



Planned Parenthood's promise is to the next generation.
**To be healthier. To be better informed.
To be wanted, nurtured and loved.**

**Please join the promise of
Planned Parenthood...**

...as a client

Planned Parenthood strives to serve all who come to us for health care and education. We serve sexually active teens at high risk of unintended pregnancy. We serve young adults without health care coverage who need affordable, reliable care. We serve women and men with insurance who choose us for our convenient, non-judgmental, professional services. Regardless of your race, religion, gender, sexual orientation or age, we are dedicated to serving you. Visit our website to find the nearest health center.

...as an advocate

Legal and accessible reproductive health care and education help make each generation healthier. For more than 90 years, Planned Parenthood supporters and advocates have marched, lobbied and petitioned for laws and policies that empower women and men to make their own private health care choices. Please join with us as a Planned Parenthood advocate.

...as a supporter

You are the promise of Planned Parenthood. Each gift you make, each event you sponsor, each word of support you utter contributes to that promise. Your generosity provides Planned Parenthood with the capacity to strengthen our mission...by funding education programs, subsidizing our health care services and mobilizing advocates to ensure access to preventive care – even in the face of formidable opposition.

**Thank you for your commitment to
Planned Parenthood.**

What We Do

We are Planned Parenthood

Raising a child is the most awesome responsibility any woman, man or couple can undertake. That is why Planned Parenthood Health Systems, Inc. (PPHS) provides preventive reproductive health care and sexuality education.

We believe women and men must be able to access the knowledge and services that enable them to have children when they are best able to succeed as parents – old enough, mature enough, stable enough financially. By planning parenthood, everyone benefits: the child, the family, the community and the next generation. Planned Parenthood seeks these benefits in three critical ways:

1. We provide preventive **reproductive health care** in more than a dozen health centers in four states.
2. We provide medically accurate, abstinence-based **sexuality education** that includes preventive birth control information.
3. We engage in **public policy** efforts to ensure that women, couples and teens can access safe and effective health care and education.

Health Care: Preventing Unintended Pregnancy and Disease



PPHS Medical Director
Donna Burkett, MD

Planned Parenthood health care is preventive health care. Our health centers provide family planning services to prevent unintended pregnancies and sexually transmitted infections (STIs). We offer STI testing and treatment to prevent the spread of contagions that can cause infertility, cancer and death. We offer immunizations to protect from communicable diseases. We provide breast and cervical cancer screenings.

Surgical and medication abortion are provided at several of our health centers. We encourage our abortion clients to become

Sexuality Education: Knowledge for Prevention

When parents speak openly about sexuality, their children learn to do likewise. Young people who confide in their parents become better able to refuse sexual advances and more likely to delay too-early sexual activity.



Several graduates of our Adolescent Parenting Program.

Yet most parents are uncomfortable discussing sex just as their parents had been when they were teens. Planned Parenthood seeks to break this cycle of reticence.

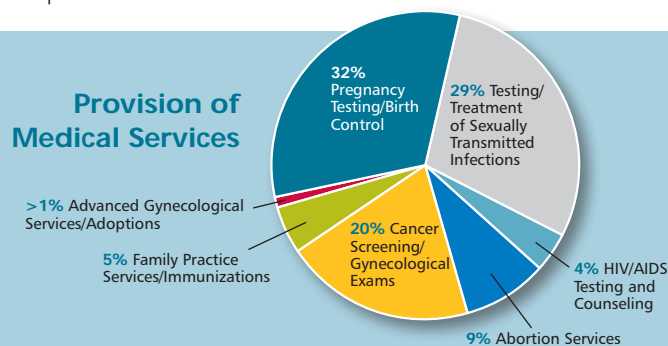
Our education programs help families communicate about sex so they may lead healthier lives. We stress abstinence and informed decision making as the most effective means of protection and we provide medically accurate information on birth control and disease prevention.

Our Community Educators emphasize healthy relationships predicated on mutual respect – between partners, within families and among peer groups. They use multi-session, evidence-based programs shown to delay sexual contact and prevent pregnancy. These programs include:

Teens Taking Action – a peer mentoring program that promotes healthy youth behaviors.

Are you an “askable” parent? – a program to foster open communication between children and their parents.

