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What was your overall opinion of the book?

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What was your favorite part of the book?

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What did you not like?

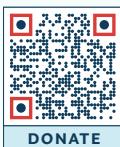
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Your favorite quote:

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01. How would your life be different if you didn't have to worry about pregnancy? How would this impact your mental health, finances, goals, emotions, stress, bandwidth, etc.

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02. Did you know that men are 50 times more fertile than women? Did you know this or calculate this before reading this book?

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03. If people knew that sperm live up to 5 days do you think they would have made different decisions about birth control? Should this fact be taught in Sex Ed? How could knowing this impact young people's choices?

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04. There are a lot of misunderstandings about women's fertility and how it works. Can you list a few of them?

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05. How can we better educate people about women's fertility?

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06. How does the fact that ejaculation is voluntary contribute to the conclusion that men are responsible for causing unwanted pregnancies? (in relation to a couple having sex)

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07. Think about how you access birth control. Has it always been easy for you or what hurdles have you had to overcome?

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08. What do men have to do to access birth control?

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09. Do you know any woman who got the “husband stitch?”

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10. Do you agree that American society teaches men to hate condoms? Examples?

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11. How many women do you know that had tubal ligations that not even once mentioned their partners getting vasectomies? Like it wasn’t an option for them?

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12. How do women do the work of pregnancy prevention? (physical, emotional, relationships, financial)

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13. Do you agree with the statement “We don’t mind if women suffer, as long as it makes things easier for men”?

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14. Do you feel that society teaches us that a man's pleasure is the top priority for sex?

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15. What would the consequences be for women if the burden of preventing pregnancy was simply taken off the table? Would this change if you were a man? Or if you are a man, would this change if you were a woman?

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16. If we accept that an unwanted pregnancy is only caused when a man ejaculates inside a vagina when both partners are not trying to conceive, is this a fair claim to make? Do you believe that men cause all unwanted pregnancies?

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17. Have you experienced women being responsible for their own bodies and for men's bodies? What did that look/feel like?

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18. What will it take for us to have a full shift in focus on unwanted pregnancies from men to women? Who are the important parties that would need to make that shift happen? (Politicians, media, educators, men, women etc.)

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19. Holding men accountable for their actions does not make women victims. Let's discuss.

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20. There is an uneven power dynamic between men and women and it can turn violent quickly. What experiences have you seen that prove this to be true?

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21. Women cannot walk out on pregnancies. How are women bound to pregnancy in ways that men are not?

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22. Have you experienced side effects from birth control? If so, what?

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23. Have you experienced side effects from pregnancy or women's health? If so, what?

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24. In what ways are we not honest about pregnancy and childbirth?

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25. Pregnancy should not be a punishment. What rhetoric have you heard that suggests that pregnancy is an appropriate punishment for someone's behavior?

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26. Adoption is often presented as a preferable alternative to abortion. Were your views on this thinking challenged by this book? How?

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27. Are there consequences when men ejaculate irresponsibly?

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28. Do you believe that American sex ed and cultural practices underplay how dangerous sperm are? How is sperm treated by the media? Is this treatment appropriate?

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29. Do you believe that men can't control their sexual urges? Do you believe men have more control than they admit?

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30. Men can control abortions, but they choose not to. Do you believe this is true?

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31. What type of education and approach do we need when it comes to abortions, sex, and vasectomies?

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32. Did this book expand how you think about abortion and unwanted pregnancies?

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33. When Roe v. Wade was overturned, SCOTUS Justice Clarence Thomas signaled that Griswold v. Connecticut, which legalized the use of contraception by married couples, could be up next. Do you believe that birth control is on the table?

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## QUOTES

“ There is no neon light that flashes to let a woman know her egg is ready to be fertilized. No alarm clock goes off. No built-in gauge pops when she’s fertile, like a turkey timer on Thanksgiving.

“ We treat ejaculation as something that happens at random, that is unintentional, that is impossible to anticipate or predict. And we treat ovulation like it can be pinpointed well in advance and easily predicted. Somehow, we’ve confused the two.

“ Five decades of work. It’s strange when you think about it, because if men were actually interested in reducing abortion, it didn’t need to take fifty years. At any point, men could have eliminated elective abortions in a very short amount of time—a matter of weeks—without ever touching an abortion law, without legislating about women’s bodies, without even mentioning women. All men had to do was ejaculate responsibly. They chose not to. Today, they continue to choose not to..

“ We could say that everyone should keep condoms stocked, just in case. It’s simply good manners. In the same way I hope that men keep menstruation products on hand in their home even if no one with a period lives there.

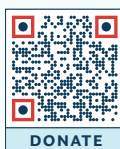
“ Men cause all unwanted pregnancies. If you’re focused on women, you’re wasting your time.

“ In the United States, the mortality rate for pregnancy is 17.4 per 100,000 people. The on-duty murder rate for police officers is 13.5 per 100,000 people. Which means a pregnant woman is more likely to die due to that pregnancy than a police officer is to be killed on the job.

“ We’ve been raised in the same culture as men. We’ve been taught the pleasure and convenience of men are paramount. We’ve been taught to diminish our own pain. And the lessons have stuck. We’ve taught those same lessons to others.

“ We’ve put the burden of pregnancy prevention on women. We’ve put the burden on the person who is fertile for 24 hours a month, instead of the person who is fertile for 24 hours a day, every day of their life.

“ Patriarchy teaches us that sex, for women, is a giveaway, while for men it is a takeaway. -Farida D. The 8th list of *Shit That Made Me a Feminist*.



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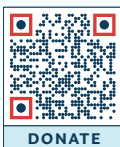
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## FACT SHEET

- A woman's body produces a fertile egg for approximately 24 hours each month from puberty to menopause.
- Women never know when their eggs will be fertile.
- Men are fertile every second of every day until they die.

