

*Young*  
**Pro-Life**  
*Democrats*  
**Pregnancy**  
*Resource*  
**Guide**

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## **-The Purpose of This Guide-**

- *As a pro-life advocate, it is easy to convey the message of “choose life”, but expectant parents need resources not just words throughout their difficult pregnancies and beyond.*
- *If you are ready to contribute to the pro-life movement more than just words, this guide is here to help!*
- From discovering how your smallest hobbies can serve a greater purpose, to learning how to start national fundraisers, this guide has got you covered.
- Now, if you're ready, let's start your venture into becoming an active advocate for expectant parents!

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## **-How Can YOU Help?-**

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- *A huge misconception when it comes to pregnancy resources is that the **ONLY** resources expectant parents need are massive undertakings like providing insurance, covering medical bills, or donating thousands of dollars. All of these are possible to accomplish but not likely on your own.*
- *Later in the guide, we'll discuss how you can utilize social media, other activists, and pregnancy centers to help you complete those massive undertakings, but right now we are focused on what **YOU** can do to help expectant parents!*
- *So, what can you accomplish on your own?  
Go through these next steps to find out!*

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1. **Create a list of your hobbies, talents, and passions.**

What do you like to do for fun?

- ***Do you like baking, playing with kids, cutting hair, reading aloud, making clothes, or playing video games?***
- ***No activity is too small!***

2. **Brainstorm how you can utilize your hobbies to aid expectants parents.**

Get creative!

- ***If you like baking, you could donate your food to a local pregnancy center. If you like working with kids, you could offer free babysitting for parents (remember our pro-life support continues after birth). You could even live stream your video games and collect money to donate to pregnancy centers and food drives.***
- ***No matter how small your hobby or talent is, there is likely a need for it!***

### **3. Take action in offering your talents and hobbies.**

*The worst someone can say is no!*

- *Is there anyone in your community who is expecting or just gave birth who could use support? Are there any single expectant parents at your church or activities that may need help?*
- *If someone is pondering having an abortion, they are unlikely to tell others they are pregnant, so you could make posters to put around your local community, advertising what you are doing to help expectant parents.*
- *Finally, pregnancy centers are one of the best places to offer your talents to. Continue reading into the next chapter to discover how to connect with your local pregnancy center and offer your help and time.*

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## **-Connecting with Pregnancy Centers-**

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- *Do you want to help expectant parents, babies, and parents using your talents and hobbies but don't know who to or how to help?  
If yes, follow these next steps!*

1. *Search for your local pregnancy center through this link: [Pregnancy Center Locator](#).*

↑*Follow the link!*↑

2. *Use the information provided by your search.*

- *Using the information that you received during your search, look online for your closest pregnancy center and for volunteer positions there or call the phone number provided and use the script listed below to offer the center your help and resources.*
- *Your closest pregnancy center may have a website when you look it up, which is great! On that website,*

look for a dropdown that says 'Get Involved' or 'Volunteer' or some other reiteration of those and follow their steps to fill out an application. Then, you're all set! If you couldn't find a website or a volunteer drop down, use the phone number provided from the search and directly call them with this script:

**"Hi! How are you?"** Respond based on their next response. **"What you are calling for"- "I'm calling today to find out if there is an application I can fill out to volunteer at this pregnancy center and to find out what volunteer positions are open."**

They might ask for more background on who you are, so you can drop that you are a part of Young Pro-Life Democrats, what YPLD is, and list why you want to help. If they say "no", it is okay; there are many more centers and expectant parents/parents who need

**YOUR help.** → Reach out to [ypld@democratsforlife.org](mailto:ypld@democratsforlife.org) or [moss.lynn@democratsforlife.org](mailto:moss.lynn@democratsforlife.org) if you have any questions concerns about communicating with pregnancy centers or filling out applications. ←

## **-Small-Scale Projects-**

- *Have you ever wanted to start a bake sale fundraiser or host your own public debate about abortion or other pro-life issues? Continue reading to learn how to!*

### **1. Brainstorm ideas for your project.**

*This might take some time!*

- *Find a project that suits your strengths. (If you can't swim, don't host a swimathon fundraiser, etc.). Take advantage of social media and search engines for inspiration. Could you use your school/church/community building in your project?*
- *Also, is this a fundraiser, awareness event, both, or other? No matter what your project is, make sure it still helps either expectant parents, babies, or parents.*
- *When brainstorming your project, consider what feasible options could have the greatest effect!*

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## **2. Organize the details for your event.**

- **Now that you have brainstormed your small-scale project, start taking action to make it happen!**
- **Use the [Pregnancy Project Sample Template](#) to help you with this step and the next step!**

