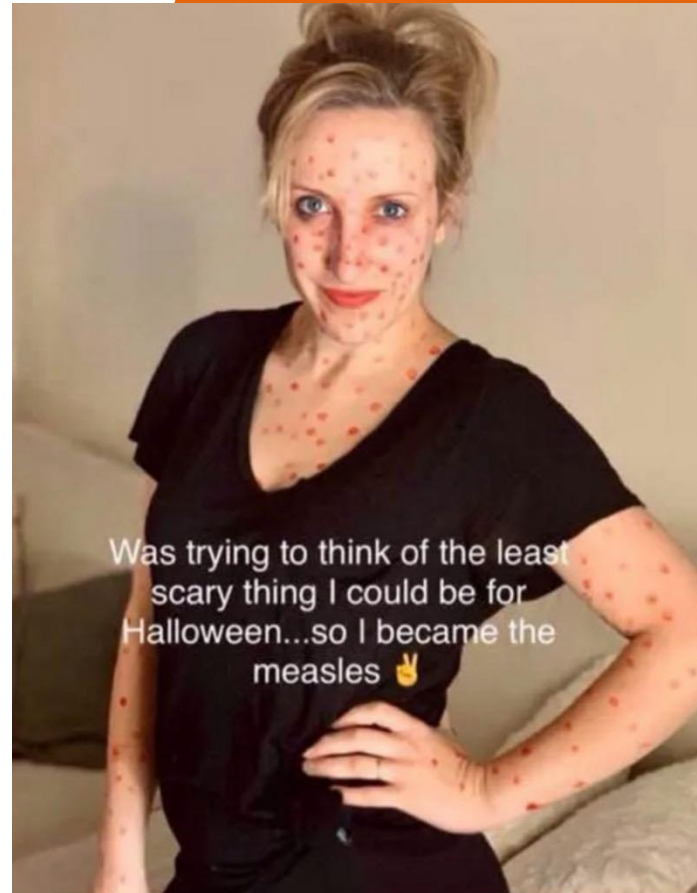


HOW I WENT FROM ANTI-VAX TO PRO-VAX

(AKA-I really hate this title but absolutely could not think of a more clever one.)

HI, I'M HEATHER
SIMPSON.





HOW I FELL DOWN THE RABBIT HOLE

Anyone can. Really.

WHEN YOU MIX ANXIETY WITH A LITTLE GASLIGHTING, SOME TRUE SOUNDING LIES, AND PROMISES OF A SAFE AND HEALTHY BABY, ANYTHING IS POSSIBLE

1

I couldn't get pregnant, and the doctor swore that eating healthier would do nothing for my fertility. I ignored him, ate only what didn't hurt my stomach, and was pregnant within 2 weeks (after 2 years.) Coincidence or not, this was the start of my faith in the medical system being shattered.

2

A docuseries targeted my anxiety and swore to be display all vaccine facts in a nonbiased way. Surprise, they didn't.

3

When my obgyn and pediatrician rolled their eyes at their clearly "anxious new mom" patient, the anti-vax internet world welcomed me with open arms.

HOW TO CREATE AN ANTI-VAXXER

A sad & probably completely avoidable story.

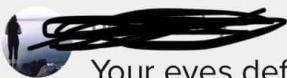


I DIDN'T MEAN TO BECOME A VIRAL ANTI-VAXXER

Who I really was & why that didn't matter to anyone in the vaccine debate, at all.



663 comments



Your eyes definitely scream government plant. The body language doesn't match the story.

19m Reply

[Redacted]

Please please please kill yourself. Please. PLEASE.

9m Like Reply

[Redacted]

I just talked to Jesus. He hates you too.

7m Like Reply 1



[Redacted]

Remember all the videos of her fake crying? Omg this was some good entertainment. All of it. Lol I couldn't stop laughing. I haven't seen anything about her in soooo long.

Like · Reply · 13h 4

[Redacted]

Look at her face hahahahahaha she was a mess

Like · Reply · 13h

[Redacted]

Why doesn't she look like the same person in her tic tocs? Doesn't even have the same way she talks or mannerisms or anything. That doesn't look like it's her 😬

Like · Reply · 13h

↳ View 2 more replies

[Redacted]

For real?? Or is this just for fun cause she is that stupid? Lol

Like · Reply · 13h 1

THE GREAT EXILE

If you're not all in, you can't sit with us.

