

REPRODUCTIVE JUSTICE & SOLIDARITY
A COMMUNITY ZINE BY ARC-SOUTHEAST



**FREE ABORTION
ON DEMAND, MEOW!**

REPRODUCTIVE JUSTICE & SOLIDARITY

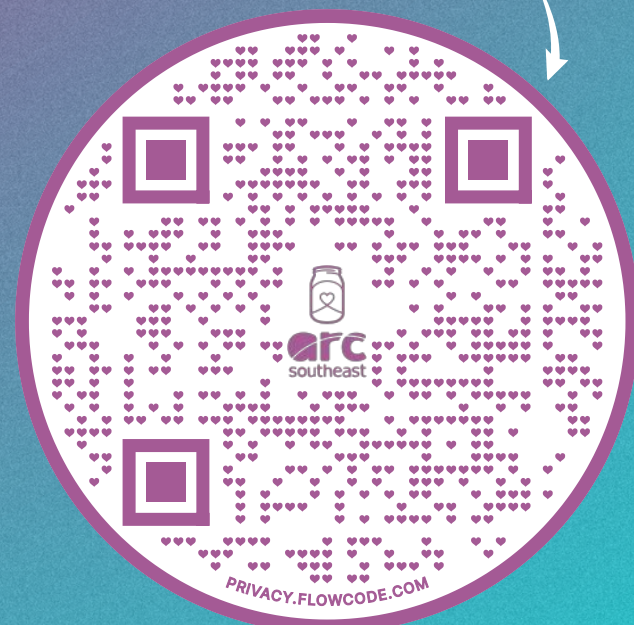
A COMMUNITY ZINE BY ARC-SOUTHEAST

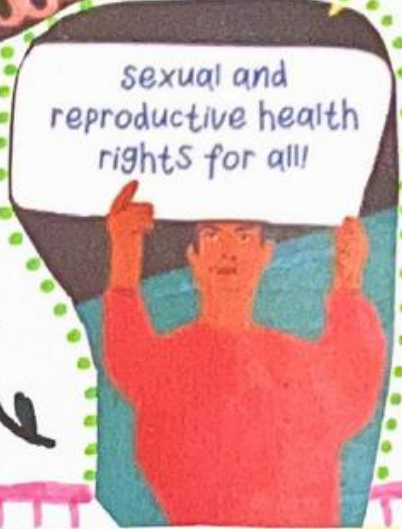
The pages in this zine were created on Saturday, July 13, 2024 in Atlanta, Georgia. ARC-Southeast is a reproductive justice organization and abortion fund in the Southeast, and we hosted a zine-making workshop for community members to come together, discuss reproductive justice, and created a collective zine together!

Folks joined us to talk about the difficult state of abortion access in the South, why bodily autonomy is important, and how we can make reproductive justice a reality across the Southeast. We also talked about how our understanding of reproductive justice helps us to understand the intersections of many other movements, and to practice solidarity with all oppressed peoples.

The theme for the zine workshop was simple: reproductive justice and solidarity. If you believe in those two things and enjoy this community zine, consider supporting ARC-Southeast directly at the QR code below.

And a special thank you to C.U.N.T.S (Community Unity Network 4 Transformation and Solidarity) for co-sponsoring the zine-making workshop. You can learn more about C.U.N.T.S on Instagram at: [@c.u.n.t.s.usa](https://www.instagram.com/c.u.n.t.s.usa)





ABORTION IS A UNIVERSAL RIGHT



PRO-ABORTION



BANS -and- BORDERS OFF MY BODY!

ABORTO LEGAL



SILENCE IS DEATH

The human right to parent
the children we have in
safe & sustainable communities.



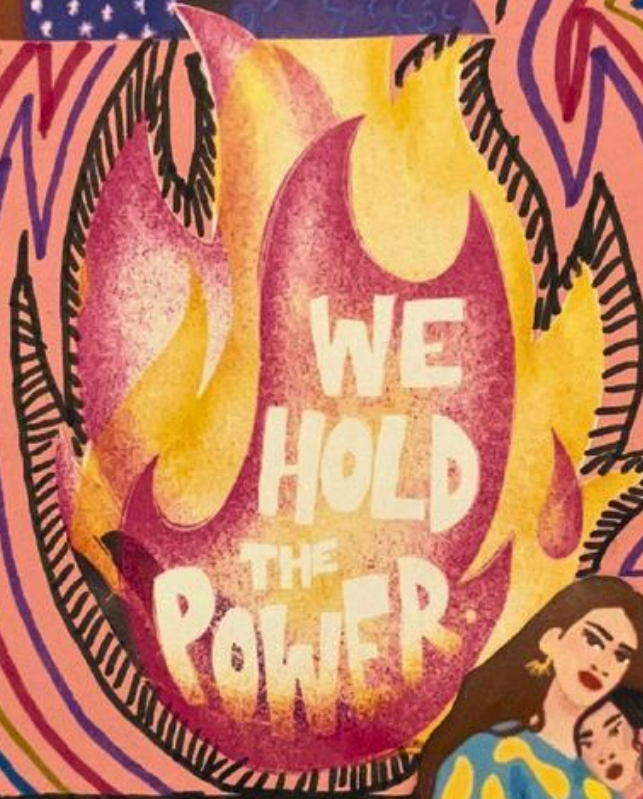
MUST
WE MAKE
NOISE

RESISTANCE

IS

LOVE





QUEERS FIGHT BACK!



