



Photo from California State University, Long Beach

YOU'RE A SUPER WOMAN.
JUST THINK OF US AS YOUR SIDEKICKS.

WE HAVE RESOURCES
TO HELP YOU BE
EMPOWERED
TO MAKE THE BEST
NONVIOLENT CHOICE
FOR YOU AND YOUR CHILD.

We have helped mothers with:
- groceries & food
- housing & furniture
- transportation
- baby supplies & maternity clothes
- medical care
- finding childcare options
- support, encouragement, friendship

WE CAN HELP YOU, TOO.
YOU ARE NOT ALONE IN THIS.

IF YOU'RE NOT HERE FOR AN ABORTION:

GETYOURCARE.ORG

WORKS CITED

1. All prenatal development facts can be found at the Interactive Prenatal Development Timeline, produced by the Endowment for Human Development. <<[American Bioethics Advisory Commission Quarterly, Fall 2002.](http://www.ehd.org/science_main.php?level=i>>
2. Kischer, C. Ward.)
3. All abortion procedure descriptions can be found in further medical terms at the Types of Abortion page produced by Birthmother Ministries. << [>>](http://www.birthmothers.org/extras/types-of-abortions.htm),
- 4 & 5. Further descriptions can be found at the Induced Abortion Q&A produced by the American College of Obstetricians and Gynecologists. << [>>](http://www.acog.org/Patients/FAQs/Induced-Abortion)
6. Many of these can be found at the After Effects of Abortion page produced by Abortion Facts. << [>>](http://www.abortionfacts.com/reardon/the-after-effects-of-abortion)

OPTIONLINE.ORG
24-HOUR NAT'L PREGNANCY HELP HOTLINE
1-800-712-HELP (4357)
OR TEXT "HELPLINE" TO 313131

National Sexual Assault Hotline
1-800-656-4673
live chat also available online
centers.rainn.org

National Domestic Violence Hotline
1-888-799-7233
live chat also available online
thehotline.org

National Human Trafficking Hotline
1-888-373-7888
or text HELP to 233733
traffickingresourcecenter.org

WIC
<http://www.fns.usda.gov/wic>

PROPEACEPROLIFE.ORG

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**SHE NEEDED A HERO, SO
THAT'S WHAT SHE BECAME.**

**BE A HERO.
SAVE A LIFE.**

Photo: © iStockphoto.com/Dylan Dreyer

Look how I grow!

21 DAYS

My heart begins to beat only one week after my mom missed her period!¹

30 DAYS

I've got my eyes, ears, mouth, kidneys, & liver.



I have brain waves & reflexes! My teeth buds are present, & skeleton complete. I start moving today!



I can squint, retract my tongue, & I have tiny fingerprints & fingernails!



I swallow, suck my thumb, and inhale and exhale amniotic fluid.



I can hear my mom's heartbeat, her voice, and music playing! I have eyelashes, and mom can feel my kicks as tiny flutters.

"Every human embryologist, worldwide, states that the life of the new individual human being begins at fertilization."²

-Ward Kischer, Ph. D, Human Embryologist, University of Arizona

ABORTION HURTS

RU-486 or Mifeprex (The Abortion Pill)³
Both options deplete the hormones needed to maintain the uterine lining and placenta: the nutrition and shelter for the tiny preborn child. It is used in conjunction with Cytotec (misoprostol), which causes strong contractions, and the expulsion and fatal starvation of the child.

**IF YOU'VE TAKEN
RU-486 (THE ABORTION PILL)
OR STARTED A MULTI-DAY ABORTION,
THERE MAY STILL BE TIME TO
SAVE YOUR BABY!
.....
1-877-558-0333
www.abortionpillreversal.com**

Vacuum Aspiration⁴
A procedure used only in the first trimester where the abortionist inserts a hollow suction tube into the dilated cervix. Using a vacuum with 27 times the power of a typical household vacuum, the tiny human is torn into pieces and pulled through a hose into a bottle.

Dilatation & Curettage (D&C)
Used typically after 14 weeks, very similar to the Vacuum Aspiration abortion, but after the child is suctioned out of the uterus, a small loop-shaped steel knife (called a curette) is used to cut the placenta & umbilical cord. The uterus is then suctioned out to ensure no tiny body parts have been left behind.

Dilatation & Evacuation (D&E)
Used generally in second-trimester abortions, the cervix is first dilated substantially. The abortionist inserts a narrow forceps-like pliers into the uterus to grasp an arm or leg, and, with a twisting motion, tears the limb from the child's body. The spine is snapped and the skull crushed. After the procedure, body parts are counted to ensure nothing of the child has been left in the uterus.

Induction or Prostaglandin Abortion
For this procedure, the abortionist will inject Digoxin or potassium chloride into the child's heart to cause a heart attack and kill the child. Labor is induced to deliver an already dead child. Sometimes, the children are delivered alive and left to die by starvation or neglect.

**IF YOU WANT MORE INFORMATION
STRAIGHT FROM A MEDICAL PROFESSIONAL:
ABORTIONPROCEDURES.COM**

**NO ONE - NOT YOUR PARENTS, YOUR PARTNER, OR YOUR BOSS - CAN FORCE YOU TO GET AN ABORTION:
IF YOU ARE BEING THREATENED OR COERCED,
ALERT AUTHORITIES!**

ABORTION HURTS MOTHERS, TOO

Though abortion is always fatal to the preborn child, the procedure can leave the mother with scars (both physical and emotional) as well.

- Some reported medical side effects of abortion:
- hemorrhaging and bleeding
 - puncture and tearing of the uterus
 - infection (sometimes fatal)
 - retained tissue (body parts of the child left in the uterus)
 - infertility & inability to carry to term⁵

- Some reported emotional side effects of abortion:
- intense grief/sadness
 - inability to forgive oneself
 - depression, despair, suicidal ideation
 - nightmares
 - difficulty with relationships
 - a desire to become pregnant again
 - anxiety around babies or pregnant women⁶



IF YOU'VE ALREADY HAD AN ABORTION

If you are struggling with your past abortion, you have the opportunity to begin your healing & make a life-saving decision today for you and your child. Please reach out and begin the healing process.

Abortion Changes You: abortionchangesyou.com
Project Rachel: hopeafterabortion.com
1-888-456-HOPE (4673)
Abortion Recovery International:
www.abortionrecovery.org