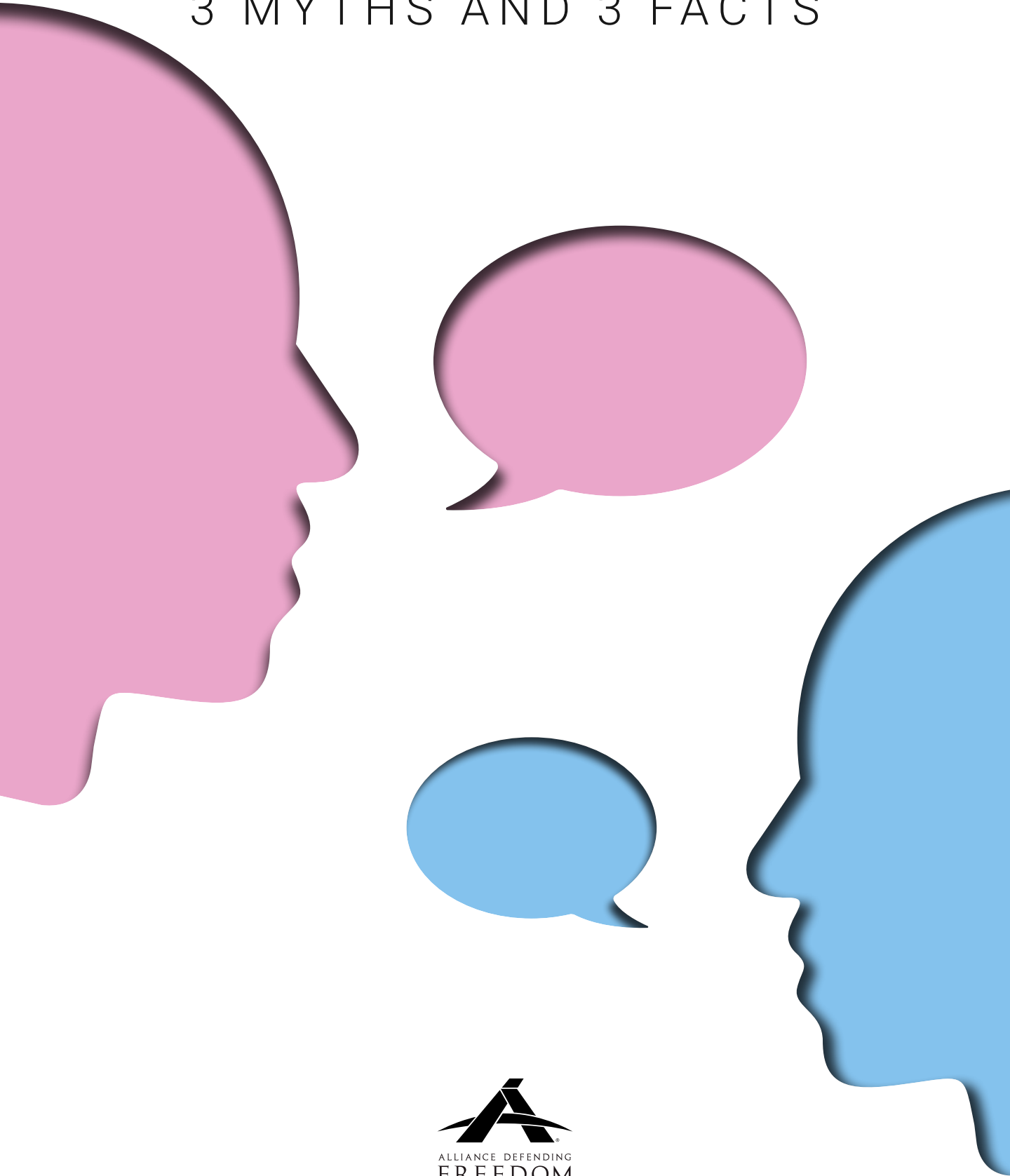


CRITICAL CONVERSATIONS

LIFE

3 MYTHS AND 3 FACTS



ALLIANCE DEFENDING
FREEDOM

FOR FAITH. FOR JUSTICE.

After decades of living under *Roe v. Wade*—and well over 60 million innocent lives lost—pro-life Americans celebrated the *Dobbs v. Jackson Women’s Health Organization* decision in 2022, which overturned *Roe v. Wade* and upheld Mississippi’s Gestational Age Act. With the decision, states are once again empowered to protect women and their babies.

Alliance Defending Freedom was honored to serve on the Mississippi team defending the law at the Supreme Court in *Dobbs*.

