



FALL 2011

PLANNED PARENTHOOD®
OF THE SOUTHERN FINGER LAKES

online at PPSFL.ORG

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CHOICE

YOUTH ENGAGEMENT IS ON THE RISE AT PPSFL

by Casey Martinson

If there was ever a concern that young people are not as engaged with Planned Parenthood's mission today as they were in years past, we think that concern can be safely put to rest at PPSFL.

As staff go about their day throughout the organization, we see a number of young people cheerfully working as interns in our public affairs, education, and rape crisis offices, just as we find work study students filing charts and lending a hand in patient services.

Our LGBT Youth Group in Tompkins County has become so popular that we recently split it into two sections, and we are now launching youth groups in Elmira and Corning. At the same time, peer educators with our projectCAP initiative in Elmira are helping to address the high rate of teen pregnancy among their Chemung County classmates. Six CAPTeens even went to Washington D.C. this summer to tell members of congress about their work!

At the collegiate level, three local chapters of the national student group, *Vox: Voices for Planned Parenthood*, continue to gain momentum. Chapter volunteers at Cornell University, Ithaca College, and Elmira College kicked things off this semester with a number of activities calling attention to the need for more comprehensive sexuality education nationwide. After the state-wide *Vox* conference in Ithaca on October 1st, they are even more dedicated to a rich school year of activism on campus.

Needless to say, we are immensely proud of our young volunteers. They are the medical providers, the educators, and the advocates of tomorrow, and it lifts our spirits to know they're getting their start right here at Planned Parenthood of the Southern Finger Lakes.



2011 NY State Vox Conference demonstration in Ithaca

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LETTER FROM JOE SAMMONS, CEO

Dear Friend –

As the movement for sexual and reproductive rights continues to face its toughest assault in a generation, it is reassuring to see that young people are so passionately committed to joining the fight. As you've seen in our cover article, there is a groundswell of young women and men who are ready to stand up for Planned Parenthood – here in the Southern Finger Lakes and around the country!

It is also reassuring to know that, despite all the noise and threats and deep cuts faced by Planned Parenthood, our work goes on every day, providing quality, compassionate health care, innovative education programs, and vital rape crisis services. In moments of reflection, I wonder how many of these opponents who are set on destroying Planned Parenthood really know about what we actually do. I know there are many of our supporters who don't know of the wide range of life-saving, preventive, community-based programs that we run.

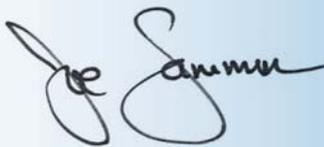
This newsletter is just one way for us to get the word out about the good work we do. But we have another great resource – you! In the past few months, Americans across the country have been responding to surveys, writing e-mails, and making phone calls to their legislators with one simple message: we stand with Planned Parenthood. We've spoken to our legislators – but we need to reach our friends and neighbors, too. In fact, if each of you told just one friend or neighbor about the good work that we do at Planned Parenthood, we could reach many more women and men whose support will help us sustain our work for many years into the future.

Whether it is visiting us on Facebook, attending one of our events, adding their name, e-mail, or address to our list, or reaching out to a legislator, every new friend adds to the growing chorus of voices that stand strong for Planned Parenthood and the basic idea that each person should make informed choices about their sexual and reproductive health – and have access to safe, legal reproductive health services regardless of income or insurance.

There are reasons we are still standing after all these attacks – your financial support, your letters, and your e-mails all add up to a single, strong voice to ensure that reproductive freedom and sexual health

are not lost in the twisted, broken political world we find ourselves in today. Making that voice louder and stronger – one person at a time – will ensure that we will support women and men here in our community and around our nation for many years to come.

All my best,



Joe Sammons
President / CEO



GIVE THE GIFT OF EDUCATION

We see almost as many people outside our health centers as we do inside; our educators reached over 8,400 people in 2010!

Evidence-based, comprehensive sexuality education programs have been proven to help delay the onset of sexual activity, reduce the frequency of sexual activity, reduce the number of sexual partners, and increase condom and contraceptive use. Teens who receive comprehensive sex education are 50% less likely to experience a pregnancy than those who receive abstinence-only education.

But insurance companies don't compensate us for talking to teens about how to stay healthy and state grants don't cover the costs of providing honest and accurate sexuality education. Help us keep our community safe and healthy by donating to PPSFL today, with any of these options:

- » Check or money order or by credit card - by mail or online at PPSFL.ORG (select PPSFL from the drop down menu to ensure your gift stays in our community)
- » Stocks or bonds
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For more information, call our Development Office at 607.796.0220 x302 or e-mail georgia.rennie@ppsfl.org.

