

RFC ONE-PAGER

Birth Control 101: Resources for Patients

YOUR CONTRACEPTION RIGHTS:

- Since the Supreme Court's decision in *Dobbs v. Jackson Women's Health Organization*, attacks on sexual and reproductive health, including on contraception, have escalated.
- Whatever state you call home, **you have the right to consider all family planning options**. Birth control is safe and legal, and resources are available to support those who wish to exercise their right to use the birth control method of their choice.
- The right to contraception is protected by the constitution and recognized by the Supreme Court, and your ability to access most forms of contraception is protected by federal law, which requires most private insurance plans and state Medicaid programs to cover family planning services without cost-sharing.
- In exploring your family planning options, you may encounter disinformation, including false claims spread on social media that birth control is dangerous or dishonest attempts by some politicians to equate forms of birth control with abortion.
- States have varying laws in place making it easier or harder to access birth control, including over-the-counter coverage mandates, cost-sharing bans, and parental consent laws.
- We will continue to fight for a future where you have the freedom to decide whether, how, and when to become a parent, free from political interference.

NON-GOVERNMENTAL RESOURCES:

- Planned Parenthood Information, Services, and Resources for Teens.
- Bedsider Birth Control Guide.
- American College of Obstetricians and Gynecologists Patient Guide.
- American Academy of Pediatrics Birth Control Information for Teens.
- Power to Decide Birth Control Map.

LEARN MORE:

- Find a Title X Clinic here.
- Read more about birth control from the U.S. Centers for Disease Control and Prevention here.
- Read more about your rights under the Affordable Care Act (ACA) here.
- Read more about your rights under *Griswold v. Connecticut* and *Eisenstadt v. Baird* here.
- Read more about your rights under the Health Insurance Portability and Accountability Act (HIPAA) here.

DISCLAIMER:

These documents aim to provide interested parties with a comprehensive overview of relevant resources for their consideration. A resource's inclusion here does **NOT** imply official endorsement by the Reproductive Freedom Caucus, neither can the Caucus verify the accuracy or timeliness of all information accessed from external sources.

**CONGRESSIONAL
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CONTRACEPTION Q&A:

Concerned about attacks on Title X, Medicaid, and Planned Parenthood?

If you are one of the millions of Americans who has received family planning care through a federally funded program, we share your concern about the present threats these programs face. Here is the status of [public funding resources](#) for family planning, even as Republican politicians seek to undermine them in Congress and the courts. At every stage of the process, we are fighting for your access to care.

- The **bipartisan Title X program**, which funds [family planning and sexual health facilities](#) across the country, has suffered persistent underfunding and escalating Republican attacks. In 2025, the Trump administration illegally withheld \$65 million from grantees, attempted to eliminate funding for the program in the federal budget, and terminated nearly the entire Office of Population Affairs (OPA) staff, who administer the program. Court battles and Congressional action have reversed some of this damage, but the future of the program remains in jeopardy.
- In addition to guaranteeing roughly 1 in 4 Americans access to healthcare coverage, **Medicaid is the single largest source of public funding for family planning and a lifeline for maternal health care**. In July 2025, Congressional Republicans forced through nearly \$1 trillion in cuts to Medicaid and banned Medicaid enrollees from using their insurance to access care at Planned Parenthood. Despite ongoing court activity, both policy changes remain in effect.

Experiencing or trying to avoid dangerous disinformation?

From politicians' fraudulent claims equating contraception with "abortifacients" to influencers' anti-contraception falsehoods online, mis- and disinformation about birth control is rampant and dangerous.

- **FDA-approved birth control methods are safe, effective, and legal**, and you deserve to hear the comprehensive, unbiased truth. When exploring your family planning options, make sure to consult [science-based](#) medical resources and [legitimate health care](#) providers.

Have medical questions about your family planning options?

Politicians are not our constituents' medical providers. If you have questions about your birth control and health care options, we encourage you to consult your provider or a qualified specialist.

- **At no point** is a politician more qualified to make decisions about your health than you and your health care providers. You deserve to have all birth control options available to you and to make medical decisions about building your family on your terms—free from political interference.

Looking to share your story?

Stories like yours make clear why reproductive health care access is so important. **You should never have to recount personal medical experiences to compel action from your government.** If you choose to do so, we are here to listen, to amplify your voice, and to fight with and for you.

- Share your story and thoughts with House Democrats [here](#) or at the email address below.

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