

Reproductive Freedom Is a Fundamental Liberty.

Reproductive freedom is one of our most basic fundamental rights. I have always believed that for a woman to have true bodily autonomy she must be able to make her own decisions concerning when and if to be pregnant. No woman should live in a world where she doesn't have a say in what happens to her own body.

That's why I believe that women should be able to choose whether or not to be pregnant. The majority of Americans agree with me – over 70% oppose overturning Roe v. Wade. This includes people of all political affiliations and persuasions.

Pro-choice policies are reflected in the data which shows that the only things consistently proven to reduce abortion rates are good health care for women, comprehensive reproductive education, and easy access to affordable contraception. Outright bans on abortion have not been proven to reduce abortion rates. In fact, countries where abortion is illegal tend to have higher rates of abortion than countries where it is legal.

Since November 2016, many of us, including myself, have realized that we are not as safe as we thought we were in Connecticut. We have seen multiple anti-choice bills filed over the last few legislative sessions. These attacks have reminded us never to take our rights for granted and how important it is to remain vigilant and active.

After all, it's every person's right to decide if, how, and when to have a family. That's simply personal liberty.

To those who are anti-abortion for religious reasons, please know I understand your viewpoint and respect it. If you truly want to lower abortion rates, put your weight behind legislation that is most likely to reduce unwanted pregnancy. Start advocating for affordable, accessible birth control, comprehensive sex education, and good health care for everyone. This is the only proven way to reduce abortion rates.

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I can't stay on the sidelines and risk the chance of turning back the rights of women to have autonomy over their own bodies. Women are the best people to decide when and if they get pregnant, give birth, and raise children. Women and their medical professionals should make healthcare decisions, not politicians, the state or the government.