HPV VACCINE FOR MEN?

At least 50% of sexually active people will contract the human papillomavirus (HPV) during their lifetime.

Many people know that HPV is the leading cause of cervical cancer in women, and that getting vaccinated against the most common strains of HPV is important to protecting women's health. But new research shows that HPV is now responsible for more head and neck cancers than alcohol or tobacco as well.

Scientists suspect the increase in HPV head/neck cancers - commonly afflicting the mouth or throat - may be due to an increase in oral sex, and the greatest spike in such cancers is being seen among men. That's why it is a good idea for boys and men to get vaccinated with Gardasil too. The vaccine was recently approved for males aged 11-26, and PPSFL now offers it for a nominal fee. For young women and men, this is a vaccine they can't afford to ignore.

Let's Talk!

PARENT-CHILD COMMUNICATION + SEX ED = HEALTHY KIDS

by Maureen Kelly

As the country's largest sex education provider, Planned Parenthood speaks with parents every day about what they can do to keep their kids safe and healthy. Through our work, we know that helping teens develop healthy relationships and avoid pregnancy and sexually transmitted infections are crucial as parents undertake the role of shepherding their children into successful adult lives.

Whenever we talk with parents, our staff conveys how influential they are in their teens' decision-making about relationships and that starting an ongoing dialogue with their kids about sexual health at an early age makes a real difference. Why is this important? Research shows that teens who report having good conversations with their parents about sex are more likely to delay sex, have fewer partners, and use condoms and other birth control methods when they do have sex. We know that many of the parents out there didn't really get adequate, accurate, or really helpful sex education from their parents, and we hear from them about how it can feel pretty overwhelming and awkward. We're here to help!

The good news is that a majority of parents are talking with their children, according to a new poll commissioned by Planned Parenthood and the Center for Latino and Family Health (CLAFH) at the Silver School of Social Work at NYU. In fact, the nationally representative poll — called "Let's Talk: Are Parents Tackling Crucial Conversations about Sex?" — shows that 82 percent of parents are talking with their kids about issues related to sex and sexual health. But they don't always tackle the tough topics.

The poll found that parents are more challenged talking to their kids about topics such as how to say no to sex and the importance of using birth control than they are talking about healthy relationships and their own values about when sex should and shouldn't take place. In addition, while 94 percent of parents believe they can influence whether or not their child uses condoms or other forms of birth control, only 60 percent are actually talking with their children about birth control. As a result, teens may not be getting all the information they need to protect their sexual health.

Our education staff has long worked to facilitate parents starting conversations with their children about sex and sexual health. One consistent message we hear from parents is that they want support for their efforts to protect their children's health, and they want comprehensive sex education in schools. That fact was once again reinforced by the results of our poll, which found that well over 90 percent of parents support comprehensive sex education being included in both middle and high schools. From our projectCAP parent-teen communication cards, bibliographies, and book recommendations, and one-on-one help practicing responses to hard questions, we're here!

What's more, the vast majority of parents support information on birth control being included in sex education programs. We know that effective sex education requires a tag-team effort between parents and trained educators. Just as kids need help from parents and teachers to excel at math, reading, writing, and the arts, we need a similar joint effort to be made on behalf of their sexual health.

GET EDUCATED

- » Learn more at PPSFL.ORG.
- » E-mail education@ppsfl.org or call us:
 - Tompkins County: 607.216.0021
 - Chemung County: 607.734.3313
 - Steuben County: 607.962.4686
- » Like us at [FACEBOOK.COM/PPSFL](https://www.facebook.com/PPSFL) for fun and important info and updates



2011 Annual Celebration

Generations Celebrate Together

by Alicia Kenaley

We held our 43rd Annual Celebration at the Hangar Theatre in Ithaca on September 27, 2011, and we were delighted to see so many dear friends and new faces. We were thrilled to honor **Margot Bliven** with the Margaret Sanger/Katharine Houghton Hepburn Award, and **Katie Thompson** with the Constance E. Cook Award. We were also very pleased to honor **Jessie Bonney-Burrill** as our first ever recipient of our new Youth Advocate Award!

