.).

Steps to Prepare:

- Use the Support Network Info Sheet that is found later in this workbook.
- Set up a shared Signal group for real-time coordination.
- Review and update this info every 6 months—or sooner if your situation changes.

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Build Your Personal Security Plan

You deserve to be safe—and that safety is stronger when it's planned, shared, and supported. This section walks you through building a Personal Security Plan that reflects your real life, your needs, and your people. Whether you're traveling, organizing, protesting, or just navigating a hostile system, this plan is a tool of protection rooted in Reproductive Justice and collective care.

Each part of this worksheet will help you prepare for the “what ifs” in advance—so your support system knows exactly what to do if you're detained, unreachable, or in need of backup. You don't need to do it all at once. Start with what feels most urgent and revisit this plan regularly.

Remember:

**Preparation is not paranoia. It's power.
It's love. It's how we keep us safe.**





Daily Check-in Protocol

A consistent check-in system is one of the simplest and most powerful tools for personal and collective safety. It lets your people know you're okay—and alerts them quickly when you're not. In a world where Black women, girls, and gender-expansive people are disproportionately targeted, silenced, or surveilled, having a daily check-in protocol can save lives.

Use this section to design a check-in routine that works for your life and your people. It doesn't have to be complex—it just needs to be clear, consistent, and rooted in care.

1. Morning & Evening Check-ins

Set specific times for daily check-ins with your designated person or group.



Morning Check-in:

- Example: "I'll check in with the group between 8:00-9:00 AM to say I'm up and moving."



Evening Check-in:

- Example: "I'll send a quick message before 10:00 PM to confirm I made it home safely."

2. Secure Messaging Thread

Choose a small, trusted group chat for check-ins—ideally on a secure app like Signal.

Members should include:

- One person who lives nearby or can do a wellness check if needed
- One person who can activate legal or public support
- Optional: a backup person for each role, in case someone is unavailable

Name the thread something clear like "Check-in Crew" or "Safety Circle."

Agree on:

- When it's okay to skip a check-in
- What counts as a "missed" check-in
- What steps to take if you don't respond

Tip: Rotate check-in buddies monthly to avoid burnout and build shared accountability.

3. Triggers for Additional Check-ins

Decide in advance when extra check-ins should be required. Examples include:

- Traveling (especially solo or to unfamiliar places)
- Attending a protest, rally, or public action
- Going to court, jail support, or police stations
- Meeting someone new (dating, rideshare, mutual aid drop-offs)
- Visiting medical or mental health providers alone
- After receiving threats, harassment, or surveillance

Note: You can also set a code word or emoji to signal if you're in distress but unable to speak freely.

Daily Check-in Protocol Worksheet

From the Personal Security Planner section of the [RJ Community Workbook](#)

1. Daily Check-In Times



Morning Check-In Time:

Evening Check-In Time:

I prefer to check in via:

- ☐ Signal
- ☐ Text Message
- ☐ Call
- ☐ Other:

Note: Use the same time zone across all check-in times unless otherwise stated.



2. My Check-In Buddies



Primary Check-In Buddy

Name:

Phone:

Preferred App/Platform:

Notes: *(i.e., this person can call my lawyer)*

Backup Check-In Buddy

Name:

Phone:

Preferred App/Platform:

Notes:



Daily Check-in Protocol Worksheet

From the Personal Security Planner section of the RJ Community Workbook

3. Triggers for Additional Check-Ins



List events, activities, or situations where you'll need to add an extra check-in:

- ☐ Traveling to another city or state
- ☐ Attending a protest, rally, or community action
- ☐ Meeting someone new
- ☐ Going into a high-risk situation
- ☐ Feeling emotionally or physically vulnerable
- ☐ Other: _____

Customize your check-in plan based on risk level and who's involved.



4. Escalation Thresholds



Missed check-ins don't always mean something's wrong—but your team should know what's normal for you and when to respond.

