

**LIVE ACTION**

**TEN WAYS  
YOU CAN  
HELP TO  
BRING  
AN END TO  
ABORTION**

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## Ten Ways You Can Help to Bring An End to Abortion

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People often explain that they are pro-life and have a passion for stopping **abortion**, but they just don't know concretely what they can DO to take action in their little corner of the world.

The truth, however, is that everyone can help to end abortion in their own unique way.

Here are 10 ways to get involved and take action to end abortion:

### 1. Educate yourself

If we want to stop abortion, we have to understand the issue itself. Live Action News can help you understand the complexity of the abortion issue, as well as keep you updated on various developments, laws, and other news.<sup>1</sup> First and foremost, it's important to know what actually happens during an abortion procedure. Most people have no idea how barbaric it really is, even after having had an abortion. AbortionProcedures.com<sup>2</sup> details non-graphic abortion explanations, narrated by a former abortionist, Dr. Anthony Levatino, who is now pro-life and helps others understand the true violence of abortion.

Equally important is to know the truth about the abortion industry. Abortion advocates spin their lies to make it seem as if abortion is nothing but a simple medical procedure to which every woman has a right. However, as Live Action has exposed over the years, the abortion industry not only profits off of preborn babies but also from women and girls as well. Easy access to abortion enables and abets sex trafficking, child sex abuse, and secrecy around minors obtaining an abortion.<sup>3</sup>

On a similar note, it's vital to become informed scientifically, such as the fact that abortion is **never medically necessary**<sup>4</sup> to save the **life of the mother**,<sup>5</sup> though the abortion industry frequently claims that it is. Know the magnitude of what you're dealing with so you can be more effective in the effort to help stop abortion. Science is always upheld within the pro-life stance.

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<sup>1</sup> Follow Live Action News

<sup>2</sup> AbortionProcedures.com

<sup>3</sup> [View full footage of Live Action's investigations](#)

<sup>4</sup> Discover why abortion is never medically necessary here.

<sup>5</sup> Discover why abortion is never necessary to save the life of the mother here.

Finally, study the beautiful complexity of human fertility. Knowing and tracking your fertility cycle (if you're a woman) — and teaching others how to do so — can help prevent abortions. After all, many abortions take place after someone becomes pregnant when she is not prepared for the responsibility of raising a child. **Teen STAR**<sup>6</sup> is a great resource to have on hand for this purpose. This organization has been teaching teens to track their fertility cycles for over 30 years and found in a 2014 study: “Virginity was maintained by 97-99% of participants. 40-50% of previously sexually active females and 30-50% of previously sexually active males discontinued sexual activity.”

When women understand how to work with their own bodies in a natural way to prevent pregnancy when needed — and when men get on board with this — abortions will decline significantly. Of course, whether pregnancy is intended or not, we need to educate ourselves and others on why abortion is never the answer.

### 2. Start a pro-life focused group in your community

Pro-lifers are often accused of “only wanting the babies to be born,” and not caring about the quality of life for the child growing up. This is false, but one way to help stop abortion is to be actively involved in the care of women and babies, both pre- and post-birth.

Multiple organizations exist that encourage and assist people to start chapters in their community. From groups like **Embrace Grace**,<sup>7</sup> which is a ministry for single and pregnant women, to **Bound4LIFE**,<sup>8</sup> which is a prayer-focused pro-life group, the opportunities are ripe for local outreach. Feel free to reach out to us at [info@liveaction.org](mailto:info@liveaction.org) if you would like us to share more pro-life activism resources with you.

### 3. Harness the power of social media

Joining with those who have a notable presence online can amplify the messages they send. Here at Live Action News, our message goes worldwide with the click of a button. We have multiple social media platforms with millions of viewers; follow us and share our educational content:

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<sup>6</sup> Teen STAR

<sup>7</sup> Embrace Grace

<sup>8</sup> Bound4LIFE

- ✦ Twitter: Live Action News<sup>9</sup>
- ✦ Twitter: Live Action<sup>10</sup>
- ✦ Instagram<sup>11</sup>
- ✦ Facebook: Live Action News<sup>12</sup>
- ✦ Facebook: Live Action<sup>13</sup> ✦ YouTube<sup>14</sup>

### 4. Get involved

Joining with those who are on the frontlines of putting an end to stopping abortion is one of the most effective ways to contribute to the success of the pro-life movement. One of the most powerful things you can do is to find your local pregnancy resource center and ask how they can use your help, whether that be a cash donation, becoming a trained counselor, or donating diapers, baby clothes, etc.

