

Instructions

01 Abortion Stigma House Party

Thank you for hosting a house party on behalf of Planned Parenthood of the Pacific Southwest. A House Party is a great way to bring together family, friends, neighbors, and coworkers in a comfortable, inclusive, and nonjudgmental environment to learn more about sexual and reproductive health as well as the services Planned Parenthood of the Pacific Southwest provides. This House Party covers the topic of abortion and the stigma that surrounds it.

02 House Party Goals

Abortion is a common and safe medical procedure. But it is surrounded by stigma in our society. This stigma keeps people silent about their personal experiences, and silence feeds public complacency with political attacks and destructive myths. The best way to break the cycle of stigma is to talk about it. Help us say goodbye to stigma by exploring the topic of abortion in an open, nonjudgmental setting.

There are 3 goals for the Abortion Stigma House Party:

- 1) Educate guests about how to communicate with others about stigma and how it effects our reproductive choices.
- 2) Create relationships with new Planned Parenthood of the Pacific Southwest supporters and provide tools/resources for guests to [Get Involved](#).
- 3) Empower guests with ways they can support Planned Parenthood of the Pacific Southwest.

To help you along, we've created this House Party toolkit with resources to make your party a success.

03 Context on Abortion in the United States

In *Dobbs v. Jackson Women's Health Organization* (2022), the Supreme Court overturned *Roe v. Wade*. This decision took away the constitutional right to abortion in the United States, leaving it up to individual states. Following the decision, some states have implemented abortion bans or created restrictions to abortion access. But it is important to note that abortion is still legal in California and many other states. Now, more than ever it, is important that we educate those around us about abortion access and stigma.

To learn more about the current state of abortion, visit the links below and check out our [Resources](#) page.

- > [KFF: Dashboard on Abortion in the United States](#)
- > [Key Facts About Abortion in the United States](#)

04 How do I host a house party?

If you haven't already, first fill out this [form](#) to let us know you are interested in hosting a House Party and select Abortion Stigma as the topic of interest.

Get a group of friends, colleagues or family members together and have a party! You'll have fun, raise awareness, AND support Planned Parenthood of the Pacific Southwest.

05 What does it look like?

Anything you want! Your party can and should reflect your creativity, enthusiasm, and commitment to the work that Planned Parenthood does. It could be a:

- > Potluck
- > Wine and cheese gathering
- > Brunch
- > Friends' night
- > Backyard BBQ
- > Dance party
- > Afternoon tea

06 What do I need to do to host a party?

First, pick a place: your house, a restaurant, a park... anywhere! Just make sure there's enough privacy for your guests to ask questions and share their thoughts. Be sure to create a nonjudgmental and inclusive setting where people feel comfortable discussing their thoughts and opinions.

Second, pick a date and time and create an invitation list. Consider inviting like-minded friends, both old and new.

Third, ensure that guests come prepared to have an open dialogue about abortion and combatting stigma. Prior to the event, provide your guests with the resources to explore this topic by encouraging them to review the content on planned.org/goodbyestigma aka the house party homework.

07 Scheduling and Planning Hints

- > Send invitations at least 3-4 weeks in advance. It's even better if you also call people to invite them. Consider making a private Facebook Event page; it's an easy way to keep track of RSVPs and send your guests information. Expect to invite three times as many people as you'd like to attend. And even if someone can't come, your contact with them has made a difference!
- > Ask your friends to co-host with you. This is a great way of expanding your network and building excitement for your party.
- > Send a reminder 1 week before the event.

08 Suggested Activities for the Party

- > Share why Planned Parenthood is important to you! Pick one of the [Conversation Starters](#) to get people talking and sharing.
- > Play the provided [Abortion Stigma Trivia](#) game to delve deeper into the topic of abortion.
- > Reflect on how to approach discussions about abortion and how to combat abortion stigma by reviewing the content on planned.org/goodbyestigma (aka the house party homework) and sharing what stood out to you.
- > Share the video, "[Ours to Tell](#)" which depicts four people who share their abortion experiences without shame and/or "[Abortion Stigma 101 by Becca Karpinski](#)".
- > Have your guests complete the [Spot the Stigma](#) and [Self-Reflection activities](#). Encourage your guests to work independently and then come together to share if possible.
- > After sharing the video and completing the activities, answer the Abortion Stigma Discussion Questions and examine how your views on the topic of abortion may have changed.
- > Let your guests know how to connect with Planned Parenthood of the Pacific Southwest on social media:



@PPPSWHEALTH

- > Ask guests if they would like to host their own party for Planned Parenthood of the Pacific Southwest or [Get Involved](#). Let them know that they can support Planned Parenthood of the Pacific Southwest at SupportPlannedParenthood.org.

