



Emergency Contraception
Get it *before* you need it!

Feminist Majority Foundation's *Emergency Contraception Campaign: Back Up Your Birth Control Day*

Top 5 Actions: Educate, Activate, Lead!

1. Spread the Word: Not Everyone Knows about EC!



Work with the Student Health Center to train students to be EC advocates, for dorm and sorority presentations. Ask the campus Residential Life to invite dorms to participate and hold workshops throughout this week. Distribute EC fact sheets that include information about where women can access EC and make this information available to Resident Advisers to distribute. Remember to tell students about 1-888-NOT-2-LATE, the 24-hour toll-free EC hotline that provides information on where people can

obtain EC. Emphasize that students should bring their own condoms and EC, or request a prescription for EC from their doctor before they leave for Spring Break to Back up their Birth Control (BUYBC) at home and on vacation! You can also schedule 5 minute classroom announcements to raise awareness about EC on campus. Classroom announcements will also give your members the opportunity to talk about EC and practice public speaking.

2. Organize an EC Speak-Out/Open Mic Session

Book a high traffic area on campus (free speech area, student union) and set up a podium and microphone outside in a highly visible location. Rent portable microphones and speaker sets from your college/university or from a local rental store. **Have students wear bright Feminist Majority t-shirts** for added visibility. Building a crowd for this event is critical. Two weeks before *Back Up Your Birth Control Week - March 19-24, 2007*, start **soliciting participants from your own FMLA**, or Women's Studies classes to speak out about their own stories accessing EC in the past. Discuss getting a prescription in advance of Spring Break and bringing your own condoms on your trip. **Outreach to other progressive groups**, Women's Center, Women's sports teams, Student Health Advisory Committee or Campus Health Center Staff and volunteers, Student Government, Multicultural groups/centers, sororities, etc., and inform them about your upcoming event. Ask for support through event co-sponsorship. **Invite both students and faculty to give impromptu speeches**, but schedule some speakers ahead of time. Collect stories from those who cannot participate for personal or confidential reasons, and have FMLA members speak on their behalf.



3. Visit your Health Center Staff or Local Drug Store

Approximately 54% of College Health Centers do not provide EC or prescriptions for EC. In addition, many people who know about EC are unsure how or where to access it. Inform local health care providers in the area of your plans for Back Up Your Birth Control Week and that you are encouraging students to get advance prescriptions of EC before they go on Spring Break. Partner with your Campus Health Center or an affiliated Health Center student group, such as a Student Health Advisory Committee (SHAC) to ensure that women on your campus know what EC is and where and how they can access it. Plan to visit local drug stores' pharmacies and drop off "pharmacist information cards" from your BUYBC kit to publicize the importance of EC. Encourage students to patronize pharmacies that have 'friendly' EC policies.

4. Flyer with FMF EC Flyers and More Visibility Ideas

Flyer your campus: Use EC materials from the feministcampus.org website to distribute on campus, to use when tabling, and to pass out during classroom announcements. Post flyers in women's bathroom stalls, the student union, classroom buildings, dorms, sororities, campus health center, and the campus gymnasium or recreation center. Be sure to note the location of your campus health center, its hours of operation, and contact numbers in the space provided on each of the flyers. Use the enclosed EC fact sheet or make your own and table in a high traffic area on campus.



Banner Display: Hang large banners on visible buildings on campus, like your student union or Residence Halls, with slogans like "Emergency Contraception and Condoms: Don't Leave for Spring Break Without Them!" or "Emergency Contraception: Get It Before You Need It."

Chalk Talks: The night before Back Up Your Birth Control Week begins, take a team of 2 or 3 group members and chalk around campus, writing facts about EC like "The 'morning after pill' is good for 120 hours," "Emergency Contraception is available on campus," "EC prevents pregnancy in case of unprotected sex, rape, or contraceptive failure," or "Request EC from your doctor before Spring Break!" If possible, chalk arrows pointing to or directing students to their health center on campus.

Burma Shave: Do a "Burma Shave" which raises awareness about an issue or event by getting passers by to read one word of a short, powerful message at a time. Each word in the message gets its own poster board, and the posters are held far apart in succession in a high-traffic area. Your message should be **short and catchy, like "EC-Prevents Pregnancy-After-Sex" or "Don't-Forget-EC-on Spring-Break"**. Write out each word of your message on a **separate piece** of large, bright poster board, and make sure the words are clearly legible from a long distance away. Choose a **high traffic** road or bridge with roomy sidewalks, or a major walkway.

5. Combat Anti-Contraception Legislation in Your State!

Find out if anti-contraception legislation has been introduced in your state legislature this session. Look for bills that allow physician and pharmacy refusal, require parental consent/notification for minors to obtain birth control and emergency contraception, and impose domestic gag rules on state funded providers. You can find out what states have pending legislation by checking out the following website: www.prochoiceamerica.org/choice-action-center/in_your_state/bill-tracker/index.html.

If there is no specific anti-contraception legislation, you can work on repealing conscience clauses in your state. For instance, the Governor of Illinois signed into law a rule requiring any pharmacy selling FDA approved contraceptives, including emergency contraception, to fill all prescriptions. In the event that the pharmacy does not have a particular contraceptive in stock, the pharmacy must offer another contraceptive or transfer the prescription to another pharmacy. Find out what your state's stance is and make your opinion heard! Your Campus Organizer can assist you in developing petitions and palm cards that raise pro-choice support of contraception! You can contact your campus organizer at 1.866.444.FMLA!

Back Up Your Birth Control Week is a nationwide campaign to help Make EC more effective by making sure more women know about it and can get it in time. The Feminist Majority Foundation is working in coalition with other organizations committed to increasing access and demand for EC.

For more information on EC, visit www.overthecounterec.org.