STOP

THE

VIOLENCE.

We keep us safe

We keep us safe

safe

WE HOLD THE POWER

NO JUSTICE
NO PEACE

WE WILL AID AND ABET

ABORTION

DEFUND PRISONS POLICE

ABOLISH PRISONS INVEST IN COMMUNITY
CARCERAL RESPONSES CANNOT REAL SYSTEMIC JUSTICES

NOT REFORM

RESIST

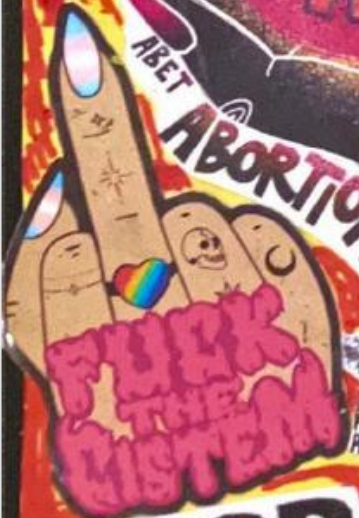
Reinvest in Black & INDIGENOUS

STOP

COP CITY COMMUNITIES

ABOLITION PROTECTS

ABORTION



WE NEED SERVICES FOR WOMEN WHO ARE INCARCERATED



10 Principles
of

DISABILITY

JUSTICE

Developed by Sings Invalid

Disability IS AN R.J. ISSUE



1 Intersectionality

2 Leadership of the Most Impacted

3 Anti-Capitalist politics

4 Commitment to cross-movement organizing

5 Recognizing Wholeness

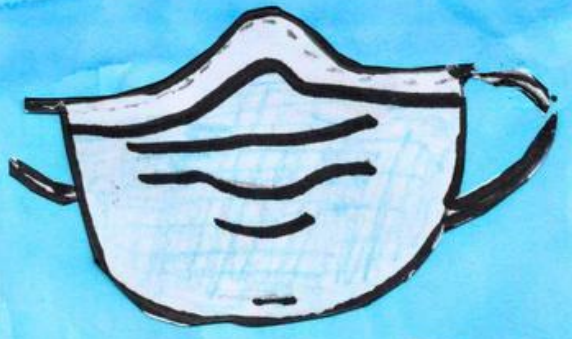
6 Sustainability

7 Commitment to cross-disability solidarity

8 Interdependence

9 Collective Access

10 Collective Liberation



WE
FUCK
TOO!

ABORTION ACCESS
NOW!

IT'S NEVER AN EASY DECISION,

Wanna

BUT IT SHOULD



ALWAYS BE

PRESSO

YOUR DECISION

SOLIDARITY IS OUR ONLY HOPE For Our Future.

donate!



So How Will you
Practice Solidarity
Within Your Power?
How Will You
Contribute To A
NEW WORLD?

abortion funds are
forms of mutual
aid projects!

planb@arc-southeast.org

Put your boots
on the ground.
Get organized.



Stamp on our
opposition until
there are
none. left.

CORPORATE GREED

PROFIT OVER PEOPLE WILL
NEVER BE SUSTAINABLE



REPRODUCTIVE HEALTH

ONE IN THREE WOMEN WILL HAVE AN ABORTION IN THEIR LIFETIME

IS A HUMAN RIGHT

SIXTY ONE PERCENT OF ABORTIONS ARE OBTAINED BY MOTHERS

QUEER

BODIES

ARE

JOY

ABORTION IS
HEALTHCARE



Paulo Freire,

"Pedagogy of the Oppressed" (1978)

WE NEED
ACCESS TO
education

QUEER PALESTINIANS, ARABS,
MUSLIMS, MENA & SWANA
PEOPLE, & BIPOC DESERVE
ANTI-ZIONIST QUEER SPACES.

FREE PALESTINE

NOW



ABOLISH
PRISONS
INVEST IN COMMUNITY
CARCERAL RESPONSES CANNOT HEAL SYSTEMIC INJUSTICES

LIBERATION

the right to
parent children
with the necessary
social support
in safe and
healthy communities,
without fear of
violence from
individuals and the
state

REPRODUCTIVE
RESOURCES

justice

COMPREHENSIVE
SEX EDUCATION

power

SAFE AND
HEALTHY
COMMUNITIES

WE NEED

self-determination.

autonomy



ASK ME ABOUT ABORTION PILLS



@c.u.n.t.s.usa
cunts4change.org



Mifepristone 200mg
Mifepristone is the first of two medications used in a medication abortion (also known as the "abortion pill").

