



## A Message

From Peggy Hartshorn, Ph.D., Heartbeat International

Heartbeat and our life-affirming network of over 4,000 affiliates save a woman and her child from abortion every 4 minutes in the U.S. alone.

Our mission is to **Reach** and **Rescue** as many lives as possible, around the world, through an effective network of life-affirming pregnancy help, to **Renew** communities for LIFE.

We **REACH** those who are abortion-vulnerable through Option Line's® 24/7 call center and website, [www.OptionLine.org](http://www.OptionLine.org).

We **RESCUE** those who are reached through our life-support network of pregnancy centers providing true reproductive health care, ministry, education, and social services where lives are saved and changed.

We **RENEW** broken cities around the world, by developing pregnancy centers where abortion clinics are the only alternative for abortion-vulnerable women.

## About Heartbeat International

- First network of pro-life pregnancy help in the U.S. (1971) and largest worldwide network, with more than 4,000 affiliates in over 100 countries.
- More than 8 Million connections to pregnancy help made by Heartbeat's Option Line (800) 712-HELP
- 3,000 babies saved from abortion in the U.S. every week.
- 2 million people served annually through our affiliated centers, ultrasound-equipped medical clinics, maternity homes and nonprofit adoption agencies.



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10 Things  
*You can say and do to make abortion unwanted today and unthinkable for future generations.*

## YOU can make a difference...

To help reduce abortions, you must first comprehend why over one million women choose abortion every year in the U.S. – about 3,300 daily.

Women commonly believe (whether or not they are pregnant) that abortion is the “least of three evils” in an unexpected pregnancy:

- *Adoption, the worst option, means I would be a mother, but a bad mother who “abandons” her baby.*
- *Parenthood means my life as I know it is ended. It is a “death of self.”*
- *Abortion means I end a life (women know this!) but I save my own, a kind of “self defense.” Women also agree, “No one really wants an abortion.”*

So, women are conflicted, but most have a “secret plan” for abortion if they ever have an unwanted pregnancy. If pregnancy occurs, these attitudes combine with feelings of fear (of disappointing parents), abandonment (especially by the child’s father), shame, coercion, or conflict from a previous abortion.

These girls and women are everywhere - in your church, workplace, neighborhood, and even in your own family. One out of four women in any Catholic, Evangelical, or Protestant group has had one or more abortions and most have not experienced healing or reconciliation. Half of all abortions are repeat abortions. Numbers are increasing for women who already have children, and for married women.

You can change the outcome for real women and men you know. You can help make abortion unwanted today and unthinkable for future generations by what you say and do!

## 10 Thing You Can Say and Do...

**1.** Pray daily for an end to abortion, for hope and healing of those involved in abortion, and pray to be used to save and change lives through your words and actions. Pray for our Heartbeat network of life-affirming leaders and workers.

**2.** Use Heartbeat’s LOVE Approach:

**L** *Listen and Learn about her feelings, thoughts, wants, values, and beliefs, her perceptions of her needs, pressures, strengths, and resources. (She must believe you care for her, not just her baby!)*

**O** *Open her Options of abortion, parenting, and adoption — lovingly, with accurate facts.*

**V** *Introduce a new Vision and Value that she is made in His image and has been redeemed. She can be forgiven, healed, and can make positive choices for herself and her baby.*

**E** *Extend and Empower her to carry through, with concrete resources and support.*

**3.** Memorize (800) 712-HELP (4357) and OptionLine.org – Heartbeat’s 24/7 hotline that connects those in crisis to life-saving help in their community.

**4.** Affirm every child as a welcomed child. Congratulate every pregnant mother (and father) you know or even casually encounter. Never imply that more children will be a burden.

**5.** Make a point of telling all the young people in your life that there is nothing they could ever do to make you stop loving them, like God loves us despite our faults and sins. They never need to fear telling you anything.

**6.** Affirm birthmothers who choose adoption as good mothers and adoption as a life-giving choice for all involved. Christians are adopted sons and daughters of the Lord. Adoption is not “second best.”



**7.** Affirm hope and healing after abortion. Never say, “How could anyone ever have an abortion?” To a woman who is or might be pregnant, this says that you would never understand her desperate feelings. If she has had an abortion, this reinforces her secret shame and could lead to another abortion. Rather, share frequently about the love and forgiveness of the Lord for all of us sinners.

**8.** Encourage sexual integrity among single people and within marriage. Inspire, don’t frighten, young people into reserving sexual intimacy for marriage. Be a source of open and accurate information on sexual questions. Share the satisfaction of married love and intimacy and the dignity of motherhood and fatherhood. Young people are surrounded by coarse, dangerous, and degrading sexual messages.

**9.** Promote a pro-life, family-friendly environment in the workplace in your conversations, in your organization’s communications, and through your employee policies.

**10.** Give of your time, talent, and treasure within the pro-life movement. If you don’t know where to start, find your local pregnancy center at OptionLine.org, or begin with us, Heartbeat International! You are needed!