

know your texas repro rights

tbh your rights still matter!!!

Texas has some of the most restrictive abortion laws in the country, but you still have rights.

Some important info to know:

- Texas abortion bans **do not** make it a crime for pregnant people to end their own pregnancies. However, people have faced investigations & criminal charges related to their pregnancy outcomes.
- Birth control, emergency contraception, STI testing & treatment, and many other reproductive healthcare services remain legal.
- You have the right to travel to another state to access abortion care where it is legal.
- People who help others access abortion care may face different legal risks depending on their actions.
- You have constitutional rights when interacting with law enforcement.

understand your risks!

What the law says & what happens in reality are not always the same. Your legal rights are important, but understanding your potential risks matters, too.

Risk can look different for everyone. Race, immigration status, age, income, & where you live can all affect how you are treated by healthcare providers, law enforcement & the legal system. **You do not have to figure it all out alone.** This zine can help you understand the laws & your rights, but everyone's circumstances are different.

If you have questions about your specific legal risks, the **Repro Legal Helpline can help at reprolegalhelpline.org.**

Texas has several abortion bans that overlap, creating layers of restrictions. These laws use both *civil lawsuits & criminal penalties* to enforce abortion restrictions.

What's the difference?

Civil cases can result in someone being ordered to pay money, follow a court order or sometimes pay the other side's legal fees. They do not directly result in jail or prison time.

Criminal cases are brought by the government (usually through a district attorney or "DA") against someone accused of breaking a criminal law. If found guilty, that person can face fines, probation, community service or prison time.

Some Texas abortion laws allow private individuals to sue people, while others allow the government to bring lawsuits or criminal charges. The penalties depend on which law was broken & how someone was involved.

texas' abortion bans~ part i

SB 8 – The six-week ban (2021)

SB 8 bans most abortions after about six weeks of pregnancy, before many people even know they are pregnant (usually just two weeks after a missed period). The law allows private individuals to sue people who provide or knowingly help someone obtain an abortion after this point.

<u>People who receive or attempt to receive an abortion cannot be sued under this law.</u>

(Texas has several overlapping abortion bans. Keep reading on the next page.)

texas' abortion bans ~ part ii

HB 1280 –Texas' trigger ban (2022)

This law bans nearly all abortions in Texas, with very few exceptions. People who provide or attempt to provide abortions that violate the law can face criminal charges, including prison time, fines, lawsuits & loss of their medical licenses.

People who receive or attempt to receive an abortion cannot be punished under this law.

HB 7* – Abortion pill restrictions (2025)

This law allows private individuals to sue people or organizations involved in providing, mailing, delivering or distributing abortion pills located in Texas.

Pregnant people cannot be sued under this law for receiving or using abortion pills for their own abortions.

SB 4* – Restrictions on abortion medication (2021)

Passed before Texas' near-total abortion ban took effect, SB 4 added restrictions on how abortion pills can be provided, including banning their delivery by mail. People who provide or distribute abortion pills in violation of this law can face criminal charges.

Pregnant people cannot be criminally punished under this law for receiving or using abortion pills for their own abortions.

*[*See Page 5 for more information about shield laws & how people in Texas can still access abortion pills]*

how people in texas still access abortion pills

Even though Texas bans nearly all abortions, some states have passed laws to help protect out-of-state abortion providers who offer care to people living in states with abortion bans. *These are called shield laws.*

How do shield laws work? Some states allow healthcare providers to prescribe abortion pills through telehealth (online or by phone) and mail them to patients in other states, including Texas. Shield laws help protect these providers from legal action by states where abortion is banned.

things to keep in mind:

- Shield laws primarily protect providers. They do not cancel out Texas abortion restrictions.
- *Texas abortion bans do not authorize criminal punishment or civil lawsuits against pregnant people for ending their own pregnancies.*
- Providers & others involved in mailing or distributing abortion pills may still face legal challenges. **Shield law protections are still being tested in court.**

here are some trusted resources

Abuzz is a telehealth service that provides abortion pills by mail, including to people in states with abortion bans like Texas – **abuzzhealth.com**

The Repro Legal Helpline provides free, confidential legal information about abortion & your rights – **reprolegalhelpline.org**

Pregnancy Justice provides free legal defense for people facing investigations or criminal charges related to pregnancy, miscarriage, stillbirth or abortion & brings lawsuits to protect pregnant people's rights – **pregnancyjusticeus.org**

know your rights as a patient

Even with Texas' abortion bans, many reproductive healthcare services are still legal!

