

# How do YOU want to stand with PLANNED PARENTHOOD of the Rochester/Syracuse Region?

There are many ways to support Planned Parenthood of the Rochester/Syracuse Region and we encourage you to explore the engagement opportunities below.

## Interested in advocacy?

- Become part of our “Advocacy Response Team!” Be waiting in the wings for rallies, phone banking and more.
- Sign up for **e-advocacy alerts** and learn how you can get involved.
- Become one of **our bloggers** or write a letter to the editor in support of Planned Parenthood.
- Write **your senator** to tell them how important PPRSR’s services are to our community.

## Volunteer with patients

- Serve as a **Rape Crisis Services** advocate and help someone through a difficult time (Monroe, Genesee, Livingston, Orleans and Wayne counties).
- Become a clinic escort at our Rochester health center.
- Check out our website for a **volunteer application** and sign up for **vol e-lets!**

## Develop skills

- Consider a college internship related to your field of study.
- Write for our volunteer newsletter – *The Volunteer Voice*.

## Behind the scene help

- Assist with data entry or other clerical work.
- Become a project assistant for a busy department.
- Support a special event. In February of 2011, our volunteers help make the *Safer Sex Party* a success.

## Looking to engage peers?

- Join our **young professional group, REAL** (Rising Education, Advocates and Leaders) for Planned Parenthood (in Rochester or Syracuse).
- Attend a REAL happy hour, *Sex & Justice on Tap*, and bring your friends!
- Become a **VOX student leader** through your college (VOX is a campus group supporting PP).
- Attend one of our events! Our *Orgasm, Inc.* film screening was a hit!

## Fundraising & friend-raising

- Host a house party with our special tool-kit! Throw a themed party and donate proceeds to PPRSR.
- Donate – **every dollar helps!**

## Spreading the word

- Volunteer for *Real Life. Real Talk.* in Syracuse and help parents in raising sexually healthy kids (blogger, social media).
- Work at our information table at the New York State Fair or assist staff at a health fair.
- Audition for *The Vagina Monologues* in Rochester and get involved with the **V-Day movement**.
- Distribute PP info or condoms at your event.

## Want to stay in the loop?

- Visit **PPRSR’s website** for links to our Facebook pages, Twitter, blog and more!
- Sign up for **action alerts** via email.