

the Advocate

Planned Parenthood League of Massachusetts

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Lift as We Climb: Planned Parenthood's Teen Council Summit

This July, ten PPLM *Get Real* Teen Council members and three staff members attended the first-ever Planned Parenthood Teen Council Summit in Washington, D.C. Teen Council, a dynamic and growing peer education program, has been a national Planned Parenthood initiative for over 25 years. The long-anticipated summit, themed "Lift as We Climb," was a stirring, change-making event that connected the goals of peer education to issues of social justice and activism in the reproductive rights movement.

The gathering brought together 150 young peer educators from 31 Teen Councils in 13 states to celebrate the collective power and potential of the program. It was the first time that PPLM's own *Get Real* Teen Council, which was launched in 2013, could meet its counterparts from southern, western, and mid-western states.

PPLM's 31 teens, from Greater Boston and Central Massachusetts, educate thousands of their peers every year through workshops in schools, after-school programs, and community events. These volunteer peer educators, like those in other states, are highly trained and knowledgeable about virtually every topic essential to young people's sexual health and well-being. Utilizing the messaging and best practices of PPLM's own evidence-based sexuality education curriculum, *Get Real: Comprehensive Sex Education that Works*, they teach about consent and healthy relationships, sexually transmitted infections and HIV, protection options, and other issues.

The summit's packed four-day agenda included time for networking and planning future collaborations. Peer-led, interactive workshops covered timely topics such as digital organizing, building careers in sexual and reproductive health and rights, and staying involved with Planned Parenthood post-Teen Council. One full day was devoted to lobbying on Capitol Hill and meeting with congressional staff, where Teen Council members shared their personal stories and powerful perspectives about how comprehensive sex education policies and Title X



GRTC members and PPLM staff at Senator Elizabeth Warren's office in Washington, D.C. during PPFA's Teen Council Summit lobby day.

family planning funding help improve young people's health outcomes. Before, during, and after the summit, teens made extensive use of Twitter, Facebook, Snapchat, and other social media platforms to engage their peers back home in the conversation. Said one staff member, "It's a ripple effect. What happens here, happens everywhere."

With Planned Parenthood Federation of America marking its 100th anniversary this year, young leaders in the reproductive rights and justice movement are taking the long view of their work as educators and change-makers. Said one Teen Council member, "The most amazing part of the summit was realizing just how many of us are out there providing sexual health information to as many people as possible."

ceo's corner



This year, Planned Parenthood Federation of America is marking its 100th anniversary - a milestone not only for this resilient organization, but for the remarkable history of the reproductive rights and justice movement in this country and worldwide. Here at PPLM, we're looking to the future as we celebrate the past 100 years of strength, purpose, and progress.

What lies ahead? This issue of *The Advocate* highlights exciting initiatives that engage our youth, are forward thinking, and strategically expand access to high-quality care. This summer, we participated in the first-ever national Teen Council Summit in Washington, D.C., which helped prepare and inspire our own *Get Real* Teen Council peer educators to act as local advocates and leaders. Starting in September, our health centers are offering PrEP, a vital new health care service, as we expand our role in the movement to prevent - and even end - the transmission of HIV/

AIDS in Massachusetts. And we're participating in a unique fundraising challenge that will help us support our mission and sustain our organization in the near and long term.

As PPLM's president and CEO for almost a year now, I have seen what it's like on the frontlines of the fight for privacy, respect, and reproductive freedom for all. I've witnessed the lows and the highs: the serial defunding attacks in Congress and a historic win for women's health in the Supreme Court case *Whole Woman's Health v. Hellerstedt*. I've proudly represented PPLM as we stand strong every day, providing compassionate care to the communities who rely on us to help keep them healthy, informed, and safe.

Just as our patients rely on us, we rely on thousands of volunteers, supporters, and advocates like you, who understand that if PPLM is to thrive tomorrow, we must invest in its future today. Thank you for all that you do, and let's keep making history together!

A handwritten signature in blue ink that reads "Jen".

Jennifer Childs-Roshak, MD, MBA
President and CEO

advocate spotlight: John Henn

In 1969, when John Henn was a 27-year-old law clerk, he drafted the dissenting opinion of a judge who opposed a Massachusetts statute prohibiting the sale of contraceptives to unmarried persons. "We lost that case," John says, "but in 1972 the statute was overturned by the U.S. Supreme Court," and it became a key precedent for *Roe v. Wade*.

John's remarkable work had just begun: over the next four decades, he acted as PPLM's outside pro bono counsel in all of its abortion rights litigation and related efforts, and he led nearly all major abortion rights cases in Massachusetts. With PPLM often as plaintiff, John argued against such restrictive measures as spousal consent, parental/judicial consent for minors, waiting periods, requirements to provide patients with misleading information, and health center blockades and trespassing. John's investment in PPLM included his tenure as a board member to both PPLM and the Planned Parenthood Advocacy

Fund, PPLM's political arm, where he offered invaluable expertise and support.