In Texas, you can still access:

- Birth control, including prescription & nonprescription contraception
- Emergency contraception, including Plan B
- PrEP & PEP for HIV prevention
- HPV vaccines
- STI testing & treatment
- Pregnancy testing & options counseling
- Miscarriage management & ectopic pregnancy treatment
- Pre- & post-abortion medical care

Birth control and emergency contraception are not abortion medications (aka abortion pills). Emergency contraception works by preventing pregnancy, it does not end an existing pregnancy.

You have the right to seek medical care! Having had an abortion does not eliminate your right to receive medical care. You can seek medical attention for complications, pregnancy loss or other reproductive health concerns.

If you have questions about your legal rights when seeking medical care, contact the **Repro Legal Helpline at reprolegalhelpline.org.**

abortion care & traveling out of state

<u>You have the right to travel!</u> Texas residents can travel to another state to receive abortion care where it is legal. Texas does not have a statewide law prohibiting pregnant people from leaving the state to obtain an abortion.

You can:

- Find information about abortion providers in other states (use needabortion.org or ineedana.com).
- Contact clinics where abortion remains legal.
- Reach out to abortion funds & practical support organizations for help finding care, paying for an abortion, arranging travel, lodging, childcare & more.
- Travel to another state to receive lawful abortion care.
- Seek pre- & post-abortion healthcare in Texas.

What about local travel restrictions? Some Texas cities & counties, including Odessa, Lubbock County & Cochran County, have passed ordinances attempting to restrict assistance with abortion-related travel. T**hese ordinances do not make it illegal for a pregnant person to travel out of Texas for an abortion.** Depending on the ordinance, they attempt to allow private individuals to sue people who help someone travel for abortion care, including through transportation or financial assistance. It is still unclear whether these lawsuits would succeed in court.

You do not have to navigate this alone! Organizations like Fund Texas Choice specialize in helping Texans arrange transportation, lodging & other practical support for abortion care. Visit fundtexaschoice.org or needabortion.org to find support.

While everyone has the right to travel, not everyone can exercise that right safely. Age, immigration status, & other circumstances can create additional legal risks or barriers to travel. If you have questions about abortion travel or assistance, contact **the Repro Legal Helpline at reprolegalhelpline.org.**

helping someone access care

Friends, family & community members play an important role in helping people find information & get the support & care they need.

You have the right to:

- Share information about birth control, emergency contraception & reproductive healthcare.
- Provide nonprescription birth control, including condoms & emergency contraception (like Plan B).
- Help someone find abortion clinics, abortion funds & other trusted resources.
- Talk with someone about their options & offer emotional support.

What about transportation & financial support?

You can support someone traveling out of state for abortion care, including by helping with transportation, childcare, lodging or other expenses. Some local Texas ordinances attempt to restrict abortion-related travel assistance (see Page 7). You also have a legal right to donate to abortion funds! These organizations help people cover the costs of abortion care, travel & other expenses.

What about abortion pills?

You can share information about abortion pills, including websites & resources that explain how to access them.

Giving someone else abortion pills yourself could put you at legal risk, even if you originally obtained them for your own use. Texas laws can impose criminal penalties or allow lawsuits against people who provide or distribute abortion pills.

Have questions about your rights?

The Repro Legal Helpline provides free, confidential legal information about abortion, including the potential risks of helping someone access care.

reprolegalhelpline.org | 844-868-2812

know your rights at the hospital

Do I have to tell hospital staff I had an abortion? No. There is no law requiring you to tell a healthcare provider that you had an abortion, including one you managed yourself. **A medication abortion & an early miscarriage have the same symptoms & are generally medically treated the same.** There is no standard medical exam or blood test that can tell if someone took abortion pills. However, pills inserted vaginally may leave fragments that a healthcare provider can see during an exam.

You get to decide what information about your health you want to share. You have the right to understand & agree to your medical treatment, including asking your healthcare provider what information they need & how it will be used.

