

## July 2023 Newsletter

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### A Note from Our Executive Director

Dear Friends,

Coming of age in the 1980's, my peers and I thought our rights to birth control and abortion were secure. It never occurred to us that they could be taken away. In fact, it was hard to believe they had been won so recently, in our mothers' lifetimes. Now, well, you know. By overturning the right to abortion, Dobbs is wreaking havoc the health and autonomy of women, girls, and gender-expansive people. It's threatening U.S. democracy itself. And, make no mistake, birth control is next on the chopping block.



It's not only that the Supreme Court directly threatened the right to birth control in the Dobbs decision. It's not only that the previous administration rolled back Title X funding for contraception across the country—sometimes substituting “abstinence only sex education” for grown adults. But, also, when the Dobbs decision dropped, pro-feminist politicians proposed a bill to protect the right to birth control. The July 2022, *Right to Contraception Act* would have codified and strengthened the right to contraception, which the Supreme Court first recognized nearly sixty years ago. Unsurprisingly, Republicans blocked it. Take a minute to let that sink in. **The majority of republicans in Congress voted *against* the right to birth control.**

Contraception and abortion are absolutely central to women's equality in society. Our dignity, our freedom, our ability to plan our lives, to control our finances, to have the families we want, to stay physically and mentally healthy. As always, we need both education and activism. Our Bodies Ourselves Today has information about how to fight back and navigate the ever-changing landscape of reproductive care. Read on, and please share widely.

Onward!  
Amy

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### Featured Resource

#### Early Abortion Options

What exactly are our options for abortion in the first trimester? In the United States, abortion **remains** a safe way to end a pregnancy. There are two methods available in the first trimester of pregnancy (up to 14 weeks from the first day of the last period).



Medication abortion (also called medical abortion or the abortion pill) involves taking medicine to end a pregnancy. Aspiration abortion (also

called surgical or suction abortion, or a dilation and curettage/D&C) is a procedure that uses medical instruments in the vagina and uterus to remove the pregnancy. This Our Bodies Ourselves Today original resource compares the two methods and provides responses to FAQs for each one.

## [Read More About Early Abortion Options](#)

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### Featured Content Expert



#### Meet Pamela Merritt

Pamela Merritt is the chair of our Contraception and Abortion Content Expert team. She is Executive Director of Medical Students for Choice, where she leads a dynamic team working to create tomorrow's abortion providers and pro-choice physicians. A longtime leader in the reproductive health and justice space, Pamela has worked relentlessly to advance progressive policy through advocacy and outreach at Planned Parenthood Advocates in Missouri and Progress Missouri. Most recently, she co-founded and served as the co-director of Reproaction, a national organization that leads bold action to increase access to abortion and advance reproductive justice. Pamela was a 2017 Reproductive Health, Rights, & Justice Fellow at the Rockwood Leadership Institute.

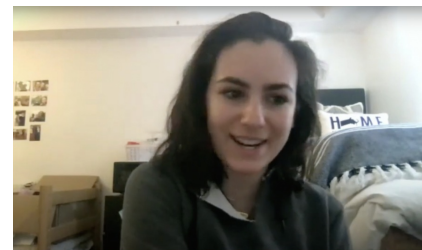
#### [Learn More About Pamela](#)

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### Featured Personal Story

#### Talking to My Mom about Birth Control

BK discusses how much research she did to find the right birth control pill and how talking to her mom helped her have a better experience.



#### [Watch this Story](#)

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## Our Bodies Ourselves Today in the News



#### OBOS Today in *The Tufts Daily*!

*The Tufts Daily* and Program Director Saniya Ghanoui in conversation on the ways Our Bodies Ourselves Today can help college students find answers about their health, sexuality, and body.

#### [Read The Article Here](#)

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