Escalation Plan

- ☐ If I miss ___ check-ins in a row, notify my backup buddy
- ☐ If I go silent for more than ___ hours, begin escalation plan
- ☐ If my phone is off/disconnected for ___ hours, alert my safety pod

Additional Notes:



Support Roles & Escalation Plan

When something goes wrong, confusion and panic can waste valuable time. This section helps you and your trusted support network clarify exactly who does what—and when.

Use this guide to build a clear, standing plan for how your people will respond if you miss a check-in, go silent, or are detained.

1. Primary Contact

This is your first line of communication. This person will:

- Track your scheduled check-ins (morning, evening, and any added based on risk level)
- Attempt contact via secure message and phone if a check-in is missed
- Reach out to others on your list if they cannot reach you
- Respect your communication preferences (e.g. text-only, no calls unless urgent)

Write it down:

Name:

Phone:

Secure App Handle:

Time Zone Awareness:

2. Secondary & Tertiary Contacts

These are your backup contacts if your primary person cannot reach you or is unavailable. Their roles may include:

- Confirming your whereabouts with others (e.g. friends, family, roommates)
- Monitoring your location-sharing apps (if enabled)
- Coordinating with local orgs, legal aid, or mutual aid teams if escalation is needed

Write it down:

Secondary Contact:

Name:

Phone:

Secure App Handle:

Time Zone Awareness:

Tertiary Contact:

Name:

Phone:

Secure App Handle:

Time Zone Awareness:

3. When to Escalate

Missed check-ins are not always an emergency—but your people should know what to look for.

Escalation triggers might include:

- You've missed two or more scheduled check-ins
- Your phone has been offline or unreachable for a specific period (e.g. 12+ hours)
- You're known to be in a high-risk setting (e.g. protest, border crossing, hostile state)

Escalation threshold:

"We escalate if there's no word after: [X hours] or after [X number] missed check-ins."

4. Door Knock or Wellness Check

Your team should also agree in advance when it's time to check on you in-person or call local authorities (if safe to do so).

- Who is close enough to safely check your home or workplace?
- If calling for a wellness check, what info will they need (address, preferred name, safety risks)?

Write it down:

Who can knock or go in-person?

If the police must be contacted, who will call and what script will they use?



Support Roles & Escalation Plan Worksheet

From the Personal Security Planner section of the RJ Community Workbook

Purpose of this Worksheet:

If something goes wrong—missed check-ins, sudden silence, or confirmed risk—your people need to know exactly who does what. This worksheet helps define your core **safety support team**, escalation triggers, and action steps.

1. My Support Team



Primary Support Contact

Name:

Phone:

Preferred Contact Method (e.g., Signal, Call, Text):

Notes:

Backup Support Contact

Name:

Phone:

Preferred Contact Method (e.g., Signal, Call, Text):

Notes:

Tertiary Contact (Optional)

Name:

Phone:

Preferred Contact Method (e.g., Signal, Call, Text):

Notes:



Support Roles & Escalation Plan Worksheet

From the Personal Security Planner section of the RJ Community Workbook

2. Escalation Triggers



List what circumstances or time gaps should activate your safety team to take further steps.

- ☐ If I miss ___ check-ins, escalate to my backup contact.
- ☐ If I am unreachable for more than ___ hours, begin direct contact efforts.
- ☐ If my phone is off/unresponsive for ___ hours, start a wellness check.
- ☐ Other escalation triggers:



3. Door Knock / Wellness Check Protocol



Who should physically check on you (if local), or send someone they trust to do so?

Door Knock Contact:

Name:

Phone:

Distance From Me:

Has access to my home/building? ☐ Yes ☐ No

Knows emergency protocols for me? ☐ Yes ☐ No

Alternate (if Door Knock Contact is unavailable):

Instructions for what to do if I don't answer the door:



Support Roles & Escalation Plan Worksheet

From the Personal Security Planner section of the RJ Community Workbook

4. Standing Agreements



Decide and document:

How long is too long before action is taken? What's the plan?