We are extraordinarily grateful for their collective efforts on behalf of PPSFL. From board service to political advocacy at the local, state, and national levels, to generous financial support and participation in fundraising campaigns, Margot, Katie, and Jessie have supported us in many ways and it was an honor to recognize their commitment to our mission.

Emceed by PPSFL's Vice President of Programming and Communications, Maureen Kelly, the evening was a true celebration of generations of Planned Parenthood supporters. In addition to the many familiar faces of PPSFL supporters, many new faces appeared to celebrate PPSFL. Several members of the *Vox: Voices for Planned Parenthood* chapters in our region attended, as did members of Trumansburg High School's feminist group, Femtastic. All in all, well over 200 people came together to celebrate!

President and CEO, Joe Sammons, provided a brief State of the Agency, and discussed the many ways in which PPSFL is working harder than ever to meet the needs of our community in a world of great turbulence and change. He highlighted the multiple attacks against women's health and Planned Parenthood this year, and ended with this promise: "We will be bold, we will advance our mission, and when the attacks of the present fall behind us and the promise of the future rises before us – as I know they will – we will all know that we stood together when it mattered most and rose to the challenge."

In keeping with our inter-generational theme, we asked family members to help us present the awards to our honorees. Judy Burrill talked about her own work in the area of women's health care and how



Trumansburg High School's feminist group, Femtastic

proud she is of Jessie's advocacy efforts. Margot Bliven's son, John Botelho, and Katie Thompson's daughter, Mya Thompson, shared how their mothers' work with Planned Parenthood made an impact throughout their lives.

Keynote speaker Leslie Kantor, National Director of Education Initiatives for Planned Parenthood Federation of America detailed Planned Parenthood's role in reaching, engaging, and educating youth to create the healthiest generation ever.

We are grateful to everyone who attended this year's Annual Celebration and to all of the staff, volunteers, donors, and sponsors who helped make the event possible. It was an inspiring evening and we look forward to carrying our excitement forward into 2012 and beyond.

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Rape Crisis of the Southern Tier
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TRIBUTES

Jun 30, 2011 - Oct. 24, 2011

IN HONOR OF

Elizabeth Aronson - Happy Birthday!

Robert Aronson

Margot Bliven

Alan Amos, Arlene & David Bliven, Elizabeth & Matthew Dann, Mary & George Doss, Maureen Kelly & Lis Maurer, Alicia & Shawn Kenaley, Alice Moore & Robert Smith, Karen Peterson, Kate Potteiger & Stephen Goggin, Richard A. Rosenberg, Sue & Steve Ruoff, Kristin Swain, Katie & Bruce Thompson, Alexandra & Jay True, Jr., Nianne & Dave VanFleet, Ann & Matthew Wall, Annie & Murray Werner, Kathleen Woodcock

Jessie Bonney-Burrill

Judy Burrill, Mary & George Doss, Sarah Davidson Evanega, Maureen Kelly & Lis Maurer, Rosalind Kenworthy, Sue & Steve Ruoff, Katie & Bruce Thompson, Nianne & Dave VanFleet, Ann & Matthew Wall

Caregivers at Gannett Health Care Center at Cornell

David Kraskow & Liz Hess

Betsy East & Elizabeth Bixler - Congratulations!

B Nancy Bereano & Elisabeth Nonas, Andrea & Jon Clardy, Judith & Jerry Dietz, Nancy Gabriel, Jean & Carl Gortzig, Alicia & Shawn Kenaley, Joyce Leslie, Alice Moore & Robert Smith, Kate Potteiger & Stephen Goggin, Wendy Robertson & Doug Antczak, Susan Robinson, Linda Westlake, Mary Jo Yunis

Jennifer Edger

Anne & Gary Hemly

Theo Lyon Gibson

John & Janet McLaughlin

Alicia & Mairenn Kenaley, Gabrielle Smith, Kate Potteiger

Alice Moore & Robert Smith

Rosalind Kenworthy

Nianne & Dave VanFleet

Pam Schneider - Happy Retirement!

Kate & Ric Asbeck, Marie McKee

Katie Thompson

Jon S. Allen, Margot A. Bliven & Richard A. Rosenberg, Mary & George Doss, Nancy Dytman & Stephen Hand, Jean & Carl Gortzig, Brad & Mary Grainger, Linda & Michael Hoffmann, Maureen Kelly & Lis Maurer, Alicia & Shawn Kenaley, Sue & Jud Kilgore, Ann & Peter Martin, Alice Moore & Robert Smith, Kate Potteiger & Stephen Goggin, Wendy Robertson & Doug Antczak, Martha & Steve Robertson, Susan Robinson, Sue & Steve Ruoff, Suzan Schatz, Genevieve S. Thompson, Nina B. Thompson, Alexandra & Jay True, Jr., Nianne & Dave VanFleet, Ann & Matthew Wall, Annie & Murray Werner, Kathleen Woodcock, Lori Zucchini & Mark Maier, Anonymous

To Women!

