

the advocate

winter 2015

Planned Parenthood League of Massachusetts

Get Real Works! After a three-year evaluation, Wellesley Centers for Women confirms *Get Real* helps teens delay sex.

Last fall, the *Journal of School Health* published findings that show Planned Parenthood League of Massachusetts's middle school curriculum, *Get Real: Comprehensive Sex Education That Works*, is effective.

We partnered with the Wellesley Centers for Women on a rigorous three-year impact evaluation of the curriculum and couldn't be happier about the results and what they mean for young people and families across the country. PPLM is the first Planned Parenthood affiliate to have a published evaluation showing that its curriculum is effective.

"We are extremely proud the research shows our *Get Real* curriculum works," said Jen Slonaker, PPLM's Vice President of Education and Training. "Among students who received *Get Real*, 16% fewer boys and 15% fewer girls had sex compared to their peers who did not take *Get Real*." This makes *Get Real* one of only a handful of middle school programs that shows an effect on delay of sex for both boys and girls, and the only program that shows the impact of parent activities on sexual behavior.

Get Real is a middle and high school program that delivers accurate, age-appropriate information, and emphasizes healthy relationship skills and family involvement through classroom lessons and corresponding take-home activities. More than 189 schools and youth programs in five states have selected *Get Real*.

The program provides medically-accurate, age-appropriate information on sex and sexuality, and emphasizes healthy relationship skills as key components of sexual health. *Get Real* also empowers parents to communicate their values about relationships, sexual health, and staying healthy. Each lesson has a take-home family activity to encourage ongoing conversations between students and



the caring adults in their lives. Boys who completed the *Get Real* take-home activities in 6th grade were more likely to delay sex in the 8th grade than boys who did not complete these activities, highlighting the importance of parents and sons talking earlier and more frequently about sex. Additionally, both boys and girls who received *Get Real* reported greater levels of confidence in being able to negotiate sexual relationships, including being able to say no to having sex.

Since the beginning, *Get Real*'s success has been fueled by supporters like you. Now, thanks to your continued support and an added boost from some very generous families, we are bringing *Get Real* to more young people across the nation. We are partnering with ETR, a leading national publisher of science-based health promotion curricula, to implement *Get Real* in schools and after-school settings across the country, exponentially increasing the number of young people and families who benefit from the curriculum.

viewpoint



Care. No matter what.

Our mission is simple. Yet, too often, our ability to provide this care is dependent on our patients' ability to access our services.

Thanks to our expanded volunteer clinic escort program and the *Safe Access* law, we have surmounted the physical barriers caused by

the protestors outside our Boston health center. However, barriers to care remain, and attacks continue.

While we are lucky to live in a state where the majority of our elected representatives want to protect safe access to reproductive health care, Massachusetts is not immune to attacks from groups and individuals determined to turn back the clock on women's health. Already, at this early point in the year, we are bracing for attacks at the national and local level. Through our advocacy work, we are educating elected leaders about these harmful initiatives that will inevitably restrict access to reproductive care and compromise our ability to carry out our mission to Care. No Matter What.

Playing defense – only stopping bad proposals – is not what we are about. We are also actively promoting a positive agenda which seeks to make Massachusetts a healthier state and a national leader in expanding access to reproductive health care and sexuality education.

Our legislative priorities center around reducing and removing barriers to care. From increased privacy for patients, to using technology to create more nimble delivery methods, we are committed to expanded access to sexual and reproductive health care for women, men, and teens across the state.

Passing the *Healthy Youth Act* is a top priority this year. This simple bill is aimed at ensuring youth across Massachusetts have access to accurate, age-appropriate information about sexual health.

Healthcare provider, educator, and advocate – our three roles are interdependent and they all depend on you. Thank you for your continued support as we work across the spectrum to make Massachusetts a healthier place.

Martha M. Walz

advocate spotlight: Ellen Frank

PPLM enthusiastically welcomes Ellen Frank as our new Chief Development Officer, a recently created position. Ellen's arrival marks the beginning of a new chapter for PPLM. Under Ellen's leadership, we

will deepen our relationship with important supporters like you, and expand our network across the state. Ellen is eager to carve out new opportunities to connect our supporters with PPLM's programs.

Ellen has over 20 years of experience raising funds for non-profit organizations. She comes to Planned Parenthood from WGBH, where she led both the annual fund, as Director of the Ralph Lowell Society, and the major gifts program. As the Director of Major Gifts, Ellen created opportunities for individuals to have an impact on programs, projects, and initiatives from educational outreach efforts and children's television programs to various WGBH-produced PBS prime time series.



I grew up watching my parents passionately support Planned Parenthood and women's reproductive rights. I feel privileged to now have the opportunity to dedicate my professional life to an organization that is deeply and personally important to me. I look forward to meeting and working with the many people who make our work possible.

program spotlight

Supporting Reproductive Health From the Ballot Box to the Health Center



These electoral victories set the stage for PPLM to have legislative successes. PPLM works with like-minded organizations and individuals to support legislation and policies that promote reproductive justice, economic equity, and increased access to sexual and reproductive health services. This critical work, executed by PPLM, includes lobbying local, state, and federal officials and organizing grassroots campaigns that encourage supporters and the public to mobilize around key issues like comprehensive sexuality education.