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09 Sample Invite Language

Dear Friends,

Please join me on **(date)** at **(location)** for an informative evening to learn about abortion stigma and support Planned Parenthood of the Pacific Southwest. My goal is to bring people together to have fun, support the mission of Planned Parenthood, and **(ideas below)**.

- Connect with one another on important topics like how break the cycle of stigma surrounding abortion
- Share information about sexual and reproductive health
- Increase awareness about the challenges Planned Parenthood faces
- Raise support and money for Planned Parenthood!

Please RSVP to me at _____ by _____.

I hope to see you there!

(Host name)

10 Sample Follow-up Message:

Dear Friends,

I am so excited that you will be joining me on **(date)** at **(location)** for a fun, informative evening to learn about abortion stigma while also supporting Planned Parenthood of the Pacific Southwest. Prior to the event, please be sure to do your homework.

- Visit Planned Parenthood of the Pacific Southwest's [Goodbye Stigma page](#)
- Make sure you are prepared to have an open dialogue about abortion and abortion stigma
- I look forward to seeing you soon!

(Host name)

Conversion Starters

01

What's your funny (or cringe-worthy) story about birth control – learning about it, getting it, using it?
Feel free to talk about a friend or "a friend."

02

What was the craziest thing you heard about sex that turned out not to be true?

03

Who or what was your primary source of information about sex when you were growing up?
How did that work for you?

04

What words did your family use for 'penis' and 'vagina' when you were growing up?
(And do they make you laugh or blush to say them now?)

05

Why do you want to stand up for Planned Parenthood?

06

Why is Planned Parenthood important in your community?

07

If you feel comfortable, share a personal experience with Planned Parenthood.

08

What is one thing that you can do to support Planned Parenthood?

Abortion Stigma Trivia

These questions are meant to stimulate thoughtful conversation. Please respect the comfort levels of all House Party participants and acknowledge their preference to share or abstain from sharing a response.

Questions

01 What is the name of the landmark case that overturned *Roe v. Wade*?

02 How many women will have an abortion by the age of 45?

03 What percentage of Americans agree with the constitutional protection for abortion laid out in *Roe v. Wade*?

04 Is abortion a safe medical procedure?

05 How much does the federal government spend per year on funding abortion?

06 Approximately what percentage of pregnancies in the United States are unintended?

07 Approximately what percentage of abortion patients in the United States consider themselves religious?

Trivia Challenge Answers

01 What is the name of the landmark case that overturned *Roe v. Wade*?

Dobbs v. Jackson Women's Health Organization (2022)

02 How many women will have an abortion by the age of 45?

1 in 4¹

03 What percentage of Americans agree with the Supreme Court decision on *Roe v. Wade*?

63%²

04 Is abortion a safe medical procedure?

Yes, abortion is one of the safest medical procedures in the United States. The risk of death from childbirth is 14 times higher than that with abortion (8.8 per 100,000 vs. 0.6 per 100,000).³

05 How much does the federal government spend per year on funding abortion?

The Hyde Amendment, passed in 1976, prohibits using federal funds to pay for abortion. There are rare exceptions in cases of rape, incest, or to save the life of the mother.

06 Approximately what percentage of pregnancies in the United States are unintended?

About 50% of all pregnancies in the U.S. each year are unintended, and 4 in 10 of these are ended by medically safe, legal abortions.⁴

07 Approximately what percentage of abortion patients in the United States consider themselves religious?

Approximately 62% of abortion patients in the U.S. are religiously affiliated.⁵

1 (2017, October 19). Abortion Is a Common Experience for U.S. Women. Guttmacher Institute. www.guttmacher.org/news-release/2017/abortion-common-experience-us-women-despite-dramatic-declines-rates

2 (2023, February 23). Abortion Attitudes in a Post-Roe World: Findings From the 50-State 2022 American Values Atlas. Public Religion Research Institute. <https://www.prri.org/research/abortion-attitudes-in-a-post-roe-world-findings-from-the-50-state-2022-american-values-atlas/>

3 Raymond, E. G., MD, MPH, & Grimes, D. A., MD (2011). The Comparative Safety of Legal Induced Abortion and Childbirth in the United States. *Obstetrics & Gynecology*. <https://doi.org/10.1097/AOG.0b013e318258c833>

4 (2019, January). Unintended Pregnancy in the United States. Guttmacher Institute. <https://www.guttmacher.org/fact-sheet/unintended-pregnancy-united-states>

5 (2019, September). Induced Abortion in the United States. Guttmacher Institute. <https://www.guttmacher.org/fact-sheet/unintended-pregnancy-united-states>

Spot the Stigma

Read the examples and assess whether or not they show abortion stigma. Then suggest a “fix” to reduce or eliminate stigma.

