

Support our fellows - donate today!



SCAN ME

 Christina (she/her) Xavier University '26	 Dede (she/her) University of North Carolina at Charlotte '25	 Ella (she/her) Loyola University Chicago '24	 Ellen (she/her) Bard College '25
 Kauryn (she/her) Hampton University '25	 Nimisha (she/her) Yale University '25	 Sarae (she/her) Stanford University '25	 Sarah (she/her) University of Missouri '25

Join the movement: [www.ec4ec.org](http://www.ec4ec.org)



**EMERGENCY CONTRACEPTION**  
Get the Facts!

WHAT IS EC?  
Emergency contraception (EC), a.k.a. the morning after pill, is safe and effective birth control used after unprotected sex or sexual assault.

There are TWO types of EC Pills

**Levonorgestrel\* (LNG)**  
Plan B One-Step® and generics like JuleB® & Option 2®  
• Over-the-counter for everyone; no need for prescription or ID  
• Can be sold in vending machines or handed out by individuals  
• May be less effective if you weigh >165 lbs


**Ulipristal Acetate\***  
• Most effective EC pill available  
• Prescription-only  
• May be less effective if you weigh >194 lbs

**THE BASICS**  
• Levonorgestrel EC is sold over-the-counter - no prescription needed!  
• Check the expiration date on your EC package - don't take it if it's expired.  
• If you are still concerned about pregnancy, take a home pregnancy test and follow up with a healthcare provider.  
• EC prevents pregnancy by delaying ovulation (release of the egg), if there's no eggs, pregnancy can't occur.  
• EC is NOT an abortion pill. If you need information about abortion, go to [www.planpills.org](http://www.planpills.org) or [www.neednaa.com](http://www.neednaa.com).

**IS EC SAFE?**  
• EC pills are safer than many other non-prescription drugs, such as Tylenol®.  
• Side effects (such as nausea, headache, and changes to the next period) are generally mild and go away on their own.  
• Taking EC, even multiple times within the same month or year, does not affect future fertility.  
• EC won't harm or end a pregnancy if someone takes it when they are already pregnant.

Take EC Pills ASAP within 5 days - it's more likely to work the sooner you take it.

SCAN FOR MORE INFO




**EFFECTIVENESS AND BODY WEIGHT**  
LNG EC may not work if you weigh 165+ lbs, or have a BMI of 26+. Some research shows that the prescription-only EC pill (ella) or copper-T IUD, both available from healthcare providers, may be more effective.

**HOW TO GET EC**  
• Levonorgestrel EC (Plan B One-Step®, Take Action®, and others) is available without a prescription on store shelves  
• No age or gender restrictions! Anyone can buy it and no one should be asked for ID.  
• Some stores may keep EC behind the counter, even though that's no longer required.  
• Connect with your local student group to learn more about where EC is accessible in your community and product availability on campus.  
• Ulipristal acetate EC (ella®) and IUDs can be accessed through a healthcare provider as they require a prescription.

**LEARN MORE**  
For more information about emergency contraception and sexual + reproductive health visit:  
[www.bedsider.org](http://www.bedsider.org)


If you (or a friend) have experienced:  
• sexual coercion or violence  
• being controlled or hurt in your relationship  
• your partner messing with your contraception or pressuring you around pregnancy decisions  
You can get free, confidential support 24/7 from:  
Chat: [lovesrespect.org](http://lovesrespect.org) or [online.rainn.org](http://online.rainn.org)  
Text: "LOVES" to 22522  
Call: 866.331.9474 or 800.656.HOPE (4673)  
Free, anonymous relationship safety + decision aid: [myplanapp.org](http://myplanapp.org)

**CONTACT INFO**  
For more information about EC access on campus:  
• [www.ec4ec.org](http://www.ec4ec.org)  
• [community@ec4ec.org](mailto:community@ec4ec.org)  
• @ec4ec



Interested in learning more?

Follow the QR code to express interest in connecting with EC4EC team.