More than half of all women of reproductive age are living in states where abortion access is significantly restricted.

Our elected leaders have a profound impact on our ability to carry out our mission.

Since 2010, more than 200 restrictions on abortion access have become law across the country under the guise of protecting “women’s health and safety.” The result: more than half of all women of reproductive age are living in states where abortion access is significantly restricted.

This incremental erosion can only be halted by electing leaders we can count on to proactively promote and protect sexual and reproductive health. However, as a nonprofit health care provider, PPLM’s advocacy cannot include electoral activity. This is why PPLM created its political arm, the Planned Parenthood Advocacy Fund (PPAF), which operates as a separate

organization from PPLM under the 501(c)(4) tax guidelines.

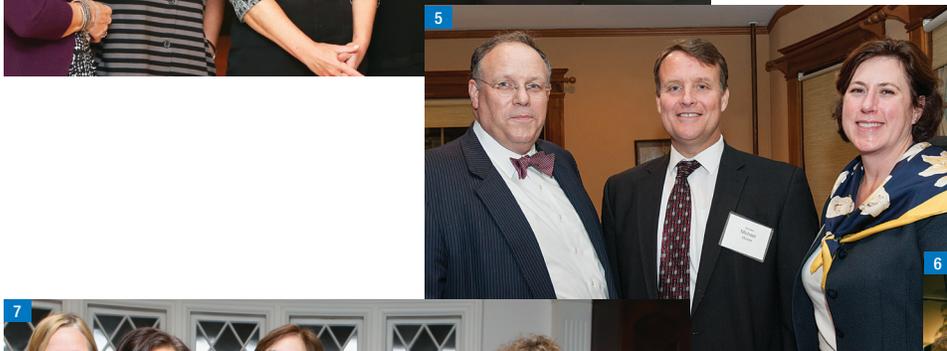
Since its creation in 1984, PPAF has educated voters about candidates’ positions on sexual and reproductive health. Women trust PPAF when it shares information about where candidates stand on issues important to their health care.

Leading up to last November’s election, PPAF supported candidates through a series of media initiatives, supporter engagement, staff and volunteer time on campaigns, and the launch of our mobile voter guide. PPAF’s efforts successfully preserved the fragile majority in the Massachusetts House of Representatives that supports women’s access to safe and legal abortion and helped elect Maura Healey as Attorney General.

PPAF’s work makes it possible for PPLM to provide sexual and reproductive health care to everyone who wants it and to empower teens and families with accurate information on sex and sexuality. You can help PPAF continue to make a difference by joining us on March 10 for the annual *Celebration of Choices* gala featuring keynote speaker former U.S. Senator Olympia Snowe! This event benefits PPAF and helps ensure we can continue to support candidates and elected officials who are willing to stand up for us.

faces & places

From celebrating the 40th Anniversary of the Counseling and Referral Hotline to the annual Bowditch Society gathering, Planned Parenthood supporter came to events across the state to support our health care, education, and advocacy work.



Images (L to R): **1.** Pat Madigan, Melanie Calzetti-Spah, and Mary Nada at the Overseers Council Conference, **2.** Dan Ginsburg (PPLM Board Chair), Brit d'Arbeloff, and Host and PPLM Board of Directors member Eli Newberger at the *Get Real Goes National Celebration*, **3.** Liz Segal, Ilene Greenberg, Nancy Smith, Gail Kaplan (host), Melinda Mills Lee, and Beth Chiquoine at the C&R Hotline 40th Anniversary Celebration, **4.** Hosts Nancy and Michael Grogan and PPLM CEO Marty Walz (center) at the Dedham-Dover-Westwood House Party, **5.** Matt Erskine, Senator Michael Moore, and Samantha McDonald at the Bowditch Society Event, Worcester, **6.** Jen Erbe Leggett, David Leggett, Edouard Fontenot, Jen Kelly, and Lara Simondi Diaz at the Milton House Party, **7.** Ann Sagan, Wendy Weiss, Kristen Wainwright, Gail Roberts (Co-Chair), Marla Felcher, Linette Liebling (PPLM Board of Directors), and Liz Zucker at the Cambridge House Party.

Images Credits: Helene Norton-Russell Photography (Images 1, 3 & 7), Fucci's Photos (Image 2), Natasha Moustache (Images 4 & 6), Dany Pelletier (Image 5)

Support PPLM...

...in your community by attending one of our upcoming events! For information about tickets or how to get involved with a future house party, email events@pplm.org.

CELEBRATION OF CHOICES: March 10th, State Room, Boston. For more information about Celebration of Choices, please contact events@pplm.org.

SPRING HOUSE PARTIES (dates being confirmed): in Boston, Brookline, Concord-Carlisle, Lexington, Wayland, Wellesley, and Worcester