5 Ways to Help Protect Abortion Rights

1. **Become a clinic escort**
   Consider becoming a women’s health clinic escort. These volunteers walk women into the clinic, helping shield them from often vocal anti-abortion protesters. Go to now.org/chapters to find your local chapter and become a clinic escort volunteer.

2. **Protect abortion pills**
   Educate yourself about the use of abortion pills in this country, which will likely become a hot topic along with the abortion bans.

3. **Write about it**
   Write and submit letters to the editors of your local news outlets proudly exclaiming your support for women’s rights to legal, safe, affordable and accessible abortion care.

4. **Prioritize your local elections**
   Your state legislators and even city councils have enormous power over abortion rights and, as noted in the New York Times, "The makeup of your City Council can also matter a great deal — decisions about zoning and even noise ordinances can make the difference between a clinic staying open or being forced to close.

5. **Don’t end the conversation**
   Contact your state and national policymakers and demand that they support women’s reproductive freedoms and stop unnecessary and unconstitutional restrictions on abortion care.

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