



## Political Action Guide

While this moment is unprecedented, we can't let it paralyze us. HER Time is calling for immediate short-term action by our current elected leaders, as well as longer-term actions for November and beyond. Everyone who is ready to fight back and protect our rights must contact their state and federal representatives to take action immediately.

### Short-Term Action

#### 1. Executive Action

[Click here to send a letter to President Biden asking him to take the following actions:](#)

- Create clinics on federal land
- Protections for access to medicated abortion
- Provide resources to individuals who have to travel out-of-state for care
- Create the position of reproductive health ombudsman at the Department of Health and Human Services
- Clarify privacy concerns in period tracking applications
- Provide paid time off and travel to federal employees needing an abortion
- Provide clear communication about safe abortion options, an expansion on this website: <https://reproductiverights.gov/>
- Run a public education campaign on Plan C: increase education and access to Plan C via commercials on TV or YouTube, Twitter campaigns, TikTok influencers, and other marketing-related efforts.

#### 2. Congressional Action

[Click here to send a letter to President Biden asking him to take the following actions:](#)

- Vote now to codify Roe
- Vote for other reproductive rights in the form of sex education, access to contraception, and easing financial barriers via the Child Tax Credit
- Vote to protect the privacy of users of period tracking apps

#### 3. State Action

[Click here to send a letter to President Biden asking him to take the following actions:](#)

- Pro-choice states can follow in California's footsteps to protect and expand access. More on what California has done can be found [here](#).

## Long-Term Action (November and beyond)

### 4. Elect two more Democratic Senators

The seats below are those we must focus on to protect current Democratic Senators and expand our majority. If we are successful in expanding the majority, we can then take immediate action to end the filibuster and codify Roe, pass the appropriations bill without a continuation of the Hyde Amendment, expand the Court, and even consider impeaching Justices. Check out these key races below to learn more about how to donate and get involved between now and November.

#### 1. Protect Current Democratic Senators

- [AZ-Kelly](#)
- [GA-Warnock](#)
- [NV-Cortez Masto](#)
- [NH-Hassan](#)
- [CO-Bennet](#)

#### 2. Expand our Majority

- [PA-Fetterman](#)
- WI- the Wisconsin primary election is on August 9, at which point we will know which Democratic candidate is advancing to the general election
- [NC-Beasley](#)

5. Expand the House Majority. We must protect the Democrats already in the House and expand our majority in the House. There are many seats in play here – check out the key races below and visit the candidate’s websites for information on how to donate and get involved between now and November.

#### 1. Protect Frontline Democrats

- Check out the “Pathway to Victory” section of the DCCC homepage and make sure the toggle button is clicked on “frontline” to see a state-by-state guide of which seats are the most important to protect: <https://dccc.org/>.
- Invest in women: Her Time is support 15 Frontline Democratic women who are key to protecting our majority in the house: <https://www.her-time.com/endorsed-candidates-1>

#### 2. Expand the House

- Check out the “Pathway to Victory” section of the DCCC homepage but this time, make sure the toggle button is clicked on “red-to-blue” to see which seats are opportunities for Democrats to expand our majority in the House: <https://dccc.org/>.

### 6. Executive Action

- If we get rid of the filibuster and the Hyde Amendment, Biden’s Administration would be clear to create federal funding for abortion-related travel and federal distribution of Plan C via telehealth services

## 7. State Action

- The decisions about the legality of abortion are now to the states, which means that local and state politics are more important than ever before. We must focus on electing pro-choice Democrats at the state level who are committed to protecting and expanding access in their state. Take a look at key state legislative races and learn how you can directly support candidates who are rebuilding the Democratic Party from the ground up. <https://dlcc.org/spotlight-races/>.

## Advocacy

### 1. Protests and Actions

- Check out “We Won’t Go Back” for their interactive map tool to locate a local protest near you: <https://map.wewontgoback.com/>

### 2. Volunteer Opportunities

- If you are safe and able, share your experience with abortion in order to normalize the procedure here: <https://shoutyourabortion.com/>
- Join a phone or text bank here: <https://www.mobilize.us/>

### 3. Places to Donate

- With nearly half of all abortion patients under the federal poverty line financial assistance is necessary for many to access care. Independent abortion providers perform the majority of abortions, yet receive less recognition and support. Donate to a fund for independent clinics here: <https://keepourclinics.org/donate/>.
- The National Network of Abortion Funds is hosting a fundraiser for more than 90 local abortion funds in the member network. Abortion funds provide financial assistance, travel, lodging, and many other types of support to abortion seekers. Donate to this network of abortion funds to fill the gaps in care: <https://secure.actblue.com/donate/supportabortionfunds?refcode=HERTime>