



Silent No More Awareness Campaign

Things you can do

Goal: Get 10 post-abortive men & women who regret their abortion to sign up on our website www.SilentNoMoreAwareness.org so their voice can be counted!

These are just a few suggestions on how to raise awareness in your community. Please contact us if you think of any other ways to let your voice be heard! Your local effort is where the real ministry happens. We give thanks for you and for your heart to reach out to those who are suffering.

1. **Examine yourself.** If you have experienced an abortion(s), have you gone through a healing program? We recommend this as the best first step. The most effective people to help others heal from their abortion are those who lead by example. Are there relationships that still need to be reconciled? On www.SilentNoMoreAwareness.org we have posted “*Telling others,*” which can be helpful if you have yet to share your personal story with family and those close to you.
2. **Help a friend or neighbor.** Do you know friends who have personal abortion experience? Invite them to join you in an abortion recovery program/retreat, and introduce them to the campaign at www.SilentNoMoreAwareness.org.
3. **Build a network of help.** Research the abortion recovery resources in your area and connect with them.
 - a. Find your local pregnancy resource center and ask if they offer abortion recovery groups (go to www.OptionLine.org and under “find a center” type your zip code, or call 800-395-HELP).
 - b. Review the abortion recovery resources at www.SilentNoMoreAwareness.org/resources.
 - c. Order Silent No More Awareness Campaign Referral Cards from Heritage House '76 that you can use to hand out to family and friends with your local resources for after-abortion help. You simply write the local contact information on the back. (www.HeritageHouse76.com) .Also there are many other products with the campaign message that can ordered online from Heritage House
 - d. For additional help in identifying after-abortion resources in your area, please visit: www.abortionrecovery.org.
4. **Know your resources and place announcements locally.**
 - a. Identify the location of the nearest pregnancy resources center in your area and get its phone number. Ask your pastor to put an announcement in the Sunday bulletin that says: “Are you pregnant and don’t know where to go for help? There’s a pregnancy resource center in (name of town). Call them at (phone number) and they will help you.” Also keep the number in your wallet so if you hear of an unexpected pregnancy, you can offer the phone number as a resource.
 - b. Identify the location of the abortion recovery program in your area and get their phone number. Ask your pastor to put an announcement in the Sunday bulletin that says: “Aftercare is available for those hurting from abortion. Help is available at

(name of program); call them at (phone number) and they will help you.” Again, keep the number in your wallet so you can offer it as a resource when needed.

**These announcements should be alternated weekly all year.*

***Ask the pregnancy center to contact you if a woman goes there because of your announcements. Tell your pastor and tell us! It is a huge encouragement to keep at it!*

5. **Raise Awareness about Abortion in Your Church.** One of the Campaign’s goals is to educate the public (both Christian and non-Christian) about the effects of abortion on women and men. Making your pastor, or priest aware of abortion’s impact on women often helps them understand the importance of addressing this issue in the pulpit. Share your testimony or use the testimonies posted at www.SilentNoMoreAwareness.org/testimonies to share in your church, women-focused organization, and other parishes. If you don’t have a pastor or belong to a church, ask friends for references and make plans to visit their pastor.
6. **Spread the testimonies of the campaign** online by subscribing to the campaign’s You Tube videos and networking with the campaign on Facebook and My Space. See the links at www.SilentNoMoreAwareness.org.
7. **Initiate a letter writing campaign to the editors of your local newspaper, journal, and/or magazine.** Write letters as appropriate to either support a bill or rebuke a comment or claim made in a featured story that suggests abortion is good for women. Quote from the testimonies found on our website.
8. **Initiate a letter writing campaign to your state and federal legislators.** Write letters that share your testimony, especially as a means of acknowledging the anniversary of your abortion or the time when your child would have been born. Send them out annually.
9. **Engage in peaceful activism.** Visit the Priests for Life website for a comprehensive list of suggestions under: “What you can do to end abortion” (<http://www.priestsforlife.org/brochures/whatyoucando.htm>). This includes activities as well as strategic considerations regarding life-affirming work.