

UNRESTRICT MINNESOTA

Our Future: March for Abortion Access Rally Signs FAQ

You can pick up signs from us at the rally—we will have plenty!—but [we love your handmade rally signs](#)! Some guidelines on messaging for your social media posts and rally signs:

It's 2022. Let's avoid some of these pitfalls:

- **Gendered language:** The right to decide if, when, or how to have children is a human right, and a diverse range of people have had or will need abortion care. Trans, nonbinary, and gender nonconforming people get abortions, full stop. As [Physicians for Reproductive Health](#) puts it, “It costs us nothing to include everyone.”
 - Examples of inclusive language: PEOPLE is always an acceptable substitute! FOLKS is a perennial favorite. And PATIENTS, where that makes sense.
- **Coat hangers and references to “back alley abortions”:** Coat hanger images and “back alley abortions” imply that there are no longer safe abortion options and perpetuate abortion stigma. Medication abortion now accounts for a majority of early abortions, and [you can be a part of the solution by elevating that option](#) and spreading the word about self-managed abortions instead.
 - Some alternatives: lift up the work of local abortion providers Just the Pill (JustThePill.com), Whole Woman’s Health, WE Health Clinic, Robbinsdale Clinic, and Planned Parenthood Minnesota, or messages from the Reproductive Health Access Project (ReproductiveAccess.org) and Plan C Pills (PlanCPills.org)
- **Handmaid’s Tale imagery:** This comparison centers fictional white folks and ignores the reality that many BIPOC communities have long been living in a world where their reproductive health decisions and outcomes have been wrongfully controlled, restricted and criminalized.
- **References to forced sterilization:** BIPOC people, including men, have been subject to forced sterilization for decades. The practice has a long, shameful history in the U.S. and

encouraging its deployment in response to the overturn of federal abortion rights is unhelpful and disrespectful.

Absolutely NO:

- **Sharia Law:** Barriers to abortion access are created by white supremacist, Christian fundamentalists; comparisons are inaccurate, racist, and anti-Muslim.
- **Underground Railroad:** Again, this is a culturally appropriative and inaccurate reference that is disrespectful to the legacy of escape from bondage. Abortion funds and practical support organizations, already exist to help people navigate getting abortion care. (See note about the Handmaid's Tale, above.)

Please DO:

- Tell your friends and bring them to the march!
- Attend (or host) a sign-making party
- Share your sign with us! Post a photo and tag us on social media and/or use the hashtag #AbortionJusticeMN (@UnRestrictMN on all platforms).

Core messages:

- Abortion is healthcare.
- Abortion is essential.
- Roe was always the floor. Minnesota is ready to go BEYOND ROE.
- Pass the Reproductive Freedom Defense Act!
- Fund Abortion NOW
- Defund "crisis pregnancy centers"!
- Pass the PRO Act: Protect Reproductive Options!

Hashtags:

#AbortionJusticeMN

#BeyondRoeMN

Looking for inspiration? [Here are a few examples from two recent rallies in Minneapolis.](#)