

2026

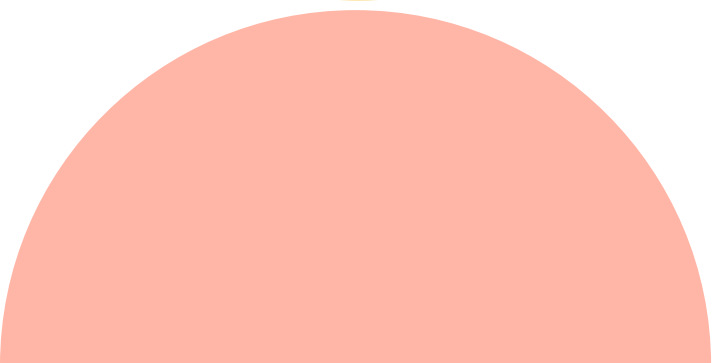
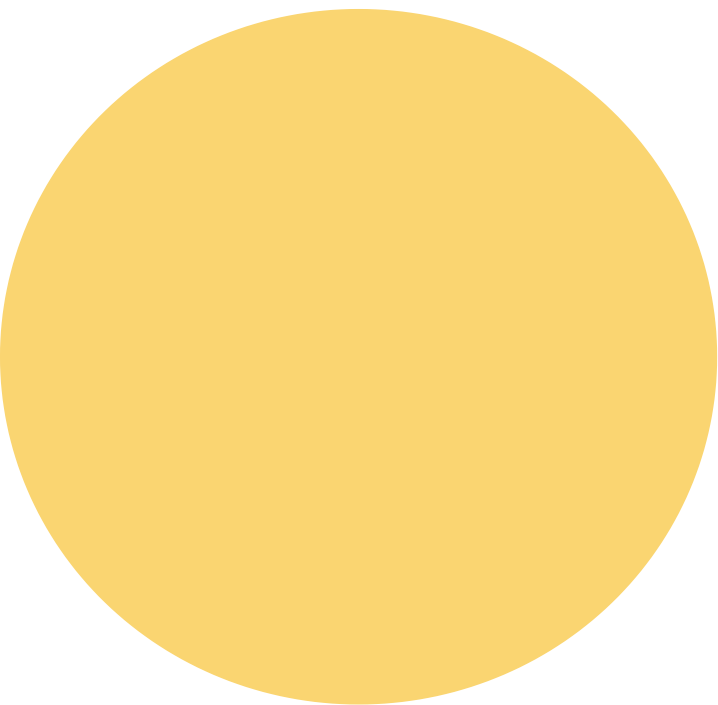


TEXT LINE IMPACT REPORT

RIGHTBYYOU

www.rightbyyou.org
www.parrrc.org





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Right By You

TEXT RBY AT: 855-458-0886

Right By You (RBY) offers free, confidential, and judgment-free support to anyone in Missouri who needs help with abortion care and reproductive health choices. They provide information on abortion care, contraception, pregnancy care, and legal rights through a confidential text line.

Executive Summary

Between April 2022 and October 2023, Right By You (RBY) answered questions from 345 people across Missouri and the US about their reproductive health. Most people asked about abortion and contraception, and at least 74 texters were under 18.

People turned to RBY because they needed clear, private information about their options for abortion and birth control. In particular, teens often asked how to navigate the social side of scheduling appointments, including keeping things private from parents or other adults, while also asking practical questions about cost and access. Paying for abortion care was a common concern for many texters, especially minors and people seeking care later in pregnancy. As abortion laws and reproductive health policies continue to shift across the country, confidential, accessible support like RBY is more important than ever in helping people get the care they need.



Overview of Texters

APRIL 1, 2022 TO OCTOBER 31, 2024

RBV only asks for a texter's age or zip code when that information helps connect them with care. This means we don't always know exactly who is reaching out to the line, and limits what we can say about who contacts RBV.



Unique Texters

345

209 (61%)
provided a zip code



Texters from Missouri

153

from
43 counties and
St. Louis City



Minors (under 18)

74

135
texters (39%) shared
their age, ranging from
14 to 40

Texters from the following states contacted RBV:

Arkansas, Florida, Georgia, Illinois, Indiana, Kansas, Kentucky, Louisiana, Maryland, Missouri, Nebraska, New Mexico, North Carolina, Ohio, Oklahoma, Tennessee, and Texas



Overview of Messages

Questions about abortion

139

Questions about contraception

136

Questions about pregnancy

80



how can i get birth control if i'm under 18?

how do you know if you're pregnant?

is abortion legal in my state?

where can i get birth control? abortion pills vs. procedure

how do i get an abortion?

need help paying for abortion

free emergency contraception

how far along is my pregnancy?

what to expect at abortion appointment

where to get free pregnancy test?

how to get an abortion as a minor in missouri

Key Takeaways



1. Texters needed help navigating practical steps, like scheduling appointments or knowing what to say when calling a provider.
2. Some texters preferred asking RBY directly rather than searching online, citing concerns about privacy.
3. Several minors reported that having their phone activity monitored by a parent or guardian made it harder to access both health information and care.
4. Navigating financial support from abortion funds was a common need, especially for minors and people seeking later abortion care.

How to Cite

PARC (2026). *Right By You: Text Line Impact Report 2022-2023*. <http://tinyurl.com/RBYimpact22-23>

or cite:

Gordon, E. M., Garzella, E. G., Sheley, S. K., & LaRoche, K. J. (2026). Navigating sexual and reproductive health: An analysis of messages sent to a youth-focused textline in Missouri. *Contraception*, 111517. <https://doi.org/10.1016/j.contraception.2026.111517>