THE ALL OR NOTHING MENTALITY OF THE ANTI-VAX SIDE & WHY I GOT KICKED OUT

- "You probably worship Satan if you give your kid motrin...you definitely do if you give them Tylenol."
- "You can't be an anti-vaxxer and ALSO wear a mask—that makes you a sheep and you're likely working for the lizard lords."
- "We always knew you weren't REALLY anti-vax. A REAL anti-vaxxer wouldn't wear a toxic mask, give up their freedom to save lives, and give their kid antibiotics for strep throat. TRAITOR."
- "This can't be the real Heather. I think she died and this is a government created version of her."

BOTH SIDES CAN BE MEAN & FORGET THAT
OTHERS ARE REAL HUMAN BEINGS

(Go after the lie, not the person.)

THE ALL OR NOTHING MENTALITY OF THE PRO-VAX SIDE (THAT I'VE EXPERIENCED.)

- "You're either all, for all vaccines, on the exact CDC schedule, with no anxiety, fear, or hesitancy...or you're a horrible mother and you've never read science in your life. Honestly you probably can't even read."
- "She's not really pro-vaccine if she's still friends with anti-vaxxers."
- "I refuse to be kind or befriend someone that doesn't hold my exact pro-vaccine beliefs in every way. I refuse to stoop to their level."
- "I don't think she's really pro-vaccine. She's probably just doing for the attention."
- "She caused too much damage as an anti-vaxxer. She has no right to use her voice to try to convince people to vaccinate. She lost her privilege to sit with us."

THEY SAY FACTS DON'T CHANGE FEELINGS, BUT
THEY WORKED ON ME.

(if you shy away from answering with facts, anti-vaxxers will think you just don't know the answer)

I REALLY THOUGHT SCIENTISTS AND DOCTORS COULDN'T PROVE ME WRONG ON THESE ISSUES,
BUT AMAZINGLY, AND TO MY HORROR, THEY DID

