

# SO YOU JUST WATCHED **PLAN C**

**NOW WHAT?**

First, thank you for watching and asking what you can do next.  
Thank you also for helping to lead a dialogue around PLAN C.

Here are some key points that will help  
you lead a discussion later...





I wanted to make the decision for myself, what's best for me right now and my situation. WOMAN SPEAKING IN PLAN C



## QUICK FACTS

- \* **Two pills are commonly used for abortions** - mifepristone, which blocks the pregnancy hormone, and misoprostol, which causes cramping.
- \* **Abortion pills are safe and effective to end a pregnancy up to 12 weeks.** (Source: [WHO](#))
- \* In the 1980's, **Women in Brazil discovered misoprostol alone could end a pregnancy.** (Source: [NIH](#)) and **French researchers developed mifepristone** (also known as RU-486) to be taken with misoprostol for abortion care.
- \* Mifipristone was approved for use in France in 1988. Mifepristone was approved for use in the U.S in **2000**.
- \* **Ninety countries have now approved abortion pills.** (Source: [The Washington Post](#))
- \* The majority of abortions in the United States are now with pills. (Source: [Guttmacher Institute](#))
- \* **Abortion pills are safe and effective to use at home.** (Source: [Guttmacher Institute](#))
- \* **Some U.S. lawmakers are attempting to ban not only abortion but also mifepristone.** Check out [this map](#) of abortion restrictions by state and this [legislation tracker](#) to stay up-to-date.
- \* Misoprostol taken alone is safe, but can be less effective and may cause more side effects. A person using **misoprostol only may have more interactions with the medical and/or legal system.** (Source: [Planned Parenthood](#))
- \* If a person self-managing their abortion seeks medical care, they do not have to disclose that they used abortion pills. There is no test that can detect these pills. (Source: [If/When/How](#))
- \* Abortion pills by mail remain an option throughout the United States.

### Reproductive Justice and Reproductive Freedom

include the human right to bodily autonomy, the choice not to have children, and also the choice to have children, and to be able to raise those children in a safe and healthy environment.

**Be mindful of the language you use in conversations about abortion.**

Scan and read this piece, [Using Inclusive Language](#), from Mabel Wardsworth Center



# ABOUT THE DOCUMENTARY

PLAN C chronicles the fight of a determined network expanding access to abortion pills in the United States. The story follows Francine Coeytaux, a public health expert and the co-founder of a grassroots organization, Plan C, as she and her team work to expand knowledge of and access to abortion pills across America. The film reveals the pipelines they built, the criticism they faced, and the hope they have for the future.



## FEATURED IN THE FILM



**ELISA WELLS**  
CO-FOUNDER  
*Plan C*



**FRANCINE COEYTAUX**  
CO-FOUNDER  
*Plan C*



**ROBIN MARTY**  
CLINIC MANAGER,  
*West Alabama Women's Center*;  
AUTHOR, *Handbook for a Post-Roe America*



**DR. TORRES**  
*West Alabama Women's Center*



**DR. AMAON**  
MEDICAL DIRECTOR,  
*Just The Pill*



**FRANCES MORALES**  
CLINIC DIRECTOR  
*Just The Pill*



**CARRIE BAKER**  
LAWYER and  
JOURNALIST



**LORETTA J. ROSS**  
ACADEMIC  
and ACTIVIST,  
CO-FOUNDER,  
*SisterSong*



**FARAH DIAZ-TELLO**  
SENIOR COUNSEL,  
*If/When/How*



**DR. REBECCA GOMPERTS**  
FOUNDER,  
*Aid Access & Women on Web*

## STORYTELLING ACTION

If you feel safe, **share your abortion and/or miscarriage story**. Your story can influence the way your community feels about abortion, reproductive freedom, reproductive justice and bodily autonomy.

**For Social Networks:**  
**What does reproductive freedom mean to you?**

Reflect on the question and share your response on your Twitter, Instagram, or Facebook, and make sure to tag @PLANCMovie #PLANCMovie

After a PLAN C screening, set aside time for discussion.

## HERE ARE QUESTIONS TO GET YOU STARTED:



- \* **What are your initial reactions and feelings** after watching PLAN C?
- \* How does a **Post-Roe America** look different from America during Roe?
- \* Abortion pills are safe, effective, and commonly used both in the United States and around the world? Why do you think people are not aware and that abortion pills have been so **heavily restricted**?
- \* Abortion remains stigmatized despite the fact that 1 in 4 women will have an abortion over the course of their lives. **What can you do to help destigmatize abortion** among your friends, family, and community?
- \* Throughout the documentary, we hear people discuss how abortion pills allow them to navigate their process of having an **abortion in their own way**. In what ways are abortion pills a convenient or attractive option for those who choose to use them?
- \* **Why is it important for abortion clinics to remain open** if abortion pills are available by mail?
- \* Is there a responsibility to support neighbors in states who are denied access to abortion pills? **What are the risks for those who support their neighbors?**
- \* In 1973, when abortion was recognized as a constitutional right, most U.S. physicians who specialized in abortion care were men. In 2023, there are now more women clinicians (doctors, RNs and midwives) who specialize in abortion care. (Source: [AAMC](#)) **Why do you think there has been this shift?**
- \* While self-managed abortion with pills is **safe medically**, what are the **other risks** explored in the documentary? How might these risks vary, depending on who you are, where you live and who you live with?
- \* How can you **protect yourself** or encourage others to protect themselves if they choose to self-manage their abortion with pills?
- \* Francine is quoted in the film saying: We have made the decision that we're not going to become more quiet. We'll become louder. **How can you get louder** in helping people understand that they have abortion pills as an option as well as countering laws that unjustly restrict abortion access?
- \* **Are there echoes from other periods in American history where grassroots organizing challenged unjust laws?** (e.g., voting restrictions, abolition, prohibition) Can a historical perspective be instructive in discussing the fight for reproductive justice today?