**EC FOR EVERY CAMPUS**  
american society for emergency contraception

# 2025 Impact Report & Strategic Plan

American Society for Emergency Contraception





# LETTER FROM THE EXECUTIVE DIRECTOR



**KELLY  
CLELAND** MPA, MPH  
Executive Director

Dear ASEC community,

As we reflect on 2025, the challenges to reproductive freedom remain profound—and so does ASEC's gratitude for our fierce, resilient community. In a year marked by escalating attacks on contraception, the solidarity of our network has transformed urgency into sustained, strategic action.

In 2025 ASEC's growing team broadened our partnerships with campuses, local advocacy groups, and national coalitions to protect and expand EC access wherever people live, study, and seek care. We facilitated distribution of more than 325,000 doses of EC, advanced research initiatives to identify barriers and facilitators to access, and delivered training and educational support to policymakers, campus

health leaders, clinical partners, and youth and grassroots advocates. Our Emergency Contraception for Every Campus (EC4EC) program continued to expand to serve students all over the country, and there are now nearly 150 campuses that offer EC in wellness kiosks with many more on the way. We launched our organizing work in the South, provided technical assistance to community colleges in Maryland, and connected with organizers across the country through trainings and conference exhibiting.

We see momentum all around us: from recent elections, from expanding community engagement in EC distribution, and from the deeply collaborative projects we started in 2025; the next two years are a crucial time to build on it. ASEC is more committed than ever to youth power, equitable access, and transformative change.

Thank you for standing with us in this essential work. In solidarity,

A handwritten signature in black ink, appearing to read 'Kelly'.



# ABOUT ASEC

## MISSION

The American Society for Emergency Contraception (ASEC) is here to create a world in which everyone, everywhere has access to affordable emergency contraception without barriers or stigma. We work to knock down obstacles, build community infrastructure, and disseminate evidence-based information about emergency contraception in the United States. ASEC also serves the reproductive health, rights, and justice movements with our unique expertise on EC. ASEC proudly supports abortion rights and we stand in solidarity with organizations, providers, and individuals who to protect and expand access to abortion.

*ASEC is fiscally sponsored by Ipas*

# 2025 HIGHLIGHTS

2025 was all about growth, connection, listening, and meeting the moment.



## ACCESS IN THE SOUTH

Our Southeast organizing efforts have rapidly grown into a community-centered and RJ aligned strategy for expanding access to EC. By centering the lived realities of our Southern communities, we're building a robust network of partners.



## BUILDING A BLUEPRINT FOR PROGRESSIVE STATES

In the face of extensive opposition at the federal level, ASEC has worked to build strong foundations for equitable access to EC in supportive states such as Maryland, Connecticut, California, and New York with an eye to broader scaling up.



## PARTNERING WITH HIGHER EDUCATION PROFESSIONALS

A key to meaningful EC access on campuses is engaging faculty, staff, and administration. We have expanded our one-on-one technical assistance with higher education leaders and broadened partnerships with national associations serving higher education professionals.



## THE EC JAMBOREE

ASEC's annual meeting is a pivotal moment for our community to come together to share knowledge, have big conversations, and inspire each other to action. This year, we responded to safety concerns in Washington and pivoted to a successful, interactive online meeting.



## BUILDING SUSTAINABILITY FOR EC PROGRAMS

Private-sector EC distributors have been overwhelmed with donation requests and many organizations are left without the supplies they have come to rely on to serve their communities. ASEC is building sustainable strategies to keep EC accessible in the long term.



## LAUNCHING COMMUNITY COLLEGE ACCESS

Supporting community colleges in increasing access to EC has been a major focus for ASEC in 2025. We provided technical support, capacity-building trainings, and strategized with state partners about how to sustainably and effectively move the ball on access.



# \* ACCESS IN THE SOUTH

The landscape of the South is often shaped by legislative hostility and deeply rooted systemic oppression but ASEC's organizing initiative is designed to match the resilience, creativity, and deep community trust that are woven into the fabric of the South. Our organizing efforts in Alabama, Florida, Georgia, and Louisiana demonstrate what it looks like when local leaders drive strategy and equip one another with the tools to secure reproductive freedom. When EC is treated like both a healthcare necessity and a crucial reproductive justice (RJ) issue, access within communities is both actionable and practical. Our organizing efforts in the South have rapidly grown into a community-centered and RJ aligned strategy for expanding access to EC.