1

Aluminum and the blood
brain barrier

2

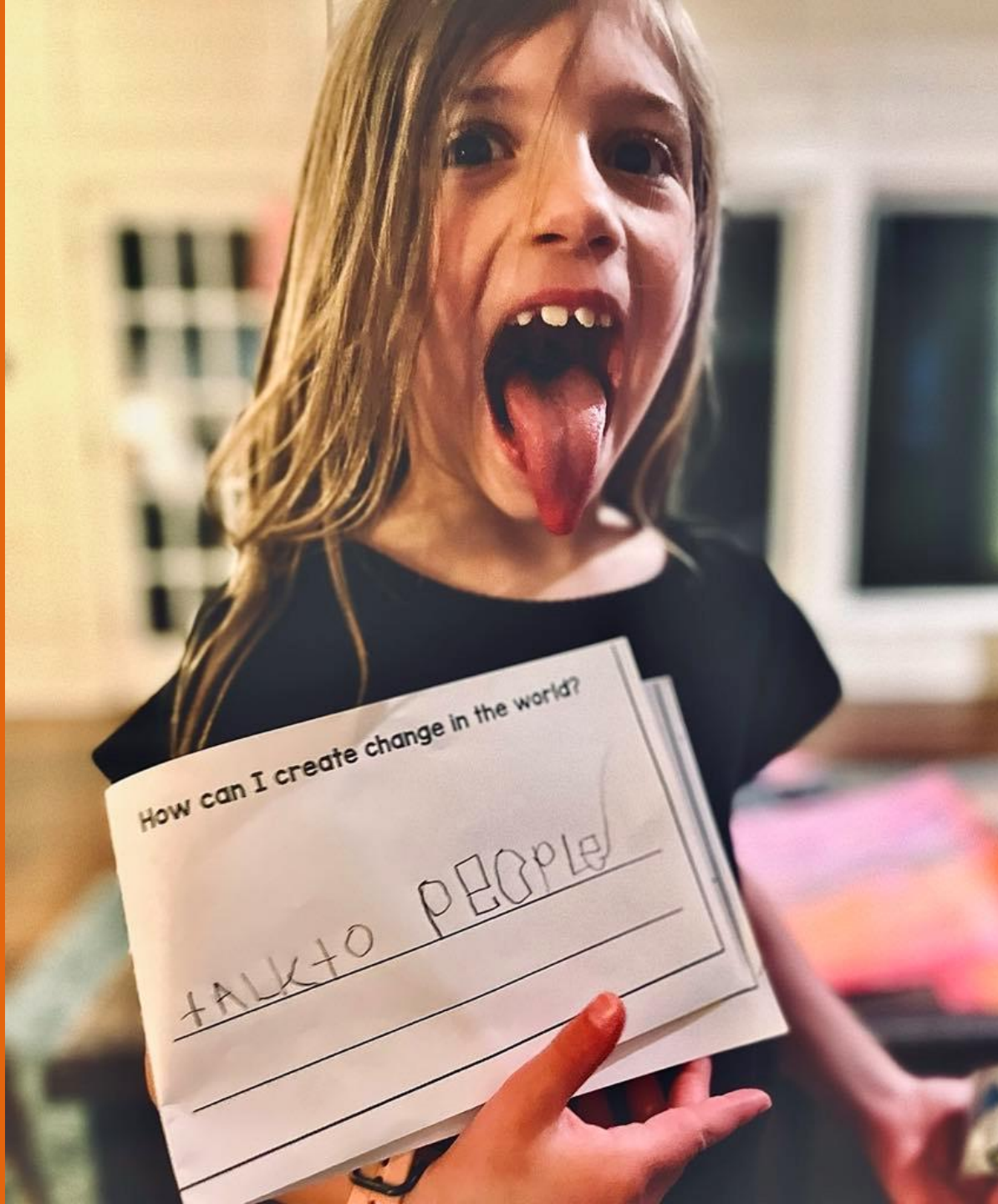
Polysorbate 80

3

Formaldehyde

TANGIBLE WAYS TO MAKE A CHANGE

(You have no idea the effect you can have.)



MY MOST OFFENSIVE/ANNOYING SLIDE. PLEASE STAY SEATED.

1

Parents notice every slight change in their child. Let them know you recognize that. Let's be done with blatant gaslighting—it loses trust INSTANTLY.

2

Acknowledge that they are going to Google... and let them know they can bring their findings to you.

3

Allow the slow schedule. (Wouldn't you rather a slowly yet fully vaccinated 5 year old, than a completely unvaccinated 5 year old that you banned from your clinic at birth?)

4

Know what they know, and if you don't, let them know you will find out and get back to them. However, try to know ahead of time. (I know, it's annoying and seemingly unnecessary...but it is actually SO necessary.)

5

Get it down to an elevator pitch.

6

Have an email account or texting number dedicated to vaccine questions.

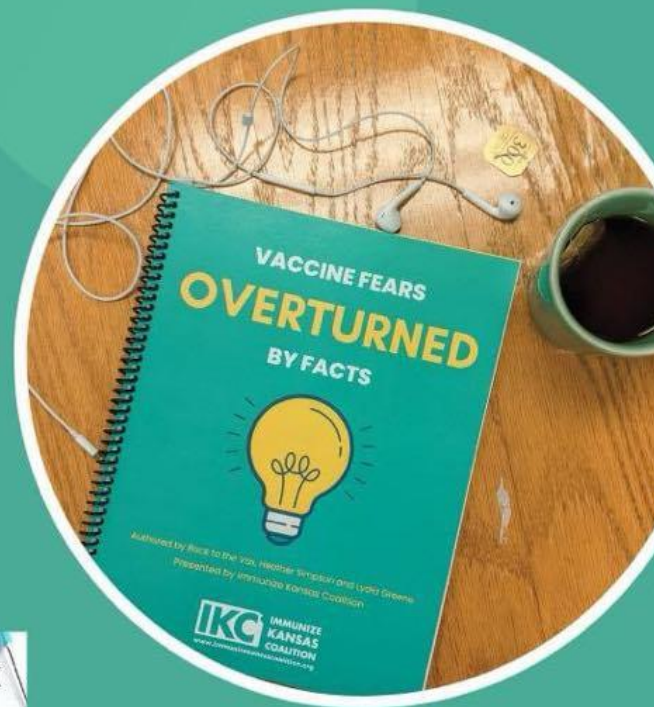
VACCINE FEARS OVERTURNED BY FACTS *Booklet*

A collaboration between
Immunize Kansas Coalition (IKC)
and the creators of Back to the Vax,
Heather Simpson and Lydia Greene

View the
Booklet



Available in English and Spanish





WE LOVE HEARING FROM YOU



Heather Simpson & Lydia Greene



backtothevax@gmail.com



www.backtothevax.com