



Abortion Advocacy Legislator Outreach Guide

Find Legislators in your State

- *State legislatures*: This [webpage](#) help you find the website for each state's legislature.
- *Governors*: choose your state from this [webpage](#).
- *Local city councils*: you can often find with a quick Google search!

State politician messaging templates

For general support of abortion rights

Phone script:

"Hi, my name is J. Smith. I am a constituent from (state), zip code (zip code number). I am calling to ask (representative's name) to support the right to abortion in our state. Access to abortion is a human right. Placing restrictions or bans on abortions doesn't end abortion, it just makes it unsafe. I believe every person must have the freedom to decide for themselves whether or not to give birth, and I ask (representative's name) to fight for our freedoms in (my state/town).

Email template (auto-fill):

To my (senator/rep),

I'm writing to express my strong support for abortion rights in (state) and to ask you to support the rights of women, girls, and those who can become pregnant and support the right to abortion in (state). Everyone should have freedom over what they do with their bodies, and they should be able to control their path in life without the government stripping them of their rights. (insert any reason you personally support abortion rights)

I call on you to:

- Oppose any bills that would strip people of their rights to liberty, health, and ability to choose what they do with their bodies.
- Work with other state legislators to overturn the existing abortion restrictions in our state, as they impede people from accessing essential medical services.
- Reach out to politicians in other states to support abortion rights for people across the U.S.

This is your time to show leadership and protect members of your constituency that will face serious harm if these restrictions are implemented.

Thank you,

If there is a specific abortion ban or restriction proposed

Phone script:

"Hi, my name is J. Smith. I am a constituent from (state), zip code (zip code number). I am calling to tell (representative's name) that I oppose the (abortion ban bill/number), as it would strip away the rights of pregnant people across (state). I strongly encourage (representative's name) to oppose this inhumane and unnecessary bill that could damage the mental, emotional, and physical well-being of countless members of (representative's name)'s constituency. Thank you for your time."

Email template (auto-fill):

To my (senator/rep),

I'm writing on with deep disappointment in the introduction of (x) abortion ban in the state of (X). This ban would violate the human rights of countless women, girls, and people who can become pregnant, and it would directly harm their mental, emotional, and physical wellbeing if it is passed. I call on you to defend the right to abortion. Every person should have freedom over what they do with their bodies, and they should be able to control their path in life without the government stripping them of their rights. (insert any reason you personally support abortion rights)

I call on you to:

- Oppose (abortion restriction bill number) that would strip people of their rights to liberty, health, and ability to choose what they do with their bodies.
- Work with other state legislators to overturn the existing abortion restrictions in our state, as they impede people from accessing essential medical services.
- Reach out to politicians in other states to support abortion rights for people across the U.S.

This is your time to show leadership and protect members of your constituency that will face serious harm if these restrictions are implemented. People in the United States and around the world are watching you.

Thank you,
(Your name)