80 Year Old Man	80 Year Old Woman
puberty age 12	puberty age 12
24,208 days of fertility	480 days of fertility

- Men can impregnate women every single time they have sex.
- Men have the capability to cause 365+ pregnancies every year. While a woman can only experience one full pregnancy per year.
- A 2020 study of 32,595 women on ovulation:
  - 31% believed their cycle was 28 days but only 12% of them had an actual 28-day cycle
  - 87% of women had menstrual cycle lengths between 23-35 days
  - 52% had cycles that varied by 5 days or more
  - Of the women that had 28-day cycles, there was a 10-day spread of ovulation, and the same was true for all the different cycles studied
- Men can control when they ejaculate. Sperm fertilize. Eggs ARE fertilized. Ovulation is involuntary, ejaculation is voluntary.
- A United Nations study from 2019 estimates that 842 million people worldwide use modern methods of contraception.
- In the US 90% of married women have used birth control.
- 93% of women with long-term partners have used birth control.
- 99% of women who identify as religious have used birth control.
- 88% of all women used contraception.
- 81% of women who do not have insurance still manage to use birth control.



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## FACT SHEET (continued)

- Male birth control has a 96% effective rate of preventing pregnancy.
- Female birth control pills have significantly more side effects than the male version.

Side Effects for Male BC Pill Trial	Side Effects for Female BC Pills
Acne Headaches Mood swings Tiredness/fatigue Weight gain Depression Mild erectile Dysfunction Reduced sex drive	Acne Headaches Mood swings Tiredness/fatigue Weight gain Depression Bleeding/spotting between periods Bloating Feeling dizzy Fluid retention Increased appetite Insomnia Melasma on skin Nausea Tenderness or pain in breasts Vomiting Blood clots Gallbladder disease Heart attack High blood pressure Liver cancer Stroke

- The birth control industry is valued at \$8 billion and 90% of the products are produced for women and not men.
- The pull-out method is 96% effective when men do it perfectly. Planned Parenthood says is 78% effective.
- Women purchase 30% of condoms.
- Women are expected to use birth control, women are expected to INSIST on condoms, and women are expected to pay for the cost of birth control.
- 27% of sexually active women get Tubal ligations.
- Vasectomy reversals have a higher success rate than tubal ligations.
- Vasectomies are minimally invasive while tubal ligations are considered major surgery.
- 60% of women who get abortions are already parents.
- 99% of all abortions are caused by unwanted pregnancies.



## FACT SHEET (continued)

- Women who have tubal ligation reversals experience higher rates of ectopic pregnancy.
- Tubal ligation surgery not only costs significantly more than a vasectomy, it also comes with greater risks.

Side Effects of Vasectomies	Side Effects of Tubal Litgation
Minor pain Swelling Bruising Cost \$300-\$1,000	Perforation of the intestine Damage to the bowels Infection Prolonged pelvic or abdominal pain Decline in estrogen & progesterone hormones Cost \$1,500-\$6,000

- One in every 4 women will be sexually assaulted in their lifetime.
- 30-35% of men said they would rape if they could get away with it.
- Murder is the leading cause of death for pregnant women. Usually at the hand of their partner.
- Pregnancy in the US is 1.5X more dangerous than traffic accidents.
- Worldwide maternal deaths are falling everywhere BUT in the US. It is disproportionately higher for Black women.
- 800 women die daily worldwide from pregnancy and/or childbirth.
- 700-900 women in the US die every year from pregnancy and/or childbirth.
- The US ranks 56th in Maternal mortality.

### Did you know there are:

- No laws that require the father to pay child support without a court order. It's not automatic.
- In many states, credit scores are not affected by failure to pay child support.
- Fathers aren't fired from their jobs for impregnating a woman.
- Fathers are not billed for medical expenses for pregnancy or the child. Only two states legally require men to pay for at least 50% of the medical costs.
- Fathers do not have to take unpaid weeks or months off work for pregnancy complications or childbirth.
- Fathers don't lose a cent in wages for impregnating a woman.
- Fathers aren't generally required to pay any funeral expenses for a deceased child.
- If fathers choose to walk out at any point, there are no societal consequences for abandoning the child. They can just skip out.

## THE ARGUMENTS

01. Men are 50x more fertile than women.
02. Sperm live up to 5 days.
03. Women's fertility is unpredictable.
04. Ovulation is involuntary, ejaculation is not.
05. Birth control for women is hard to access and hard to use.
06. Birth control for men is easy to access and easy to use.
07. Society clings to the idea that men hate condoms.
08. Vasectomies are less risky than tubal ligations.
09. We expect women to do the work of pregnancy prevention.
10. We don't mind if women suffer, as long as it makes things easier for men.
11. Society teaches that the man's pleasure is the purpose and priority of sex.
12. Women can be impregnated without experiencing pleasure.
13. Men cause all unwanted pregnancies.
14. We expect women to be responsible for their own bodies and for men's bodies.
15. We need to shift our focus to men.
16. Holding men accountable for their actions does not make women victims
17. The uneven power dynamic between men and women is real and can turn violent quickly.
18. Women can't walk out on a pregnancy.
19. We're not honest about pregnancy and childbirth.
20. The realities and burdens of parenting are unfathomable.
21. Pregnancy should not be a punishment.
22. Adoption is not an alternative to abortion.
23. There are zero consequences for men who ejaculate irresponsibly.
24. Sperm are dangerous.
25. Men have more control over their bodies and sexual urges than we like to admit.
26. Men can easily prevent abortions but choose not to.
27. We know what works.