



**CONVERSATION
★ GUIDE ★**

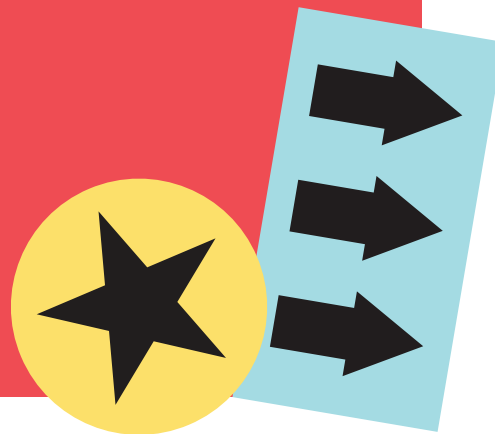
**VOTE YOUR
★ RIGHTS ★**

ACLU

ACLU 2026 Election Abortion Rights Conversation Guide

As this year's election ramps up, many of us would like to talk about the impact of this election on abortion rights but don't know where to start. So we want to make it easy for you. By voting, we have an opportunity to have a say on how this election will affect essential, lifesaving health care like abortion. But we need your help to ensure everyone votes for their rights.

Just a simple conversation with your friends and family can activate your community during this election. In fact, having a conversation with your network has shown to increase voter turnout. With our abortion rights on the ballot, the ACLU is here to help you navigate those conversations.

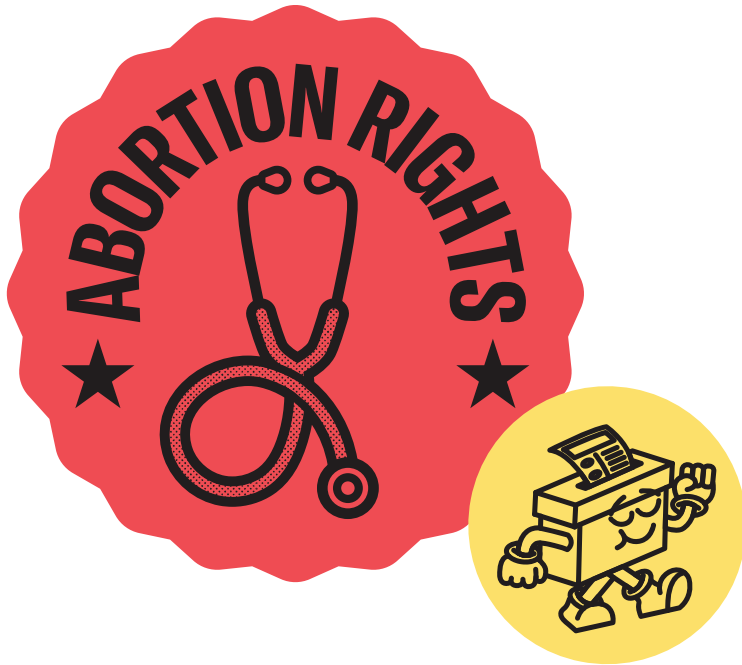


Below you'll find information about abortion rights that matters to everyone. We've also included responses to some frequently asked questions, and conversation starters that can help kick-start a dialogue.

In addition, here are some helpful tips to keep in mind when engaging in a conversation:

Helpful Tips

- ★ Create a safe space - A safe conversation is one in which everyone feels comfortable expressing their thoughts and feelings. Offer mutual respect and make the most of common ground.
- ★ Listen - Be interested in what others have experienced and acknowledge their point of view.
- ★ Advocate - Inform yourself about the issues that matter to you, so that you can share the facts. Sharing personal stories can also show what's at stake.



Key Points

- 1** The decision to get an abortion shouldn't belong to politicians — it should belong to individuals. Abortion is essential, lifesaving health care.
- 2** Forcing someone to carry a pregnancy against their will has life-altering consequences, including long-lasting serious health risks from continued pregnancy and childbirth; making it harder to escape poverty; derailing education, career, and life plans; and making it more difficult to leave an abusive partner.
- 3** Anti-abortion politicians won't stop at banning care in states where they're in power, they want to ban abortion entirely, nationwide. In fact, a national abortion ban was introduced in the U.S. Senate soon after the Supreme Court took away our federal right to abortion.

- 4** This upcoming election will determine if we have elected officials fighting for abortion rights in Congress, in state legislatures, or even in your local community. This is a dire moment.
- 5** More than a dozen states have begun enforcing abortion bans in the years after the Supreme Court's decision to overturn *Roe v. Wade*, leaving around one in three people without access to essential, lifesaving care.

FAQ

Q: Can people get an abortion if they need one?

A: After the Supreme Court's decision overturning *Roe v. Wade*, the ability to access abortion depends on where you live. For those living in states where care is banned, there are two main choices: seeking care in another state if you are able or being forced to carry a pregnancy against your will.

Q: Is abortion safe, and how common is it?

A: Yes, abortion is one of the safest medical procedures performed today. It's 99 percent safe, according to the Centers for Disease Control and Prevention. Nearly one in three women will have an abortion in her lifetime. As a matter of fact, six out of every 10 women who have abortions are already mothers.

Q: I live in a state that's friendly to abortion rights, so I don't have to worry about abortion bans, right?

A: No. Anti-abortion rights politicians won't stop with only banning abortion in only some of the states across the country, they want to completely ban care nationwide and will do so if they are put into power. And if a national ban is passed, state protections for care will be wiped away completely. That's why this election is so important.

Q: The Supreme Court took away our right to abortion, is there anything we can do to protect abortion rights on the federal level?

A: Yes, Congress can pass a law that would protect access to abortion nationwide and override many of the harmful state bans. But that won't be possible unless we elect a strong, pro-abortion rights majority in the U.S. House and Senate this November that will fight for our fundamental rights.

Q: What about on the local level?

A: In many states, state supreme courts, governors, and state legislatures — all elected officials — will be the ones making policies on abortion rights. That's why it's so important to vote for your rights in your local offices as well as federal ones.

Conversation Starters

- ★ With abortion banned in states across the country, the burden falls hardest on pregnant people from Black and Brown communities.
- ★ When these bans are enforced, politicians are threatening to put doctors in jail for providing essential care and women in jail for accessing it.
- ★ Abortion is essential health care — and lifesaving in some circumstances. People from all walks of life need access to abortion care, which one in three women will receive in her lifetime. Read about some of these stories on the ACLU's website [here](#).

Time to Fight for Your Rights

This November let's remind our elected officials that they don't have the final say when it comes to our rights — we do. We know you're ready to vote and take action, make sure your friends and family are ready too.

To find out how each elected official plays a key role in defending our rights, visit:

[aclu.org/vote](https://www.aclu.org/vote)

Share this guide with others so that they can engage their circles too.



The ACLU dares to create a more perfect union — beyond one person, party, or side. Our mission is to realize this promise of the United States Constitution for all and expand the reach of its guarantees.