Our Southeast organizing efforts have rapidly grown into a community-centered and RJ aligned strategy for expanding access to EC. By centering the lived realities of our Southern communities, we've built a robust network of partners, allies and local leaders who assist us in shifting narratives around access, policy that limits access and the culture around reproductive freedom more broadly.

Through our coordinated community education, student leaders and community members gain increased awareness of EC, combat stigma around its use, and identify and collaborate with existing mutual-aid distribution hubs to expand practical access. We counter misinformation in the digital age, and assess various barriers to access or harmful restrictions to elevate the voices of those most impacted by reproductive health deserts in the South.



# \* BUILDING A BLUEPRINT FOR PROGRESSIVE STATES

In the face of extensive opposition at the federal level, ASEC has worked to build strong foundations for equitable access to EC in supportive states:

## Maryland

ASEC supports Maryland's public community and four-year colleges to align with recent laws requiring access to EC on campus. In response to concerns about costs, particularly for community colleges, we engaged the Straus Foundation to implement a rapid-response grant program co-administered with the Foundation for the Maryland Commission on Women. As we monitor and support implementation across the state, we are synthesizing lessons learned to guide progress in other states.

## California

In 2025, ASEC partnered with Grandmothers for Reproductive Rights (GRR!) to expand EC vending machines on California campuses. In May, ASEC hosted a webinar for staff and administrators about EC, the state's wellness vending machine pilot program, and implementation logistics. ASEC continues to provide direct technical assistance to campuses.

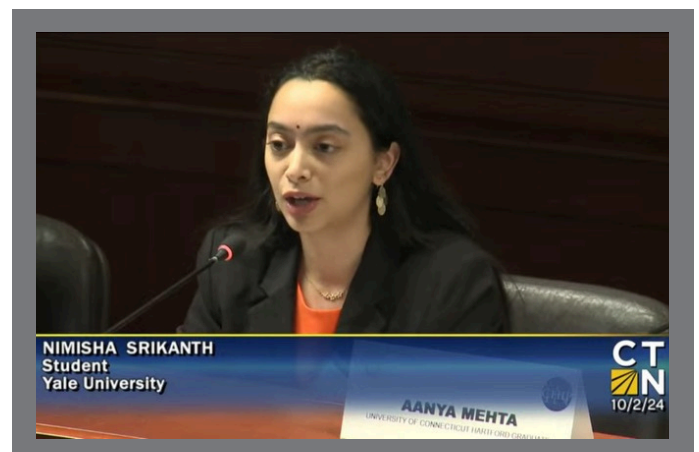
## Connecticut

ASEC Policy Fellow Nimisha Srikanth worked with a state-wide coalition that successfully advocated for 2026 funding for EC vending machines on the Connecticut State University campuses. ASEC provided technical assistance to the Chancellor's Office and the UConn flagship campus, which now hosts an EC vending machine. We continue to work with residential campuses which do not yet have EC access.

## New York

ASEC continued our ongoing partnership with New York Birth Control Project (NYBCAP) in 2025. ASEC staff hosted webinars for NYBCAP student advocates covering EC basics, peer-to-peer distribution, & working with campus administration.

There is tremendous potential for proactive work to protect and expand access to EC in progressive states, and ASEC is building effective and sustainable models.