Susan Hesse

Tobias Moore

Susan Markowitz

IN MEMORY OF

Nancy S. Barlow

Robert Barlow

Richard O. Frisk

CHOICES

Karen Hajek

Anonymous

Robert Kurlander

Jonathan Kurlander

Jack Taylor

Susan Robinson

Youth Advocate

Jessie Bonney-Burrill

I've been volunteering for Planned Parenthood since I was fifteen (6 years!). I started by helping to form GYNO – the Guerrilla Youth Network Organizers, a peer sexuality education group. After working with GYNO throughout high school, I continued doing peer education as a Cornell student and eventually found my way to the Cornell chapter of *Vox: Voices for Planned Parenthood*.

Volunteering with Planned Parenthood has been a major force in shaping my passions and career goals. Through the amazing experiences that I have been a part of, I have solidified my desire to make a career out of community programming around women's issues and sexual health.

During my time with GYNO, I went to Albany several times for the Get the Facts NY Youth Conference to lobby for comprehensive sexuality education. At one conference, I spoke at a press conference about the need for comprehensive sex ed in our individual communities, and in our country at large. This amazing experience gave me a lot of confidence as an advocate, and a unique take on the multiple ways we can fight for sexual health and knowledge.

GYNO also taught me about how to plan events that were both enjoyable and educational for teens in the Ithaca community. One event we planned was a concert in DeWitt Park with several youth bands, games that focused on sex education, and free condom roses.

Now, as president of Cornell's *Vox* chapter, I really enjoy working with fabulous, motivated, and politically aware students on campus. And at one of our recent meetings, a fellow student who is also a local Ithacan recalled this really cool event that had happened in Dewitt Park, way back when, as an example of something that *Vox* could do to get people more involved on campus. That was the event that I helped plan with GYNO! To hear of its lasting impact on someone was unbelievably rewarding and exciting for me.

It reminded me how much Planned Parenthood has taught me about the value of fun peer sexuality education, and how the work that we do as advocates for Planned Parenthood and sexual health and freedom at large can benefit our communities.



WHY I SUPPORT PLANNED PARENTHOOD continued from page 8

Bruce and I know that we are privileged. We have always had options and opportunities. But what is so important it that women have the right to decide. If they are too young, cannot afford, are not ready, have enough children, or do not want a child – for whatever reason – they need to have the right. We cannot reach our potential, be good role models to our children, or be in control of our destinies if we cannot manage our reproduction.

My sister, my mother, my brothers, and Bruce and I - we all needed Planned Parenthood. Our daughters and our sons and our grandchildren need Planned Parenthood. The work of Planned Parenthood is VITAL. We need the honest and accurate sex education. We need the exceptional medical services and the compassionate and caring counseling services. We need staff leadership and guidance to be fearless advocates. Thanks goodness Planned Parenthood of the Southern Finger Lakes is here for us all!

WHY I SUPPORT PLANNED PARENTHOOD

by *Katie Thompson*

I support Planned Parenthood because I am passionate about the work that we do!

I grew up in the 1950's in a more than average male-centric family in which no guidance about sex was ever provided. My older sister got pregnant in high school, was sent to Florida with my grandmother, and had a baby that was given up for adoption – all in secret – and still, no attempt was made to protect me and my brothers.

Like so many unprepared teenagers, when Bruce and I first became sexually active, we did not use any protection. We had heard that birth control pill prescriptions were available at the University Health Center, if you were engaged to be married. So at age 19, I borrowed a diamond ring from a sorority sister and got my prescription. We had been lucky. Two years later we got married, and then graduated. We were still exploring the world and not yet settled when I stupidly stopped taking the pill, certain that it would be months before I was fertile. Almost instantly, by late 1972 we were pregnant. Roe v. Wade was signed into law on January 22, 1973. In February, we went to a lovely, compassionately, and expertly staffed clinic for an abortion. It was just a few weeks after legalization, and it was the right decision for us at the time. A year and a half later when we were settled and ready, we chose to get pregnant and our amazing daughters Mya and Nina were born.



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