Now, we hope you are empowered to contribute to any of these important actions:

## INDIVIDUAL ACTION

- \* **Knowledge is power and a human right.**  
Understand and advocate for self-managed abortion. You have a right to accurate information. Learn about the organizations and networks featured in the movie, as well as others listed later in the guide. Share accurate information and support self-managed abortion and access to abortion pills no matter where you live.
  - \* Go to → [Plan C Pills Guide to Abortion Pills](#)
  - \* Go to → [M & A Hotline](#)
  - \* Go to → [Repro Legal Helpline](#)
- \* **Stickering.**  
Go to [Plan C](#) to order stickers and flyers to spread the word and fight misinformation.
- \* **Be visible.**  
Join local marches and protests in your community. Bring a friend. Take photos and share on social media. If posts are removed or blocked, repost and get creative.
- \* **Buy pills in advance.**  
[Aid Access](#) shares that "You can order abortion pills before you are pregnant, just in case you need them in the future. This service is called Advance Provision."
- \* **Spread the word about screenings of PLAN C in your community.**
  - \* Go to [PlanCMovie.com](#) to find information about festival and event screenings in your area.
  - \* Ask your church, synagogue, school, faculty, library, local non-profit or political organization to host a virtual or in-person screening through [GOOD DOCS](#).  
Any questions? Email: [outreach@gooddocs.net](mailto:outreach@gooddocs.net)

## POLITICAL ACTION

- \* **Visit** Abortion Access Front's [ultimate activist guide](#).
- \* **Vote** for candidates and support elected officials working on behalf of reproductive justice and abortion rights. Check out [Emily's List](#) to see who is pro-choice in your community.
- \* **Learn** about upcoming ballot measures and if your state has a shield law to protect providers who support access to abortion medication. Check out [The ACT GROUP](#). Write representatives about shield laws, gather signatures for amendments, and work to repeal unjust laws that criminalize abortion and to pass laws that protect access.



A person can't fight for their human rights if they don't know that they have them. They got to know that they have options beyond the deadly and dangerous ones.



LORETTA J. ROSS IN PLAN C

# GIVE AND VOLUNTEER

If you have resources donate to your local abortion funds and the reproductive justice organizations in your community.

Don't know where to start? Many organizations need donations and may also have opportunities for volunteer work. In alphabetical order:

- [Abortion Access Front](#) - Resources for activism
- [Abortion Freedom Fund](#) - Funding telehealth abortions
- [AidAccess](#) - International, rights-based telehealth to all 50 states
- [All Options](#) - Peer-based counseling and support
- [If/When/How](#) - Reproductive justice helpline and defense fund
- [IPAS](#) - Building global ecosystems for reproductive justice
- [Just The Pill](#) - Get abortion pills delivered in CO, MN, MT, WY
- [Medical Students for Choice](#) - Creating tomorrow's abortion providers and pro-choice physicians.
- [Miscarriage and Abortion Hotline](#) - Confidential, free medical support
- [Mothers Against Greg Abbott](#) - PAC working to unseat Governor of TX
- [Plan C](#) - Info about safe home abortion access in every state
- [Pregnancy Justice](#) - Defending the rights of pregnant people
- [Red State Access](#) - Information about abortion pills by mail in states even with restrictions
- [ReproAction](#) - Resources and activism
- [SisterSong](#) - Reproductive Justice and Human Rights organization cofounded by [Loretta J. Ross](#)
- [The Feminist Majority Foundation](#) - Research and advocacy organization
- [Trust Women](#) - Reproductive health care clinics in Oklahoma and Kansas
- [West Alabama Women's Clinic](#) - Reproductive health care clinic in Alabama
- [We Testify](#) - Dedicated to representation and abortion storytelling
- [WRRAP](#) - Helps bridge the financial gap for disadvantaged people who seek abortion
- [Yellowhammer Fund](#) - Abortion advocacy and reproductive justice organization serving AL, MS, and the Deep South.



# SHARE PLAN C & SPREAD THE WORD!



Spread the word about PLAN C in your community. Use your own words or go to our website for an [email template](#) and [social media images/copy](#).



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