Mifepristone works by blocking the hormone progesterone. Without progesterone, the lining of the uterus breaks down and the pregnancy cannot continue.

Mifepristone is also used for evidence-based indications in (1) medical management of miscarriage, (2) cervical preparation for later 2nd trimester abortion, and (3) management of 2nd and 3rd trimester pregnancies when the fetus has died before birth.

Misoprostol 200mcg
Misoprostol, the second medication, is a synthetic prostaglandin that works by "replacing" prostaglandins.

This medicine causes cramping and bleeding to empty your uterus. It's kind of like having a really heavy, crampy period, and the process is very similar to an early miscarriage.

In general, taking both mifepristone and misoprostol works a bit better than taking misoprostol only.
Taking misoprostol alone works to end the pregnancy about 85-95% of the time - depending on how far along the pregnancy is and how you take the medicine.

This method is 95% - 98% effective and is very safe.

1 Use a calendar or a gestational age calculator to Measure from the first day of your last period to today.



2 **Make Sure You Do Not Have:**

- Long term treatment with steroids (nasal, inhaled, or topical steroids are ok)
- Symptoms of ectopic pregnancy (severe tummy pain or severe vaginal bleeding)
- Bleeding problem or treatment with a blood thinner (aspirin is ok)

3 **DAY ONE**
Taking Mifepristone

Swallow one 200-mg Mifepristone pill. Most people don't feel anything after taking mifepristone, but some people do have some bleeding, nausea or cramping.

Wait 24 - 48 hours before proceeding to step 4

DAY TWO - Taking Misoprostol

Take pain medication (Ibuprofen or Naproxen)

If you are less than 9 Weeks

- Use 4 200mcg Misoprostol pills (see instructions below)

If you are 9 - 12 weeks

- Use 4 200mcg Misoprostol pills (see instructions below)
- Wait 4 hours
- Use 4 200mcg Misoprostol pills (see instructions below)

If you are 12+ Weeks

- Use 2 200mcg Misoprostol pills (see instructions below)
- Wait 3 hours
- Use 2 200mcg Misoprostol pills, Wait 3 hours
- Repeat taking Use 2 200mcg Misoprostol pills until pregnancy passes

Put pills inside each cheek or under your tongue. Hold them there for 30 minutes while your body absorbs the medicine. It's ok to swallow your saliva. Then swallow the pills with a drink.

Side Effects You May Experience

- INTENSE BLEEDING OR INTENSE CRAMPING.
- DIZZINESS
- VOMITING
- DIARRHEA
- NAUSEA
- LIGHT FEVER AND CHILLS
- HEADACHES

Consult a clinician if you experience..

- An allergic reaction to either medication (rash, hives, itching, swollen or blistered skin with or without a fever, wheezing, and trouble swallowing, among others)
- Excessive bleeding (saturating two pads per hour for more than two hours)
- Severe stomach pain
- Severe diarrhea
- Serious vaginal irritation
- Severe pelvic pain
- Intense or Fast heartbeat.

In most cases, the worst of the bleeding and cramping typically lasts up to 24 hours. It is common to feel tired for one to two days after taking misoprostol, but most people are able to go back to normal activities after the bleeding and cramping have stopped. If you have nausea you can use anti-nausea medication (benadryl, dramamine or zofran are examples).

If you have no cramps and bleeding after 4-6 hours, you can use 2 more Misoprostol pills

You can always call or text the **M+A Hotline** (833-246-2632) for free & confidential medical support.

If you're more than 8-9 weeks, you may see fetal remains and wonder what to do with them. You can contact

ReproLegal Helpline (844-868-2812)
The ReproLegal Helpline can help you understand your legal risks. This is important because some people have gotten in trouble for what they did with fetal remains.

arc-southeast.org

plancpills.org

cunts4change.org

inedana.com

howtouseanabortionpill.org

abortionfinder.com

all-options.org

Kati says...

MENSTRUATION
IS NOT A
CIS-SUE
WWW.CUNTSCHANGE.ORG

ABOLITION
NOT REFORM
DEFUND PRISONS
POLICE

HOT
PEOPLE
HATE
COPS
CUNTSCHANGE.ORG

Reinvest in Black
COMMUNITIES

♥ MK ♥





arc
southeast



**Contact ARC-Southeast to get support
paying for or accessing abortion care
if you live in the Southeast.**

**CALL OUR HEALTHLINE AT (855)227-
2475 OR VISIT ARC-SOUTHEAST.ORG**

**Share this zine with your friends,
so they know that abortion funds
will always have their backs!**

