

Progress

Thanks to You



SEX ED IS:

Parte De La Vida

Letter From PPMM CEO Stacy Cross

Dear Friends,

While there is still much work to be done to achieve true equity, I can't help but pause and celebrate how far we have come - and how grateful I am for you.

This newsletter is packed with stories about the growth and success you've helped make possible this past year. Here's some of what you'll read more about inside...



Juneteenth, commemorating the emancipation of the last enslaved people in the United States on June 19, 1865, is now a national holiday. The Juneteenth National Independence Day Act, signed by President Joe Biden and Vice President Kamala Harris on June 17, is long overdue.

We're all excited that Pride events, cancelled last year due to COVID-19, are back - at least virtually. Planned Parenthood Mar Monte couldn't be prouder to support our LGBTQ friends, patients, and employees at regional Pride events - just as proud as we are to deliver the high quality and affordable health services the LGBTQ community deserves.

PPMM's Education team created *¡Con Confianza!*, a gamified sex ed learning platform for Spanish-speaking youth in grades 6-12.

Our frontline staff are continuing to serve patients who share stories that remind all of us why we're so committed to keeping our doors open.

Finally, in honor of all we've been through this year, and all the work we still have to do, our young friend Anouk Yeh agreed to let us share her poem, "Imagining a Conversation with Libertas." I hope it as inspirational to you as it is to me.

As always, thank you for being a member of the Planned Parenthood Mar Monte family. We wouldn't be here without you.

In This Together,

Stacy Cross
President & CEO





Care

No matter what – thanks to you

Meet Maria*

When Maria* drove from her remote town for a medication abortion appointment at our Salinas health center, she thought she was in the early stages of pregnancy. Already a mother, she was shocked to learn after her ultrasound that she was well into her second trimester. She spoke an Indigenous language but was able to firmly communicate that she did not want to continue the pregnancy.

Our Salinas clinician carefully explained that the pregnancy was too advanced to have a medication abortion, and she needed to schedule an in-center abortion. But when Maria called back many days later, she said her car had broken down, she had very little money for transportation, and she couldn't travel to our Watsonville health center where one of our providers, Sarah, was able to schedule her that day.

Quickly, Julia, the center manager jumped in with resources for Maria to get to the health center right away. Because Maria spoke a little bit of Spanish, Ruby, a health services specialist who is fluent in Spanish, was able to translate the arrangement, and she gratefully accepted. As soon as she arrived at the health center, Sarah was ready to help her.

This compassionate, coordinated effort meant that Maria could have abortion care even when she thought she had nowhere to turn.

"She was adamant that she could not have another child," Sarah said. "But no patient needs to justify their reason for having an abortion. I am so proud to be providing this health care."

Meet Anna*

PPMM clinician Janessa's patient Anna* had driven three hours to our Bakersfield health center from a mountain town where she had no access to the medication abortion care she needed.

When Janessa sat down next to her and asked if she had any questions, Anna burst into tears.

"She had been completely overwhelmed at home during the pandemic, with a pre-schooler and an older child who has special needs," Janessa said. "She said she felt like she was drowning."

Janessa reassured her that she could provide the abortion that day. When Anna returned for her second appointment, she was visibly relieved and grateful that PPMM had been there for her.

"Having that connection and giving patients that peace, that they've come to the right place for help, is so important to me," Janessa. "It means everything." ■

**Names have been changed to protect patient identities.*



imagining a conversation with libertas

"I wrote 'Imagining a Conversation with Libertas' after learning about the construction of the Statue of Liberty in history class. After doing some research on my own, I learned that the year the French began constructing Libertas, the woman on the Statue of Liberty, was also the year nearly every state in the United States passed an abortion ban.

"The synchronicity of the two events was so haunting – yet telling – about the American justice system, so I wrote this poem to flesh out the irony of the 'land of the free' restricting reproductive care."