- ☐ My support team should wait no more than ____ hours before escalating.
- ☐ I agree that if I miss ____ check-ins without explanation, they can alert:
- ☐ Legal Support ☐ Community Organizers ☐ Local RJ Group

Additional Notes or Custom Agreements:



Travel & Protest Safety

Whether you're headed across town or across state lines, traveling—especially to protests or political actions—requires intention and preparation. These guidelines help you stay grounded, supported, and safe while exercising your rights and showing up for community.

1. Guidelines for Traveling Alone or With a Group

- Always share your travel plans. Let at least one trusted person know your itinerary, destination, and expected check-in times.
- Establish travel buddies. If attending an event with others, stay in pairs or small groups when possible and agree on a meeting point in case you get separated.
- Map out exits and local landmarks. If attending a protest or large gathering, identify exits, public restrooms, and quiet places in case you need to step away.
- Avoid over-disclosing plans on public platforms. Share exact locations and movements with your support pod, not broadly online.

2. Packing List Essentials

Prepare a small go-bag with:

- ☐ Valid photo ID
- ☐ Cash in small denominations
- ☐ Phone charger or portable battery
- ☐ Emergency contact list
(written down, not just in your phone)
- ☐ Necessary medications
(enough for at least 24-48 hours)
- ☐ Water and small snacks
- ☐ Face mask and hand sanitizer

Protest support kit, which may include:

- ☐ Bandana soaked in vinegar stored in a ziplock bag
(for tear gas)
- ☐ Goggles or glasses
(non-glass if possible)
- ☐ Earplugs
(for loud areas or stress reduction)
- ☐ First-aid supplies
(bandages, antiseptic wipes)
- ☐ Notepad and pen
(to record badge numbers, incidents, etc.)

3. Set a Local Contact for Destination Travel

Identify a trusted local contact before arriving—someone who lives in the area and can support you if something goes wrong.

Share:

- Where you're staying
- What events you're attending
- How to reach you

Ask your local contact about:

- The local legal aid number
- Current political climate or heightened risks
- Safe zones or places to regroup

4. Safety Tips for Rideshare and Public Transportation

Use rideshare with caution:

- Confirm the car and driver match the app before entering
- Share your trip status with your safety pod
- Sit in the back seat and keep doors unlocked until you feel safe

On public transit:

- Stay aware of your surroundings and trust your instincts
- Avoid empty train cars or stops with poor lighting
- Know where station attendants or emergency call buttons are located

Pro Tip

If at any time your travel feels unsafe, pause and re-center. RJ is about collective care—not pushing through discomfort alone.

Travel & Protest Safety Checklist

From the Personal Security Planner section of the [RJ Community Workbook](#)

Purpose of this Checklist:

Whether attending a protest, conference, teach-in, or traveling for personal reasons, this checklist helps you pack with intention, stay connected, and prioritize your safety before, during, and after the journey.

1. Before You Go



- ☐ Share your travel plans with check-in buddy
- ☐ Confirm your lodging & exit routes (if staying overnight)
- ☐ Identify at least one trusted contact in the destination location
- ☐ Set daily check-in times for travel days
- ☐ Research local laws or protest risks in the area (if applicable)
- ☐ Confirm availability of legal support/bail fund (write in below)
- ☐ Save emergency contacts in phone (and on paper)

Local contact (name + phone):

Legal org or bail support (name + contact):



Travel & Protest Safety Checklist

From the Personal Security Planner section of the RJ Community Workbook

2. What to Pack



- ☐ Government-issued ID
- ☐ List of emergency contacts (printed & digital)
- ☐ Any medications you need (minimum 2-day supply)
- ☐ Water & snacks
- ☐ Fully charged phone + portable charger
- ☐ Cash (small bills, if possible)
- ☐ PPE: masks, sanitizer, earplugs (if in crowd/noisy)
- ☐ Rain Poncho
- ☐ Small first-aid kit
- ☐ Notebook & pen
- ☐ Backup plan in case phone is lost (e.g., written instructions, landmarks)
- ☐ Weather-appropriate gear (layers, poncho, etc.)
- ☐ Signs or protest materials (if applicable)



