

*"Would I Get An Abortion?  
Has Never Been Our  
Guiding Question"*

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As Sikhs, whether or not we would personally make the same choice has never been the question.

Our ancestors taught us better: it is never about what we think we would do in someone else's shoes. It's about supporting their right to do what they need to do for their own personal freedom, without fear. And it's also about resisting those who are causing fear.

**ਭੈ ਕਾਹੂ ਕਉ ਦੇਤ ਨਹਿ ਨਹਿ ਭੈ ਮਾਨਤ ਆਨ ॥**  
**Guru Granth Sahib, 1427**  
**Frighten None, Fear None.**

The U.S. Supreme Court decision, *Dobbs v. Jackson*, has created unimaginable fear in the minds of especially the most vulnerable: those without resources, those without supportive and loving partners, and those being victimized by others.



As the only organization focused on gender-based violence in the Sikh community, Sikh Family Center has for over 12 years developed expertise in the unique dynamics of our community. We can unequivocally state today: the restriction of reproductive rights leads to an increase in abuse toward women and girls in our community.

We regularly work with women who face various forms of domestic abuse and coercion, such as physical, emotional, psychological, and spiritual abuse. We also regularly work with women and girls facing reproductive coercion, which is often a lesser understood form of abuse but can be just as harmful.

Examples of reproductive abuse include:

- Manipulating birth control pills to cause a pregnancy, so that their partner feels unable to leave the relationship.
- Forcing a woman to have an abortion when they do not want one.
- Forcing a woman to find out the sex of their baby against their will.

The list is endless.



All bodies, including women's bodies, are sovereign and must not be subjected to any of this. We bow in deference to the personal choices each must make for themselves, informed with medically accurate information, and inspired by their own relationship with their Guru.

Our recently released statement reflects our resolve to fight all forms of abuse, all forms of power & control, whether exerted by an individual or a state government.

No Forced Pregnancy, Forced Birth, No Forced Abortion.

Fearlessness is our legacy. We will fight for it.

Please feel free to reach out to us with any questions, concerns, requests for information or support. Our Helpline is Private and Bilingual (Punjabi & English) 866.SFC.SEWA | 866.732.7392

We remain by your side. Thank you for remaining by ours.

Guru Ang Sang

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