Adolescent Parenting Program – a mentoring program that pairs adult role models with teen mothers.



contraceptive clients in order to prevent future unintended pregnancies.

Several of our centers were the first Planned Parenthood health centers in the nation to incorporate on-site adoption services. Additionally, we provide advanced gynecological surgeries, including hysterectomies, at select sites.

We keep our care affordable as most of our patients pay “out-of-pocket.” Others use Medicaid or health insurance. In some cases, we subsidize patient costs with private funds.

Public Policy: Empowerment through Access



Planned Parenthood supporters in Raleigh, NC.

Photo courtesy of Justin Colquhoun

PPHS advocates for public policies that make birth control and education more accessible. Such policies serve to prevent unintended pregnancies and reduce the need for abortion. Yet since our inception, opponents have sought to restrict birth control and sex education, as well as safe and legal abortion.

As a regional affiliate, we are able to marshal staff and resources from multiple states to effectively respond to rising threats and opportunities. Yet our true strength resides among our volunteer advocates. Volunteers – acting as individuals, in small groups and by the thousands – press for laws and regulatory practices that place reproductive choices in the hands of women and their families.

The centerpiece of these activities is our **Planned Parenthood Action Network (PPAN)**, an email alert-and-respond system that enables large numbers of supporters to quickly and easily communicate with elected officials. PPAN is also our primary communication link when mobilizing advocates for petition drives, legislative visits, marches, rallies and other activities. To join PPAN, visit our website.

In addition to PPAN, we organize advocacy groups on college campuses (VOX groups) and in local communities. We also engage in advocacy efforts and electoral politics through our PPHS Action Fund.

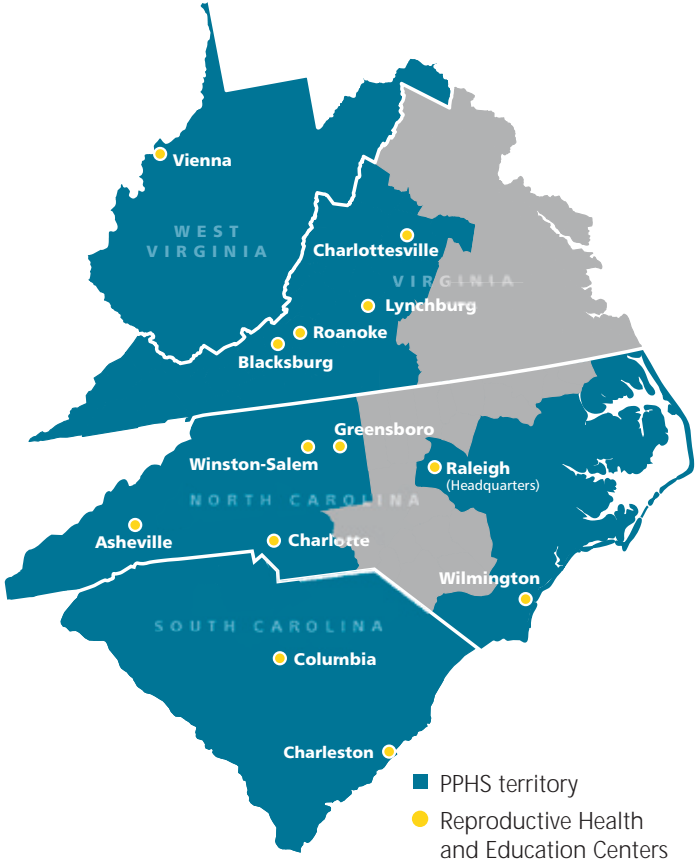
Our Organization:

Planned Parenthood Health Systems, Inc. is a private, nonprofit 501(c)(3) organization operating in four states and headquartered in Raleigh, NC. Our organization is an accredited affiliate of Planned Parenthood Federation of America, the world’s largest and most trusted voluntary reproductive health care organization. Our latest annual report is available on our website or upon request.

Planned Parenthood Health Systems, Inc.



Serving Women, Couples and Teens in
the Southern Mid-Atlantic



Planned Parenthood[®]
Health Systems, Inc.

100 S Boylan Ave • Raleigh, NC 27603
919-833-7526 • www.pphsinc.org