Another way to get involved is by supporting pro-life politicians, not just financially, but by helping to elect them to office. We've seen many pro-life laws, such as waiting periods, ultrasound requirements, and fetal pain restrictions help save lives from abortion, and the stronger the law is, the more lives are likely to be saved. Even if your state's politicians are historically pro-abortion, your voice does make a difference. We never know how the seeds of truth we plant will grow.

### 5. Do sidewalk counseling

Organizations such as **40 Days for Life**,<sup>15</sup> as well as other local community groups, offer opportunities for sidewalk counseling and prayer outside of abortion facilities. The reality is that compassionate people — not loud protesters who yell at women — stand at these facilities and tell women, "We'll help you." They offer women actual hope and resources and can accompany women from abortion facilities to pregnancy resource centers, churches, organizations, or anywhere else they want to go to get the help they need in order to keep their

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<sup>9</sup> Twitter: Live Action News

<sup>10</sup> Twitter: Live Action

<sup>11</sup> Instagram

<sup>12</sup> Facebook: Live Action News

<sup>13</sup> Facebook: Live Action

<sup>14</sup> YouTube

preborn babies. Additionally, these resources help women sustain hope and mental health after sacrificially choosing life for their child during a personal crisis.

### 6. Support adoption

Another powerful answer to abortion is adoption — and the best way to promote this option is to consider adoption yourself, if that’s feasible for you. Little is more powerful than telling a woman with an unplanned pregnancy, “I’ll adopt your baby.”

While adopting may not be realistic for everyone, what is realistic is supporting adoption in some way. Unfortunately, adoption can be costly, and many people would consider adopting if not for the costs involved. You can both donate to people you are adopting or who wish to adopt, or you can give donations to organizations that help people adopt. Organizations like **Zoe’s House Adoption Agency**<sup>16</sup> work to make adoptions lower in cost so more people who desire to adopt are able to do so.

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<sup>15</sup> 40 Days for Life

<sup>16</sup> Zoe’s House Adoption Agency

### 7. Build and use a visual pro-life library

The old adage that “a picture is worth a thousand words” holds true when ending abortion. One image can silence opposition, halt debates, and move hearts. A woman considering abortion can have her mind changed with a single image or video. You may be the person to offer her that lifeline. In addition to the many social media resources available through Live Action’s platforms that you can share, we also have a **Flickr**<sup>1516</sup> site with access to a myriad of photographs and memes that you can share at any time, whether by creating your own social media posts, or via email, text, or other electronic methods.

One of the most powerful visual libraries might be your own clothes or car. **Live Action has many resources available**<sup>18</sup> in the form of t-shirts, bumper stickers, and other everyday

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<sup>15</sup> Flickr

<sup>16</sup> Visit Live Action’s merchandise store here

products that help saturate your sphere of influence with a pro-life message - which might just lead someone to reach out to you in a moment of crisis.

### 8. Become a pro-life apologist

Becoming well-versed in the logic and terminology of the pro-life movement is much simpler than it may seem. Much of the abortion rhetoric is fueled by emotional arguments and fallacies of logic. People support “the right to abortion” without actually understanding what they support. Having an understanding of these issues can win over even the most emotional or intellectual person and truly opens the door for saving lives. Check out the list of books that every pro-lifer should read this year in order to become an expert in the pro-life message.<sup>17</sup> Live Action carefully vets the resources we share, so you can be assured that all of these works are powerful, effective, and sound.

### 9. Use your voice

Speak out in every arena where you have a chance. That may mean more than just reposting social media articles and pictures, but writing updates from your own bank of knowledge and heart on the issue. Putting your views out there in loving ways sends messages to everyone who hears—whether via social media, water cooler discussions, lunch gatherings, or any other occasion—and you become safe for people to approach. Many agree that abortion has been allowed to grow because of the silence of people who “don’t want to tell others what to do” or who “don’t want to offend.” Being loving and respectful is always good, but remaining silent because we are afraid to offend can actually encourage abortion. We must speak the truth, even when it is not popular. The pro-abortion voices are loud and proud. Use your voice to be louder and prouder about saving lives.

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### 10. Arm yourself with resources

Create a file, virtual or hard copy, with resources: a pro-life resource guide for your community. Know in a pinch how to respond to any question or comment you get. But keep in mind that you will always need to be learning more. Know where exactly you can send (or take) someone

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<sup>17</sup> A list of books that every pro-lifer should read this year

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who needs alternative resources, such as prenatal care, adoption help, or housing. All of these resources are readily available; however, a woman in crisis needs a quick answer. Sometimes that answer becomes abortion for her because it stops the panic inside her, and it's often the only option she is given. But with a well-armed friend (you!) who can say, "Wait, I can help you right now — let's go," a woman may discover hope and courage rising within her. She needs truth and companionship. You can provide those for her.

We hope these many ideas of how to get involved in the pro-life movement inspire you to take action to END abortion in our country!