Can hospital staff report me? No state law requires healthcare providers to report someone who self-managed an abortion to police. State & federal laws also protect the privacy of your medical information, but what the law says & what happens in reality can be different. Healthcare workers have reported patients to police after pregnancy loss or abortion, even when they were not required to.

What if police come to the hospital? You generally have the right to remain silent when questioned by law enforcement. You do not have to answer questions about your reproductive healthcare simply because police ask.

You must say out loud that you are exercising your right to remain silent. Simply staying quiet is not enough.
You can say: "I am exercising my right to remain silent. I want to speak with a lawyer."

If police contact you about an abortion or pregnancy loss, you can get free, confidential legal help from the Repro Legal Helpline at 844-868-2812.

know your rights if law enforcement approaches you

Whether you are approached by local police, state troopers or federal officers, you have rights.

Ask if you are free to leave

If an officer stops you, ask: **"Am I free to leave?"**
If the officer says yes, you can calmly walk away. If not, ask whether you are being detained or arrested.

You have the right to remain silent

You generally do not have to answer questions about your medical history, whether you have had an abortion or where you received care.

Anything you say before exercising your right to remain silent could be used against you. You must clearly say that you are exercising this right, simply staying quiet is not enough.

You can say: **"I am exercising my right to remain silent. I want to speak with a lawyer." Seriously, practice saying it out loud right now. Say it a few times so you can remember it if you ever need it.**

Do I have to identify myself?

In Texas, you generally do not have to identify yourself just because police are questioning you. But, if you are lawfully arrested, you must provide your name, address & date of birth when requested. Different rules apply when driving.

Keep in mind: Refusing to identify yourself may cause police to escalate the situation, even when you are not legally required to provide this information. You should make the choice that feels safest for you.

Do not lie to police or provide false identifying information. You can exercise your right to remain silent instead.

Do not consent to a search of your phone or belongings. You can say, "I do not consent to a search."

If you are questioned or investigated about abortion care, contact the **Repro Legal Helpline at reprolegalhelpline.org.**

resources & support

You do not have to figure this out alone. These organizations can help!

Repro Legal Helpline | reprolegalhelpline.org
Free, confidential legal information about abortion, self-managed abortion, pregnancy loss & helping others access care.

Abuzz | abuzzhealth.com
Abortion pills by mail through telehealth, including for people living in Texas.

Digital Defense Fund | digitaldefensefund.org
Digital privacy & security resources for people seeking or supporting reproductive healthcare.

TAAN Resource Map | bit.ly/TAANresourcemap
Find reproductive healthcare resources, abortion funds & community support across Texas.

NeedAbortion.org | needabortion.org
Information about accessing abortion while living in Texas, including clinics, funding & practical support.

abortion funds in texas

These TAAN members help people pay for abortion care, travel & other needs.

Fund Texas Choice | fundtexaschoice.org
Statewide • Travel, lodging & practical support.

Jane's Due Process | janesdueprocess.org
Statewide • Legal help, financial assistance & practical support, especially for young people.

Lilith Fund | lilithfund.org
Central & South Texas • Financial assistance for abortion care.

Frontera Fund | fronterafundrgv.org
RGV • Financial assistance, travel & practical support.

Texas Equal Access (TEA) Fund | teafund.org
North Texas • Financial assistance for abortion care.

West Fund | westfund.org
West Texas & Southern New Mexico • Financial assistance for abortion care.

tbh know your rights, share what you know.

Texas' abortion laws are complicated, but everyone deserves access to trustworthy information about their rights & reproductive healthcare. You do not have to be a legal expert to share resources, ask questions or help someone find support.

Knowledge is something we can share & community is something we can build.

This zine provides general educational information, not legal advice. Laws can change, so check for updates before sharing or relying on this information. Published November 2026.

who we are & how we got this info



The Texas Abortion Advocacy Network (TAAN) is a network focused on reproductive justice through education & access. We wrote this zine using trusted sources so communities can share knowledge, & build the resilience needed to shape the future we **deserve. Learn more at bit.ly/taantbh**

These pages were made using cyanotypes, a 19th-century photographic process that uses sunlight to create deep blue prints, pioneered by botanist Anna Atkins, the first woman to publish a book illustrated with photographs. Made by hand under the Gulf Coast sun.