		If there is stigma, how would you fix it?
01	On one television network, all unplanned pregnancies end in miscarriage or a celebrated birth, never an abortion.	
02	Security guards escort an abortion provider into the center after she receives threatening mail.	
03	Insurance companies charge a co-pay for abortion fees.	
04	A woman feels sadness or regret after an abortion.	
05	Health centers that provide abortions have additional licensing requirements compared to those providing similar but less controversial medical procedures.	
06	A call to political action from a sexual and reproductive health care provider says, “Abortion is only 5% of what we do.”	

Self-Reflection Activity

How do you feel about each of the following situations where a person is seeking an abortion?

SITUATION	No concerns	Bothers me a little	I'm uncomfortable with this scenario
A 16-year-old teenager who was intoxicated at a party did not use any form of birth control. Her parents will kick her out of the house if they know she is pregnant.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A 39-year-old single mother of five who is dependent on governmental programs to help provide for her family. She is only able to work outside of the home part-time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A 30-year-old whose prenatal tests shows a possibility of Down syndrome.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A 27-year-old whose pregnancy is a result of an extramarital affair. She was using a condom, but the condom broke. Her husband cannot have children and does not know she has been cheating on him.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
An 18-year-old who is planning to go to college on full academic scholarship. The condom that she and her boyfriend were using broke. She will lose her scholarship if she misses a semester at school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A 50-year-old who thought she was going through menopause when she did not get her period. Her children are all grown, and she is about to become a grandmother.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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SITUATION	No concerns	Bothers me a little	I'm uncomfortable with this scenario
A 25-year-old with moderate developmental disabilities who lives in a group home. Her long-term boyfriend lives there as well, although the group home cannot provide housing for infants..	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A 32-year-old married woman who does not feel ready to be a mother.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A 25-year-old seeking their third abortion.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Part II

Partner Conversation

1. Which scenarios did you find most challenging?
2. Which of your values came into play?
3. What information did you hear today that helped you see it from a different perspective (or what information do you need)?

Discussion Questions

These questions are meant to stimulate thoughtful conversation. Please respect the comfort levels of all House Party participants and acknowledge their preference to share or abstain from sharing a response.

- 01** If you watched "Ours to Tell" video together or as homework:
What stood out to you from watching the video?
- 02** If you did the Spot the Stigma activity: What stood out for you?
- 03** Most of us have internalized abortion stigma. What were some of the stigmatizing messages you've heard?
Which ones do you still struggle with?
(For example: feeling conflicted about second-trimester abortions, using rape and incest as "better" reasons for an abortion)
- 04** Now that *Roe v. Wade* has been overturned, who do you worry about most?
- 05** How can we make discussions about abortion and abortion stigma more inclusive?
- 06** Why is it sometimes difficult to talk about abortion? What types of conversation are hardest for you? What might make it easier for you?
- 07** How have you seen unintended pregnancy and abortion portrayed in media? How might that shape people's views of abortion?
- 08** In what ways can we commit to ending abortion stigma?

Abortion Stigma Resources

Abortion is safe and still legal in California. If you need to access Planned Parenthood of the Pacific Southwest health care services, [go online](#) or call 1-888-743-7526 to make an appointment. Information about abortion care access throughout the United States can be found at abortionfinder.org.

01 Take Action

- Planned.org/Takeaction
- Planned.org/GetInvolved
- [Bans Off Our Bodies](#)

02 Learn

- [KFF: Dashboard on Abortion in the United States](#)
- [Key Facts About Abortion in the United States](#)
- Youtube.com/@PPPSWHealth

03 Donate

- [Planned Parenthood of the Pacific Southwest Abortion Access Fund](#)
- [National Network of Abortion Funds](#)
- [Access Reproductive Justice](#)
- [Lawyering for Reproductive Justice](#)