And right now, ADF is roughly two dozen states to both protect existing pro-life laws and assist states in crafting new laws that ensure that life is protected, and that mothers and their children receive the care they need to choose life and thrive.

Abortion violently ends the life of an innocent, unborn child, but also victimizes mothers. They often suffer trauma, mental and physical illnesses, infertility, and in some cases, even death.

Abortion can be a difficult subject to discuss among friends and family. But every human life is valuable and deserves to be protected, so we must find ways to honestly and forthrightly talk about the truth that exposes so many of the myths that have been perpetuated by pro-abortion activists and the mainstream media.

That’s why we’re providing this brief guide: to help you easily dispel some of the most common myths about abortion in conversations with friends and family. We pray you can use this to be ready to speak the truth and defend the right to life.



MYTH #1

Unborn life isn't
life worth protecting.

FACT

All human life is precious, has
a right to life and is entitled to
society's protection.

The Details:

Though children in the womb are often portrayed by pro-abortion activists and the media as burdens, the value of any human life is not contingent upon its location—inside or outside of the womb—or the challenges that the child, mother, and family may face. Life is worth it.

Under *Roe v. Wade*, the United States was one of only six countries—including North Korea and China—that allowed abortion on-demand through all nine months of pregnancy in all 50 states. Although individual states can still permit this, thankfully, the U.S. Supreme Court overturned *Roe v. Wade* and empowered states to protect the lives of the unborn and their mothers.

Learn More:

Find out about [Dobbs v. Jackson Women's Health Organization](#) and [click here](#) to watch ADF's video on why life is worth protecting.



MYTH #2

Abortion is a matter
of autonomy—
“My body, my choice.”

FACT

The growing life within an
expectant mother is a separate
and distinct human life.

The Details:

Despite the insistence of pro-abortion activists, the unborn life within the mother is a wholly unique person. During pregnancy, a mother doesn't suddenly grow an additional ten fingers or toes. Those digits belong to a different human—her baby.

The U.S. Constitution, and a fundamental sense of morality, allow for a high degree of autonomy over our bodies, yet that freedom ends when it is used to harm or kill another human being. A baby has a right to his or her life, regardless of whether they are in the womb or cradled in their mother's arms.

Learn More:

[Click here](#) to learn about how the rapid advancements in medicine and technology continue to prove that life in the womb is distinct, precious, fully alive, and fully human.



MYTH #3

Abortion is a harmless procedure that is an essential part of women's healthcare.

FACT

Abortion is not only designed to kill a growing baby, but it often also damages the physical and emotional health of the mother.

The Details:

Abortion providers and activists continue to claim that abortion is a painless, "women's health" procedure, despite a significant amount of contradictory evidence.

Emerging scientific evidence finds that a baby can feel pain as early as twelve weeks. And abortion clearly puts women's physical and psychological health at risk. From low standards of care (unsanitary facilities, "web cam" abortions, non-physician abortions) to post-abortion trauma (physical and psychological), activists are callously hiding the real truth and danger that abortion poses to women.

Even chemical abortions put women at risk, and with the lack of after-care, many women suffer from depression or worse.

Bottom line—in the purposeful killing of innocent unborn life, women are not "cared for," they are victimized.

Learn More:

[Find out more](#) about how ADF is working to build a culture of life and defend the right of the unborn, as well as the right of mothers to know the truth about abortion and clearly understand the available alternatives.



WHAT YOU CAN DO NOW

PRAY

Pray that God would change the hearts and minds of abortion providers and workers, like He did for [Abby Johnson](#), a former Planned Parenthood employee whose life was changed and is now one of the most successful pro-life activists. Pray that God would work in the hearts of mothers considering abortion—pray that they would instead seek out pro-life options. Pray for ADF's [pro-life cases](#) and advocacy. Pray for the state legislatures and courts—that they will enact and uphold pro-life laws and protect the ability of pro-life Americans to defend the lives of the unborn.

Much prayer is needed! This is why ADF has launched the [Generational Wins Prayer Initiative](#): to mobilize and equip 5 to 10 million Christians to consistently and fervently pray for freedom's future.

GIVE

Your ADF never charges our clients a dime, so we rely on the [generous support](#) of people like you! Requests for legal assistance have skyrocketed in the past few years. And every year, we receive thousands of requests for legal assistance! Your generosity will help us defend the sanctity of life, all the way to the U.S. Supreme Court if necessary.

SHARE

Did you find this helpful? Make sure to pass it along to a friend or someone you know that has questions about abortion. [Click here to share the download today!](#)



To learn more about Alliance Defending Freedom, visit www.ADFLegal.org or call 800-835-5233.

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