



Pro-Choice Washington is an independent, reproductive freedom advocacy organization in Washington state.

Our **vision** is a future where every person has complete reproductive and bodily autonomy.

Our **mission** is to protect, restore, and expand every person's right and ability to access the full range of affordable, quality, and unbiased abortion, sexual, and reproductive health care information and services through movement-building, community education, and grassroots advocacy.

As a volunteer with Pro-Choice Washington, alignment with our mission and values is vital, so that we can ensure that all of us are on the same page regarding the work and the movement! Our volunteers represent our organization, so our collective expectation of one another is a commitment to:

- Anti-Oppression & Antiracism
- Bold, unapologetic & intersectional activism
- Collective success & shared solutions
- Intergenerational movement building
- Respecting one another & our stories/experiences
- Center communities who are most impacted by these issues.

Pro-Choice Washington Volunteer Toolkit

So you want to volunteer with Pro-Choice Washington, but you're not sure what the process is or how to get started. Well, you're in the right place!

This volunteer toolkit will help you understand what our volunteer program is like, and how you can get plugged into the reproductive freedom movement in Washington state!

Together, we can expand reproductive health care for everyone!

An Overview:

TL;DR: No matter how much or how little time you have, you are a vital part of this movement and there is a place for you here.

We understand that you have a lot on your plate, so we are truly *honored* that you would want to volunteer with Pro-Choice Washington!

So, what's the program's vibe and structure?

Volunteers will work alongside the programmatic and organizing goals of Pro-Choice Washington.

What this means is: you are not expected to carry the weight of organizing events on your own, create programs for your communities, be responsible for large communication lifts, etc.

Our volunteer program is not replicating a system that expect hours upon hours from our volunteers. Instead, we have created something where folks like you can be involved in a way that fits your existing commitments without juggling even more.

What is this like IRL?

Our volunteer program is built upon a non-hierarchical model based on time expectations (see page 2). We honor and respect folks throughout the time spectrum, and don't value one kind of volunteer over another.

Our movement relies on ALL of us giving what we can to create change and realize a future of reproductive freedom.

Volunteer Engagement Framework

How much time can you share with us each month?

It's okay if these numbers change month to month! There is always the option to scale up or down your expected time commitment.

Remember: Everyone has a role in this movement.

< 2 MINS

You have a moment here and there to contribute to this movement, and that's enough to make an impact!

Sign up for our newsletter
Follow us on social media
Financially contribute
Talk with your friends

< 10 MINS

You have some time to engage with our materials and share with your network what we have going on!

Read and share our blog
Call & email your legislators
Repost our social media content

< 30 MINS

You are able to do one-off actions and want to remain involved in our events organizing!

Have coffee with an elected official or community partner!
1:1 with a Pro-Choice Washington organizer!
Attend a Town Hall event

1-2 HOURS

You want to plug into our monthly events and may be able to assist in other aspects of our organizing work!

Attend a Pro-Choice Washington event
Volunteer at a Pro-Choice Washington event
Table at a community event on behalf of Pro-Choice Washington
Write a Letters to the Editor (LTEs)

2 HOURS

You are able to mobilize across our programming and want to be involved in it all, big and small!

Volunteer at Pro-Choice Washington electoral work
Throw a house party
DIY: Create your own event, take a leadership role planning Pro-Choice Washington!

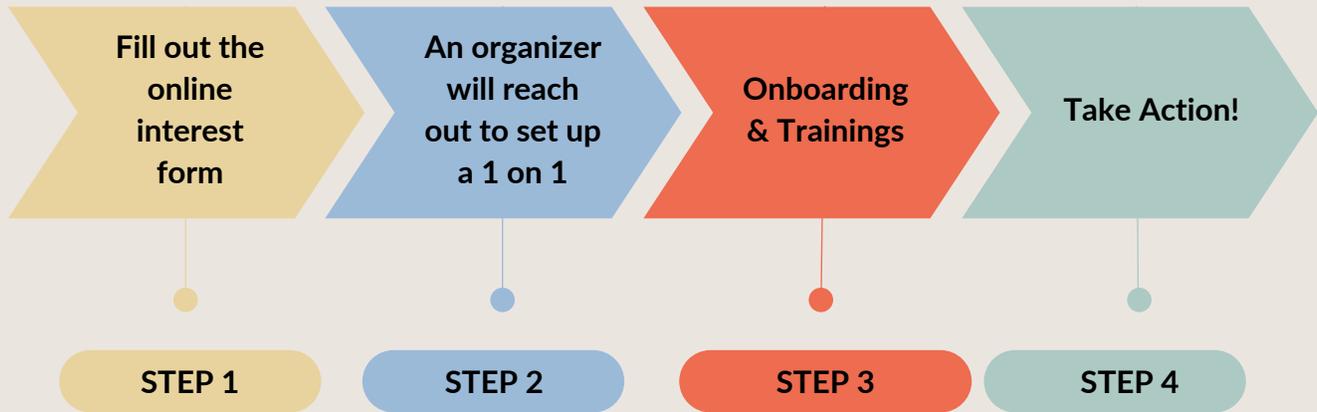
2+ HOURS

You are able to devote time to ensuring the overall health of Pro-Choice Washington as a non profit organization. You want to help build better systems!

Recruit program participants
Manage ongoing administrative projects in our office or virtually
Take part in strategic planning conversations



Volunteer Process Timeline



Community Agreements for Pro-Choice Washington staff and volunteers:

- Use affirmative, inclusive rhetoric; avoid outdated and stigmatizing language.
 - [How to Talk About Abortion](#) guide is a helpful tool that we will cover in onboarding!
- Be punctual and reliable.
 - We totally understand that life happens and things come up! Please communicate any changes with your organizer so we can prepare to the best of our ability.
- Approach the work and each other with curiosity and openness, regardless of how short or how long you've been in the movement.
 - We all have something we can learn from each other!
- Nonengagement with opposition/protesters/antis
 - There are a lot of tactics used by opposition groups, and our priority is to keep one another safe! Read our full policy to learn more.

Thank you so much for your passion and support in this work!