# \* PARTNERING WITH HIGHER EDUCATION PROFESSIONALS

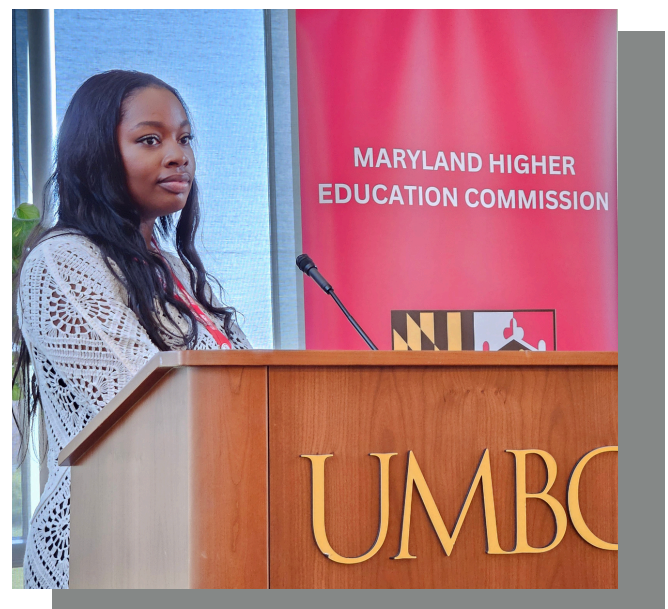
At ASEC, we have learned that a key to meaningful EC access on campuses is engaging faculty, staff, and administration, in addition to our work with student leaders. To that end, we have expanded our one-on-one technical assistance with higher education leaders and broadened partnerships with national associations serving higher education professionals, including the American College Health Association (ACHA), and NASPA, the organization for student affairs professionals. Throughout the year, ASEC hosted several webinars and presented and exhibited at national and regional conferences for these associations. In addition to providing education and technical support, ASEC has focused on two projects this year that have a larger, long-term impact across higher education:

## **ACHA Basic Needs Task Force**

ASEC is a member of the ACHA Basic Needs Task Force, a group that frames the intersection of college health and basic needs programming. As an emerging area of practice for ACHA, ASEC's participation will ensure that any foundational work product will explicitly include EC as a component of a comprehensive basic needs program. ASEC is contributing to the Task Force's forthcoming (Spring 2026) White Paper with a section on sexual and reproductive health care, including EC.

## **NASPA Certified Peer Educator Training**

NASPA is home to the gold-standard curriculum for training and certifying peer health educators (CPEs) on college campuses. ASEC developed a supplemental module on EC that will be available to the thousands of Certified Peer Educators on campuses nationwide through the NASPA Online platform in Spring 2026 semester. This module will be free for any CPEs at community college for the next two years.



# \* THE EC JAMBOREE

The EC Jamboree, ASEC's annual meeting, is a dynamic, interactive gathering of student activists, clinicians, researchers, advocates and private sector partners who share the goal of expanding access to emergency contraception. Each year, the Jamboree brings together leading voices to highlight the

latest in research, policy developments, and advocacy strategies shaping the EC landscape. Since 2022, ASEC has enhanced accessibility to our annual meeting by providing a hybrid attendance option.

In 2025, safety and accessibility took on particular urgency in our planning given the increased militarization in Washington, DC. Following consultation with our staff and partners, ASEC transitioned from a hybrid format to a fully virtual experience. The virtual format allowed for new ways of connecting, engaging, and collaborating to advance our shared goals...and we brought our signature pipecleaner art contest into the virtual space! The 2025 EC Jamboree had a record number of attendance with 170+ guests who joined us nationwide and globally.

"I think this community is especially fantastic. The entire ASEC team seem incredibly wonderful and passionate and I love the vulnerability, the camaraderie, the amount and diversity of speakers, and the option to do a hands-on activity"

-2025 EC Jamboree attendee

"How did I miss how amazing this group was? I am trying to think of ways to get some other people here next year. Thank you for the first ever virtual meeting - I now know why you hated missing the in person element. But am grateful to all of you for the way this was done."

-2025 EC Jamboree attendee

## DEEPEST THANKS TO OUR 2025 EC JAMBOREE SPONSORS:

- Afaxys
- Afterpill
- Cadence OTC
- Foundation Consumer Healthcare
- Perrigo Women's Health
- Planned Parenthood Federation of America
- Reproductive Freedom for All
- SimpliChek
- Society of Family Planning



# \* BUILDING SUSTAINABILITY FOR EC PROGRAMS

Nearly every community and partner organization we work with has faced tremendous financial strain this year. Private-sector EC distributors have been overwhelmed with donation requests and as a result of increased demand and the virtual elimination of some donation programs, many community organizations are left without the supplies they have come to rely on to serve their communities. This need is particularly significant for our student leaders when institutions are eliminating entire departments, reducing staff headcount, and cutting operational budgets, and for community-based organizations serving communities in high need with insufficient funding.