Travel & Protest Safety Checklist

From the Personal Security Planner section of the RJ Community Workbook

3. Safety on the Ground



- ☐ Stay with a buddy or group—agree on a regroup spot
- ☐ Avoid carrying anything you don't want to be searched
- ☐ Use encrypted apps (Signal preferred for check-ins)
- ☐ Keep phone passcode protected (avoid Face/Touch ID at protest sites)
- ☐ Turn off location-sharing unless needed for coordination
- ☐ Know where exits are at all times (venue or street protest)
- ☐ Don't post live locations in real time
- ☐ Check in as agreed—let folks know when you're home safe



4. Add Your Own

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



In Case of Detainment or Arrest

If you are detained or arrested while organizing, protesting, or simply navigating public life, your support network should know exactly what to do—who to contact, what to say, and how to activate legal help on your behalf. The faster your people respond, the more protection you have.

This section helps you prepare a clear legal response plan so your community can move quickly if you're taken into custody.

1. Legal Contact Info

Before any action or travel, identify legal support in the area you're operating in. Many regions have legal aid collectives, jail support hotlines, or partnerships with public defenders.

Suggested Contacts to Include:

- A local movement legal support group or bail fund
- A national legal organization like the National Lawyers Guild or If/When/How
- A known attorney who has worked with RJ or protest organizers in your state

Tip: If you're not sure where to start, ask local RJ organizations if they have a trusted legal contact or protest support number.

Write it down:

- Primary Legal Contact Name & Phone
- Backup Legal Support or Hotline
- Bail Fund (Name & Link/Phone)

2. Who Should Be Notified Immediately

Choose 2-3 people who will act quickly if you are detained. These folks should:

- Know your full legal name and date of birth (DOB)
- Be willing to speak with legal aid, media (if appropriate), or your employer/family
- Have access to any needed health information (e.g., allergies, medications, emergency contacts)

Write it down:

- First person to notify:
- Second contact (in case first is unreachable):
- Preferred contact for public and/or social media updates (if needed):

3. Steps to Initiate Legal Response

Your network should take the following steps if they suspect or confirm you've been detained:

1. Try to confirm your location.
 - Check jail locator tools, contact the protest site, or call local precincts.
2. Call the legal contact or jail support hotline.
 - Provide your full name, DOB, and last known location/time.
3. Activate the plan.
 - Assign roles (legal follow-up, social media monitoring, wellness check for your dependents or home).
4. Monitor updates via secure communication.
 - Keep all updates in an encrypted Signal group or other private thread.



Detainment or Arrest Response Plan Worksheet

From the Personal Security Planner section of the [RJ Community Workbook](#)

Purpose of this Checklist:

If you're ever detained or arrested while traveling, organizing, or attending a protest, your support team needs fast access to clear, pre-written information. This worksheet helps you prepare in advance so others can advocate for you effectively and safely.

1. Legal Support Contacts



Primary Legal Contact

Name:

Phone:

Affiliation/Org:

Notes:

Backup Legal Contact or Jail Support Hotline

Name:

Phone:

Affiliation/Org:

Notes:

Bail Fund (if pre-arranged):

Organization Name:

Website/Link:

Phone:

Notes:



Detainment or Arrest Response Plan Worksheet

From the Personal Security Planner section of the [RJ Community Workbook](#)

2. People to Notify Immediately



First Contact (close friend/family):

Name: _____

Phone: _____

Knows my legal & safety plan? ☐ Yes ☐ No

Second Contact (movement organizer or backup):

