

Thanks, Birth Control



Birth control matters. It gives us the ability to plan, prevent, and space pregnancies, which benefits women, men, children, and society. We want you to join us in saying Thanks, Birth Control year-round!

Why Say Thanks?

Birth control makes so much possible. It helps fight poverty and reduces taxpayer burden. It leads to more educational and economic opportunities. It even contributes to healthier babies and more stable families.

But even though most single young adults say they don't want a pregnancy right now, 4 out of 10 do not use contraception consistently.

The good news is that [8 in 10 adults](#) agree that if more people were comfortable discussing birth control, more people would use it. By talking about birth control we make it approachable, better understood, and more widely embraced. So, let's remove the controversy and the politics, and give birth control the positive attention it deserves.

How Can I Get Involved?

We have e-cards, [GIFs](#), social media messages, and statistics worth sharing with your friends, family, colleagues, and everyone in between. Get ideas and get informed at [Bedsider.org](#) and [PowerToDecide.org](#).

We also have fantastic [Thanks, Birth Control t-shirts](#) that range from the funny to the inspirational. Find the one that's right for you at [Bedsider.org/ThxBirthControl](#) then wear it, snap a selfie, and share the love on your social channels. Be sure to use the hashtag #ThxBirthControl when you post!

You'll Be In Good Company.

Each year, the #ThxBirthControl effort is joined by thousands of leaders in media, business, education, entertainment, and government. Past participants include MTV, Freeform, Refinery29, Cosmopolitan, Marie Claire, Mama Doctor Jones, Shan Boodram, Advocates for Youth, and SIECUS—just to name a few. Each year the movement grows bigger and we'd love for you to join us in saying #ThxBirthControl, too!

HAVING THE POWER TO DECIDE IS KEY. SAY IT WITH US: **THANKS, BIRTH CONTROL.**

Power to Decide is a private, non-partisan, non-profit organization that works to ensure all people—no matter who they are, where they live, or what their economic status might be—have the power to decide if, when, and under what circumstances to get pregnant and have a child. Please visit us at [PowerToDecide.org](#) or follow us on [Facebook](#), [Instagram](#), and [Twitter](#).



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