ASEC plays a key role as an intermediary between corporate partners and community stakeholders. We relay the concerns of organizations and advocate for improved communication, pricing, and terms of service. ASEC heard the call to develop strategies to create and maintain EC access programs that are financially sustainable and less reliant on corporate donations in the long term.

One strategy leverages donated EC products to jump-start vending machine or community access programs that can fund future procurement while keeping prices as low as possible. Another is to sell EC in vending machines with a small markup sufficient to cover distribution of free EC in campus food pantries or lactation rooms. As our campus and community partners continue to find ways to meet the need for EC in their communities, ASEC will amplify and disseminate these strategies at the national level.



# \*LAUNCHING ACCESS AT COMMUNITY COLLEGES



According to the first known [nationally representative survey](#) of community colleges, fewer than 1/3 provide physical health services on campus and most respondents reported their funding was either insufficient or precarious. One in six community colleges offer no physical or mental health services. Where offered, demand for services far outpaces supply, a deficit that contributes to persistent health disparities for the low-income and students of color who make up a significant proportion of community college students.

Supporting community colleges in increasing access to EC has been a major focus for ASEC in 2025. ASEC is part of the Institute for Women's Policy Research [Connect for Success Initiative](#) which seeks to expand access to sexual and reproductive health care on community college campuses.

- ASEC staff and Connect for Success members from community colleges in Texas and California presented at the American College Health Association Annual Meeting on increasing access to EC.
- We provided technical assistance to community colleges in Massachusetts, California, Texas, Maryland, Washington, Connecticut, New York, Colorado,
- ASEC is the state of Maryland's technical assistance partner supporting all 16 community colleges in complying with laws requiring the provision of over-the-counter contraception methods on campus. Through the generosity of the Straus Foundation, ASEC has partnered with the Foundation for the Maryland Commission on Women to administer grants to community colleges to jump-start their EC access programs in academic year 2025-2026.



# \* ASEC ON THE ROAD

In 2025, the ASEC team was busy building community and spreading the word about the latest in EC by exhibiting and presenting at conferences around the country.

- January:** NASPA Strategies (Boston)
- March:** PPFA National Medical Committee (NYC)  
NASPA National Conference (New Orleans)
- April:** Collective Power (Amherst)
- May:** ACHA (New Orleans)  
NWCSL (College Park)
- June:** Connect for Success (Washington, DC)



- September:** Free the Pill (online)  
EC Jamboree (online)
- October:** NECHA/NYSCHA (Stowe)  
Take Root (Louisville)  
Society of Family Planning (Pittsburgh)
- November:** ICFP (Bogota)  
Own Every Piece (Houston)
- December:** Automated Retail & Kiosk Innovation Show (Tampa)

# \* STRATEGIC PRIORITIES FOR 2026-2028

ASEC's strategic approach for 2026-2028 is built around five core focus areas, each designed to meet the immediate needs of today while preparing for the challenges of tomorrow.

## \* BUILDING THE POWER OF YOUTH LEADERS

Since 2020, ASEC has proudly worked with young people to elevate student leadership as they augment EC access on college campuses and in surrounding communities. Through Emergency Contraception for Every Campus (EC4EC), ASEC builds the power of youth leaders and breaks down access barriers by supporting young advocates working on implementation of EC vending machines and peer-to-peer distribution networks.

**HOW:** To fully realize the potential of EC4EC, we seek to hire a full-time staff person to formalize program evaluation, expand our current training, develop new resource materials to ensure a robust catalog of resources for youth advocates to use, and expand our Regional Organizing Fellowship program to other regions over the next few years.

## \* DEEPENING OUR WORK IN THE SOUTH

In its first year, our Southern organizing program has built relationships with local and statewide networks, begun mapping EC access through the region, and restructured our Regional Organizing Fellowship to focus on the specific needs of the South. We are investing in the development of student leaders in Alabama, Florida, Georgia, and Louisiana, training them to organize through the reproductive justice framework, develop practical advocacy skills, and leverage networks and the power of community. By partnering with local advocates and training students who are rooted where they work, we are equipped to drive effective solutions in the face of the most restrictive landscapes of our country.