Name: _____

Phone: _____

Role: _____

Emergency Medical Contact (if needed):

Name: _____

Phone: _____

Notes (e.g., allergies, medical conditions):



3. Legal Response Steps for My Team



☐ Call the Primary Legal Contact and provide:

- My full name
- Date of birth
- Last known location & time

☐ Begin locating me through:

- Jail locator tools (county/city)
- Phone carrier (if off)
- Check with protest organizers or nearby hospitals

☐ Alert backup contact(s) and begin coordinated response

☐ Begin documentation (date, time, actions taken)

☐ Share updates ONLY through secure Signal group



Detainment or Arrest Response Plan Worksheet

From the Personal Security Planner section of the [RJ Community Workbook](#)

4. Standing Message Template



Instructions: Fill this out now so your messaging contact knows what to post publicly in case you are detained or unreachable. Keep language calm and factual.

Preferred tone:

- ☐ Informational only
- ☐ Urgent + Call to Action
- ☐ Media-ready (e.g., OK to tag orgs/press)

Draft Message:

"We are supporting [Your Full Name], who was detained today while showing up for Reproductive Justice. They are not alone and have legal support in place. Please refrain from speculation or sharing unverified details. Updates will be provided by [Name/Org].

#RJisTheWay #WeKeepUsSafe

Customize Here:

Name: _____

Hashtag(s): _____

Link or Contact for Updates: _____



4. Standing Message for Public or Support Network Use

Prepare a short, pre-approved message your people can post or send if you are detained. This reduces panic and ensures your voice is still represented.

Sample Standing Message:

"We are currently supporting [Your Full Name], who was detained today while showing up for Reproductive Justice. They have legal support and a community behind them. Please hold off on sharing details unless cleared by the team. We will provide updates as we can. #RJisTheWay #WeKeepUsSafe

You can edit this message to suit your tone or preferred platform. Keep a copy in your Signal thread, cloud doc, or written format for quick access.

Write out your message below:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Standing Message Template Builder

From the Personal Security Planner section of the [RJ Community Workbook](#)

Purpose of this Checklist:

When you go silent, are detained, or go missing, your people need to communicate quickly, calmly, and in alignment with your wishes. This worksheet helps you pre-write a **public-facing message** that can be used across social media, text threads, or press updates—without causing panic or confusion.

1. Preferred Style & Platforms



What tone should your messaging coordinator use?

- ☐ Calm and factual
- ☐ Urgent, with call to action
- ☐ Media-friendly/public-facing

Okay to post on social media?

- ☐ Yes ☐ No

Tag public figures or orgs for visibility?

- ☐ Yes ☐ No

Platform Preferences (check all that apply):

- ☐ Instagram
- ☐ Facebook
- ☐ Signal
- ☐ Threads
- ☐ Bluesky
- ☐ Email blast
- ☐ Group text
- ☐ Other: _____



Standing Message Template Builder

From the Personal Security Planner section of the [RJ Community Workbook](#)

2. Key Info for Your Message



Your full name:

Pronouns (optional):

Last known location/time:

Legal contact name & number (if public):

Who will provide updates?



3. Draft Your Standing Message



Use the sample below or write your own version. This will be shared publicly or with community members if you go missing, are detained, or become unreachable.

Sample Template (customize below):

"We are seeking information about [Your Name], last seen at [location/time]. They are part of our Reproductive Justice community and have legal support in place. Please avoid speculation—updates will come from [Name/Org]. #RJisTheWay #WeKeepUsSafe"

4. Custom Version



Version 1 (default message):

Version 2 (urgent/escalation message):

Give this page to your Messaging Coordinator AND keep a copy with your check-in buddy.



If You Go Missing or Are Unreachable

If you go silent, miss multiple check-ins, or disappear unexpectedly, your community should already know what to do. A missing person moment is not the time to figure things out—it's the time to follow an established plan.

This section helps your people take fast, coordinated action rooted in care, not panic.

