

In order to reduce abortions in your city, it's important to really know and understand what life-affirming alternatives exist near you! Let these five steps guide you to becoming the best "on the ground" representative for your local Pregnancy Help Organization.

If you have any questions or issues that arise, email [pregnancyresources@studentsforlife.org](mailto:pregnancyresources@studentsforlife.org).



- 1 Visit [OptionLine.org](https://www.OptionLine.org) and type in your zip code to **find your nearest pregnancy resource center**.
- 2 Visit the center's website and **get to know the resources** they provide. Key resources to look for are pregnancy testing, ultrasounds, STD/STI testing, and material support like diapers, formula, and clothing. Note any questions you may have.
- 3 **Give them a call and introduce yourself!** "Hi, I'm Cassie from CSU Students for Life. I'd love to learn more about your center..." Ask about their hours, services, and mission. Services and hours can vary day to day, so be sure you know exactly when they see patients for which services.
- 4 The best way to learn about the center is to visit! While you're on the phone, ask to **schedule a tour** of their center. As you walk through, imagine being a person facing an unexpected pregnancy. Would you feel comfortable? What would you like to see?
- 5 **Ask them for materials** that you can distribute on your campus. Once you've gotten a good feel for the pregnancy center and the services they offer, explain that you would like to have their pamphlets on hand to help your peers.