**HOW:** In Spring 2026, we will launch our Southern Regional Organizing Fellowship cohort who will participate in a structured series of organizing modules, including foundations of RJ, EC access and landscapes, narrative work, grassroots organizing and policy strategy. This will provide the foundation for their work on their campuses, paired with mentorship, community-based project design, and opportunities to participate in state-wide coalitions alongside our partner organizations. The fellows will complete a final project that strengthens access and meaningfully addresses the needs of their communities.



## POLICY PLAYBOOK

ASEC has worked intensively with state agencies, advocates, and campuses in several progressive states to understand how legislation translates into implementation, and then into real access. State policy can play a crucial role in expanding access to affordable EC on college campuses, and there is substantial momentum to protect reproductive rights for young people. ASEC is well-positioned to synthesize what we've learned from hundreds of hours of technical assistance to campuses and discussions with advocates to level up access in opportunity states.

**HOW:** ASEC will document experiences with implementing legislation around EC access on campuses in states that have existing policy that requires or facilitates provision of EC on college campuses (California, Delaware, Maryland, Illinois, Washington). In collaboration with state advocates, we will build and disseminate a toolkit describing lessons learned, potential policy components and implementation recommendations.

## DOUBLING DOWN ON COMMUNITY COLLEGES

ASEC's work in 2025 heightened our commitment to ensuring that community colleges have the knowledge and resources to provide equitable access to EC to all students. We've learned crucial lessons about what community college students need, the constraints that these schools often operate under, and the incredible commitment to student success among community college staff, faculty, and administrators. Community college students are more likely to be working, supporting families, or living on limited incomes. They are also less likely than their four-year college counterparts to have access to health care on campus, making affordable access to EC even more crucial in achieving reproductive autonomy.

**HOW:** Drawing on our extensive experience in technical assistance with community colleges, we will develop an implementation guide that is flexible and customizable to the unique conditions of different campuses. Through existing networks and membership organizations, we will connect with community colleges, Minority Serving Institutions, and Tribal Colleges and Universities to provide resources and support, particularly in areas that are hit hardest by restrictive policies and challenging geography.

## \* COLLABORATION TO AMPLIFY IMPACT

ASEC's core belief is that every person deserves the access, resources and autonomy to make decisions about their bodies and futures for themselves. To this end, we are building out our organizing infrastructure to emphasize community self-determination and equipping our broader movements with the knowledge and skills to support access. As we consider sustainable ways of securing reproductive justice we are looking to harness our cohort of organizers through sustained political education, skill building and cross movement organizing. By facilitating learning across states and organization types, we increase capacity and help grow a stronger and interdependent ecosystem capable of resisting the increasingly hostile policies and shaping community-owned solutions.

**HOW:** We will expand coordination and collaboration across states and organizations to strengthen information sharing, narrative shift work and mutual-aid EC distribution models so that communities can respond rapidly to barriers in real time. We will document and analyze EC access models implemented by state agencies and community organizations in diverse regions to inspire innovation and creativity in EC programming. ASEC will continue to serve a critical role as a bridge between reproductive health, rights, and justice organizations and private-sector companies that provide the essential products that communities need. Finally, we will continue to serve on US and global working groups and expert committees to provide insights on clinical and access issues.



# THANK YOU!

At ASEC, we know that timely access to emergency contraception can change lives. Thanks to the generosity of our supporters—including individual donors, family foundations, philanthropic funds, and movement partners—we continue to advance equitable access to emergency contraception. Your unwavering commitment to reproductive health and equity ensures that EC remains accessible, affordable, and available to those who need it most. We are honored to work alongside you in advancing reproductive freedom.

Our deepest gratitude to the supporters who made our work possible in 2025:

- Aaron Straus and Lillie Straus Foundation
- Argosy Foundation
- Community Foundation for Greater New Haven
- Foundation Consumer Healthcare
- Institute for Women's Policy Research
- Micah 6:8 Fund
- Lefkowsky Family Foundation
- Perrigo Women's Health
- Soros Economic Development Fund
- Toby's Fund for Reproductive Health Equity

And many generous individual donors!

## SUPPORT ASEC

YOU can help make equitable EC access a reality by donating today. Monthly contributions help keep our work sustainable!





# CONTACT US

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community@ec4ec.org