1. Who Should Coordinate Messaging

Choose one person to manage all communication across social media, text threads, and public updates. This person should be calm under pressure and have a clear understanding of what you want shared—and what should be kept private.

They will:

- Write and post public messages (social media, group emails, texts to your org)
- Coordinate with legal support or media contacts if needed
- Avoid misinformation or panic-sharing

Write it down:

- Messaging Coordinator Name:
- Preferred platforms (e.g. IG, Facebook, group chat):

2. Secure Thread for Real-Time Updates

Create a small, private Signal thread titled something like "[Your Name] Safety Team." This group should include:

- Your daily check-in contact(s)
- Your messaging coordinator
- A legal support contact or organizational rep (if applicable)

This is where decisions get made, updates are shared, and steps are documented.

Do not rely solely on social media posts or group DMs—use an encrypted thread for all sensitive updates.

3. Steps to Launch a Community Response

- If you are unreachable and confirmed to be missing, your support team can:
 1. Attempt direct contact (text, call, location ping if shared)
 2. Call your emergency contacts or visit your last known location
 3. Check hospitals, jails, or transit routes using locator tools or mutual aid networks
 4. Decide if/when to go public
- Use a clear, calm message: “We are trying to locate [Name] last seen at [location/time]. If you have information, contact [Name] at [Phone/Email].”
- 5. Launch a support hub (if needed):
 - Central place to coordinate search, legal, donations, or care for dependents/pets/etc.

4. Reminder: It's Not Overreaction—It's Protection

Too often, the disappearances of Black women, girls, and gender-expansive people are dismissed, delayed, or ignored. A fast, loud, and coordinated response is not an overreaction—it's a life-affirming act of care and accountability.

You deserve to be looked for. You deserve to be protected. You deserve to be found. Let your people know that in advance.



Missing Person or Unreachable Response Plan

From the Personal Security Planner section of the [RJ Community Workbook](#)

Purpose of this Checklist:

Sometimes things escalate—missed check-ins, silent phones, or other signs that something is wrong. This worksheet gives your people a clear action plan to **confirm your status, coordinate support**, and activate a broader response **without delay or panic**.

1. Escalation Threshold



Trigger this plan if I am unreachable for more than:

___ hours / ___ missed check-ins

Confirmed by these two people:

1:

2:



2. Confirmation Steps



- ☐ Check Signal group and last seen timestamps
- ☐ Attempt direct contact (call, text, app)
- ☐ Ask trusted contacts if they've heard from me
- ☐ Check my social media activity or location tags
- ☐ Review any recent travel or protest plans
- ☐ Confirm with legal contact whether I've been detained
- ☐ Check local hospitals or jail locator tools (county website)

Last known location/time:

Clues or notes to follow up on:



Missing Person or Unreachable Response Plan

From the Personal Security Planner section of the RJ Community Workbook

3. Who Will Coordinate the Response?



Point Person (Main Coordinator)

Name:

Phone:

Email or Signal Handle:

Backup Coordinator (if main is unavailable):

Name:

Phone:

Email or Signal Handle:

Key Responsibilities:

- ☐ Contact support team
- ☐ Share Standing Message (From the 'Standing Message Template Builder')
- ☐ Provide updates in Signal or chosen platform
- ☐ Keep a timeline log of all steps taken



4. Launching a Public or Community Response



- ☐ Share Standing Message (via Instagram, Signal, etc.)
- ☐ Activate legal support or jail support networks
- ☐ Alert community orgs (RJ, bail funds, legal groups)
- ☐ Set up a live update doc or hub (Linktree, Google Doc, etc.)
- ☐ Monitor public responses and follow up on leads
- ☐ Document everything (screenshots, calls, timeline)

Public Response Link (if needed):



Reminder:

Your proactive care could be what brings someone home safely. Trust your gut, lean on your community, and escalate when something doesn't feel right.