## **3. Reach out to others for help.**

- **Although small-scale projects don't require large teams of people , you could use help from a few friends or colleagues! Share your ideas with them and how you imagine them helping you accomplish your project.**
- **Have an idea of how you want your project to go already planned out in Step 2 BEFORE you reach out.**
- **Assign tasks to those who are helping you to ensure your project stays on task. You can use the [Pregnancy Project Sample Template](#) to assign and organize tasks.**

#### **4. Spread the word about your project.**

- ***So, you have brainstormed an idea for a project, planned it out, and gotten others involved- you're doing great!! The next step is to let your community know about your project, so they can help you support expectant parents, babies, and parents.***
- ***Here are a few starter ideas for how spread the word about your small scale project:***
  - ***Start a Facebook Event page-***
  - ***Use Canva or any other graphic design site to make flyers to post around your school/church/community center-***

***(contact [grace.lynych@democratsforlife.org](mailto:grace.lynych@democratsforlife.org) if you need help designing a flyer)***

- ***Reach out to your local newspaper to see if they will publish an article about your project-***
- ***Create TikTok/Instagram reels about your project to attract wider attention-***
- ***Tell all of your friends about the project and encourage them to spread the word further--***

- **Keep in mind that some projects may require a large amount of community support. For example, a clothing/food/toys drive will likely need a large amount of community support to get donations and any type of fundraiser will be the most successful if there are lots of people involved.**

#### **5. Finishing your project.**

- **Whenever your project ends, whether it is a one-day event or month-long project, you should be so proud of yourself! You did it!!**
- **If your project went perfectly according to plan- great! If it didn't- that's also great!**
- **Analyze what you can do to improve your next project, what went wrong in this project, and what you learned from completing the project. You can find a box to list improvements needed in step 3 of the [Pregnancy Project Sample Template](#).**

## **-Large-Scale Projects-**

### **1. Brainstorm ideas for your project.**

*Think Big!!*

- *Just like with small-scale projects, you will need to brainstorm ideas OR you could build off of your small-scale projects ideas!*
- *You can use this basic pros and cons sheet to help you narrow down which project would best accomplish your goal:*

**[Brainstorming Pregnancy Project](#)**

### **2. Assemble your team.**

- *Your team does NOT have to be huge, but having multiple people working with you will allow more tasks to be completed in a reasonable amount of time.*
- *Aim to have a lot of your project details outlined out before assembling a large team so you are able to assign specific tasks to your team.*

- *Take advantage of social media sites to connect with others who would be passionate about your project. LinkedIn is another way to find others!*
- *Although it is important to have a team, remember that a smaller and stronger team will get more done than a large and unfocused team.*
- *Also, this is your project, but your team members bring their own valuable perspectives, so utilize their input.*
- *If you do NOT like being a task leader, that's okay! Split up your leadership with your closest friends/colleagues, so you don't have to be in charge of everything. Whatever leadership style works best for you, adopt it!*

### **3. Work with your team!**

- *Communicating with your team is important to ensuring your large-scale project gets accomplished.*

- **You could hold meetings, communicate in group chats, or even do Google Doc updates with your team to see how everything is going. Make sure your team and yourself are staying on track with your project timeline.**

#### **4. Spread the word about your project.**

- **Now that your project is almost planned out, let the world know about it! Utilize YPLD and DFLA- we can let the whole life movement know about your project!**
- **Here are a few ideas to increase project awareness:**
  - **Start a Facebook Event page-**
  - **Use Canva or any other graphic design site to make flyers to post around your school/church/community center-**

(contact [grace.lynsch@democratsforlife.org](mailto:grace.lynsch@democratsforlife.org) if you need help designing a flyer)

- **Reach out to your local newspaper to see if they will publish an article about your project-**

**Create TikTok/Instagram reels about your project to attract wider attention-**

- **Tell all of your friends about the project and encourage them to spread the word further -**

## 5. Finishing your project.

- *Whenever your large- scale project ends, whether it is a one-day event or month-long project, you should be so proud of yourself! You did it!!*
- *If your project went perfectly according to plan- great! If it didn't- that's also great!*
- *Be sure to thank everyone who was on your team and those who helped in any way with your project.*
- *Analyze what you can do to improve your next project, what went wrong in this project, and what you learned from completing the project. You can find a box to list improvements needed in step 3 of the [Pregnancy Project Sample Template](#).*
- *No matter how well you thought your large-scale project went, if you made a tangible positive impact on anyone, your underlying goal was accomplished!!*

## **-Additional Resources-**

- *In addition to sharing everything you have to offer with expectant parents, there are other resources you can direct them to that offer great help.*
  - *Here are a few of those resources you can use to direct those in need of help to:*
1. [General Help Including Diapers](#)
  2. [“Supplemental Nutrition Program for Women, Infants, and Children”](#)
  3. [What Resources Their State Offers](#)
  4. [Health and Dental Coverage for Kids](#)
  5. [Scholarship for Parents](#)
  6. [Crisis Pregnancy Center Map](#)