Now John and his wife, Catherine E. Campbell Henn, have invested in PPLM's future by including it in their estate plans. Their bequest, and their participation in the PPFA Bequest Challenge, will help ensure PPLM's continuing role in the movement for reproductive rights and justice. (See back page for details.) "PPLM is a wonderful organization," John says, "and the leading voice for reproductive rights in Massachusetts. If you care about these issues, PPLM is the organization to support."



program spotlight

PPLM Rolls Out PrEP

PPLM is once again taking bold steps to meet our communities' diverse and evolving sexual health care needs. As of September 1, all PPLM health centers offer PrEP (Pre-Exposure Prophylaxis), an important medical protocol with the potential to dramatically reduce the risk of HIV infections in vulnerable patients.

PrEP is a way for people at risk for HIV to prevent infection by taking a single pill every day. The pill (brand name Truvada) contains two medications (tenofovir and emtricitabine) that are used in combination with other medications to treat HIV. When an HIV-negative individual is exposed to HIV through sex or intravenous drug use, PrEP works to keep the virus from establishing a permanent infection. According to the Centers for Disease Control, when taken consistently, PrEP has been shown to reduce the risk of HIV infection by over 90 percent.

With the availability of PrEP, PPLM patients who are at substantial risk of acquiring HIV now have the option of taking a safe, effective medication that has few side effects. As part of their treatment, these patients may also be referred by practitioners to counseling, substance abuse programs, and other services as needed, and they're guaranteed to receive compassionate, nonjudgmental support and follow-up care from PPLM health care providers.

To educate communities about the availability of PrEP at its health centers, PPLM has rolled out an



PPLM staff and volunteers participated in the AIDS Walk Boston on June 5, which attracted nearly 10,000 people and raised funds and awareness for HIV/AIDS prevention and care.

innovative information campaign, "Share Everything but HIV." The campaign encompasses social media, online ads, and community outreach. To reach high-risk groups, such as men having sex with men, intravenous drug users, and non-condom users, PPLM advertises on Grindr, a popular gay social networking app, and offers printed information at grassroots venues like homeless shelters and substance abuse treatment centers. PPLM has also joined Getting to Zero Massachusetts, a dynamic coalition of health care and activist organizations whose powerful objectives are "Zero HIV Stigma, Zero HIV Deaths, Zero HIV Infections."

At this time in Massachusetts, PrEP is not widely offered by primary care physicians and health care institutions outside the Boston area. By leading the way as a PrEP provider, PPLM is helping to make PrEP an integral part of HIV/AIDS prevention everywhere in the state.



**Share everything but HIV.
Prevent with PrEP.**

Now available at all Planned Parenthood League of Massachusetts health centers, PrEP is medication you can take to prevent HIV infection, even if your partner may be positive. PrEP is more effective when it is combined with condoms.

www.pplm.org/PrEP



Says Dr. Jen Childs-Roshak, PPLM President and CEO, "I am so proud to add PrEP to PPLM's broad scope of sexual and reproductive health services. As a primary care doctor, I can't overstate the importance of prevention and keeping yourself healthy. PrEP is a great way to prevent HIV, and it is important to extend access to PrEP across the state."

faces & places



Images (top to bottom):
1. Pam Shepley (Host Committee member), Lester Duke, and Marjorie Staub at the **Dover, Dedham, Sherborn, Westwood House Party**;
2. Young Friends of PPLM member Abigail Silverman and Nandini Srinivasan at the **Brookline/Chestnut Hill House Party**. Image Credits: *Natasha Moustache*



Upcoming Events

Join us! Support PPLM at one of our upcoming events. For more information about these and other gatherings, please email events@pplm.org.

October 18th: President's Society Conference

November 16th: Central MA Bowditch Society House Party

March 28th: Celebration of Choices

Please support PPLM by visiting www.pplm.org/donate or email development@pplm.org.

Need help talking with your child or teen about sex and sexuality?

PPLM's Home Talks are interactive presentations and discussions led by an experienced parent educator in a relaxed and informal home setting, designed to support parents as the primary sexuality educators of their children. Presentations are available for parents of elementary, middle, or high school aged children, and hosts can choose from a menu of topics. Invite some friends, set out some drinks and hors d'oeuvres or coffee and dessert, and we do the rest! We ask for a minimum of eight parent participants. For more information call 617.616.1658 or email parenteducation@pplm.org.

Celebrating 100 Years



In October 1916, Planned Parenthood was founded on the visionary idea that access to sexual and reproductive health care could transform

people's lives. For 100 years, we've helped keep millions healthy, informed, and safe. Our efforts have transformed the way people – especially young people – live, love, work, and learn.

Planned Parenthood Federation of America (PPFA) is 100 years strong thanks to dedicated staff, board members, volunteers, supporters, and patients.

PPLM and affiliates across the country are joining PPFA to reflect on the past, celebrate the present, and prepare for the future. Throughout the year, we look forward to commemorating this incredible milestone of the Planned Parenthood movement.

The Planned Parenthood Bequest Challenge

As part of its 100th anniversary, PPFA is launching a special Bequest Challenge to support its affiliates now as well as in the future. When you confirm a bequest commitment to PPLM, PPFA will award us a grant equal to 10 percent of your future gift's value, up to \$25,000, *this year*.

If you want to participate in the Bequest Challenge but keep the amount of your gift private, PPLM will still receive a grant of \$1,000. The challenge creates a meaningful legacy and provides immediate funds for our current work. For more information, please contact Lisa Malley, Director of Individual Giving, at lmalley@pplm.org, visit www.plannedparenthood.org/bequestchallenge, or call 617.616.1644.