



**MY  
BODY  
MY  
CHOICE**



*Trucha*



**FOLLOW US**



# Truchita



# ¡BIENVENIDOS A TRUCHITA!

We want to start by thanking our readers for picking up a copy of our zine. Y'all's enthusiasm inspires us and shows us that the work we are doing is truly important. Gracias.

Our mission with Truchita is to provide snippets of information and educate on important social issues that impact us here in the Rio Grande Valley. From LGBTQIA+ to reproductive justice to environmental justice, and so on!

For this first round of zines, we want to fill the void that is caused by a lack of sex education in our community. At a time when bodily autonomy has become a politicized issue, finding reliable sources can be difficult.

With issue 001, we aim to reach out to the people in our community who are most in need of this information. We hope to create a safe space for anyone who wants to learn about safe sex, contraception, and abortion.

With these resources, we want to empower y'all to make educated choices that best fit your lifestyle.

# ¡MUCHAS GRACIAS POR LEER!

We hope that y'all were able to learn something from our little zine. There is still a lot of disinformation around abortion that needs to be combated. It may be scary, especially with all the new laws in place, but remember that you are not alone. Deciding to have an abortion is a deeply personal choice, and no one should intervene in your decision.

For additional resources and support, visit some of the reproductive justice organizations listed. And be sure to check out our website for coverage on reproductive justice in the RGV!

# ¡HASTA LUEGO!

# SOURCES

**Reproductive Rights**  
[reproductiverights.org/bust-myths-about-abortion/](https://reproductiverights.org/bust-myths-about-abortion/)

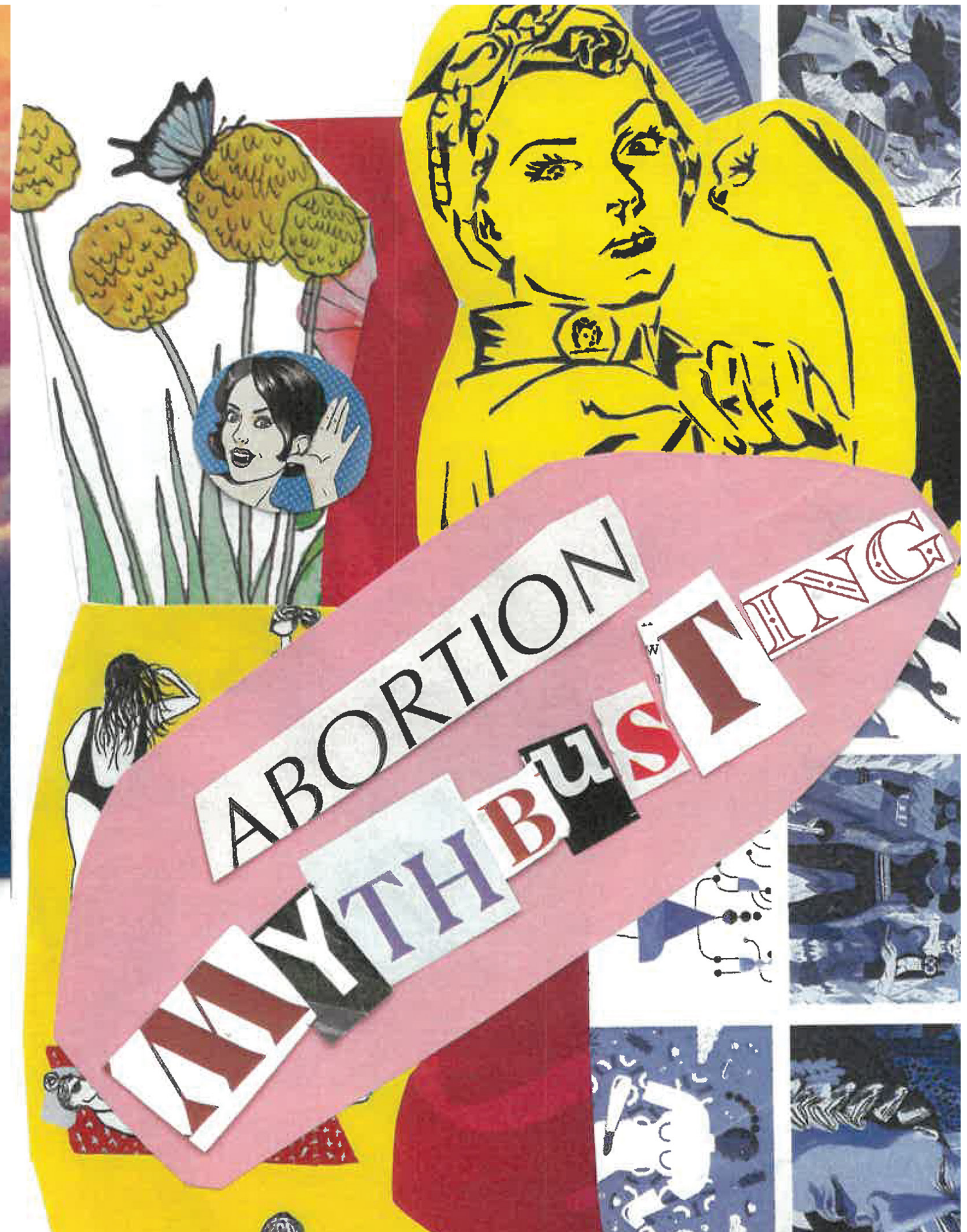
**ACOG**  
[acog.org/advocacy/facts-are-important/identifying-combating-abortion-myths-misinformation](https://acog.org/advocacy/facts-are-important/identifying-combating-abortion-myths-misinformation)

**New York Times**  
[nytimes.com/interactive/2021/12/14/upshot/who-gets-abortions-in-america.html](https://nytimes.com/interactive/2021/12/14/upshot/who-gets-abortions-in-america.html)

**Planned Parenthood**  
[plannedparenthood.org/learn/abortion/the-abortion-pill/how-safe-is-the-abortion-pill](https://plannedparenthood.org/learn/abortion/the-abortion-pill/how-safe-is-the-abortion-pill)

# LOCAL NON-PROFITS

**Planned Parenthood South Texas**  
**Friendship of Women, Inc**  
**Mujeres Unidas**  
**STRJ**  
**Frontera Fund**



# FACTS

Abortions can cause infertility or severe complications.

People who get abortions regret their decision later.

# FACTS

Abortions are NOT associated with infertility. Less than 2% of patients experience complications.

95% of women surveyed 5 years after having an abortion said it was the right decision for their life.

Deciding to have an abortion is a deeply personal decision, no one should dictate what you should/ shouldn't do.

THE PROS

CHANG

TO

EXCISE

# FACTS

Medical abortions use a combination of Mifepristone and Misoprostol and are 97% effective.

The procedure is safe and serious complications are rare.\*

Trans men and nonbinary folk are deeply affected by abortion bans and limited access to reproductive healthcare.

\*Having a healthcare professional to speak to is always advised

OUR STORY

Medical, at-home abortions are unsafe.

Abortion bans only affect women.

???

# MYTHS

Abortion is used as a form of birth control.

Emergency contraception pills, aka the morning-after pill, are the same as abortions.

i:  
Ai:  
An:  
Ha:  
Ell:  
Jos:  
Sa:  
Se:  
Ch:  
Sc:  
Al:  
Ni:  
Al:  
2c

# FACTS

6 in 10 women who have abortions are already mothers.

For many, it's their 1st abortion, and less than a 5th have had 2 or more abortions.

Emergency contraception pills prevent pregnancy after unprotected sex..

**They do NOT reverse or end existing pregnancies.**