– Anouk Yeh
2021 Santa Clara Youth Poet Laureate



imagining a conversation with libertas

by anouk yeh

in 1885, the statue of liberty was gifted to the united states by france

crowning the statue was libertas, a roman goddess of freedom
famed for the way she carries self-determination like a holy thing

the year the french began constructing libertas
was also the year every state in america adopted an abortion ban

and i think about the irony, how the birth of our nation's monument
to freedom
was also a death sentence for a woman's right to her own body

and so i imagine a conversation with libertas
i ask her what she knows death sentences and american bodies

and she tells me that throughout history
the most violent thing was never a closed fist or an open hand

tells me how, throughout history, the most violent thing
was always the congressional silence that follows a woman's *no*

i ask libertas to explain
and she tells me about the 1950s

how the eugenics movement targeted the nation's black, indigenous
and immigrant women
carving out the softest parts of their bodies until there was nothing
left but hollowness

tells me about the way their wombs were torched by pen and paper
and thinly-veiled declarations of misogyny

tells me how there is nothing scarier than losing
autonomy to your own flesh

and libertas is crying now

libertas tells me how they saw the women's cracked open hips said
never again, how the nation vowed to do better

but how less than 100 years later
there are still women being castrated at our nation's borders

tells me, how less than 100 years later, the female body is still nothing
more than a talking a point in an all-male courtroom

violence is the congressional silence that follows a woman's *no*

violence is politicians forging careers out of policing women's bodies

violence is suits in washington forcing their way into a woman's womb

libertas tells me that, throughout history, this has never been just a
fight for moral preservation
tells me that *this* has always just been a war on womanhood, and

i am only seventeen

i am only seventeen
but i've seen enough to believe her

i've seen the way a rapist will get less time
than a woman seeking out an abortion

i've seen the way girls my age cleave over clothes hangers
just to avoid school suspension

the way life never seems to be a priority
after it exits the womb

so do not tell me that this is a fight for moral preservation
when *this* has always been a war on womanhood

so do not tell me that this is a fight for moral preservation
when *this* has always been an attack on our bodies

but today we are fighting back

Anouk, 17
Website: anoukyeh.com
Instagram: [@uh.nouk](https://www.instagram.com/uh.nouk)
Twitter: [@anoukyeh](https://twitter.com/anoukyeh)

Recent Events

Juneteenth recognized as a national holiday

Traditionally, Juneteenth celebrations commemorated the emancipation of the last enslaved people in the United States on June 19, 1865. Two and a half years after the Emancipation Proclamation, people who were still enslaved in Texas finally learned that they had been liberated, and over 250,000 celebrated.

Now, more than 150 years later, we are still struggling to confront the racist roots of our country and to continue the work of racial justice. Remembering Juneteenth - with that feeling of triumph, resilience, and joy - has been carried on through generations, but it's only been in the last few years that the significance of this day has gained a larger audience.

Juneteenth, also known by some as Emancipation Day or Freedom Day, has become a holiday about celebrating Black culture, history, and life. However, true celebration can't occur without recognizing the past and current struggles faced by the Black community.

Let Juneteenth serve as an invitation to strengthen our personal commitments to Black liberation and celebration and continue to inspire our pursuit of a world reconfigured and repaired.

To learn more about how you can fight racism, visit ppmarmonte.org/anti-racism.

Pictured: Juneteenth band celebrating in Austin, 1900

Talking about patient's needs

PPMM's Director of Gender Affirming Care Dr. Cassy Friedrich addressed the Democratic Women of Washoe County virtual luncheon in June, telling the Nevada group about the cutting-edge gender affirming care (GAC) in all 35 of our health centers, explaining what GAC is and why it's so important.

Pride events are back

The first Pride Parade, held in New York City in 1970, commemorated the Stonewall Riots on June 28, 1969. Since then Pride has become an event celebrating LGBTQ community members in small and large cities across our nation.

PPMM was part of a historic moment during the Fresno Pride celebration in June, when our Public Affairs staff played a key role in helping to secure a resolution to raise the Pride rainbow flag at City Hall for the first time ever.

Planned Parenthood Mar Monte has also been thrilled to support Pride events throughout our affiliate, including the Virtual Madera Pride Proclamation on June 2, The Take Pride in Emotional and Physical Wellness event on June 17 (hosted by PPMM), and the upcoming Northern Nevada Pride festival and parade on July 24.





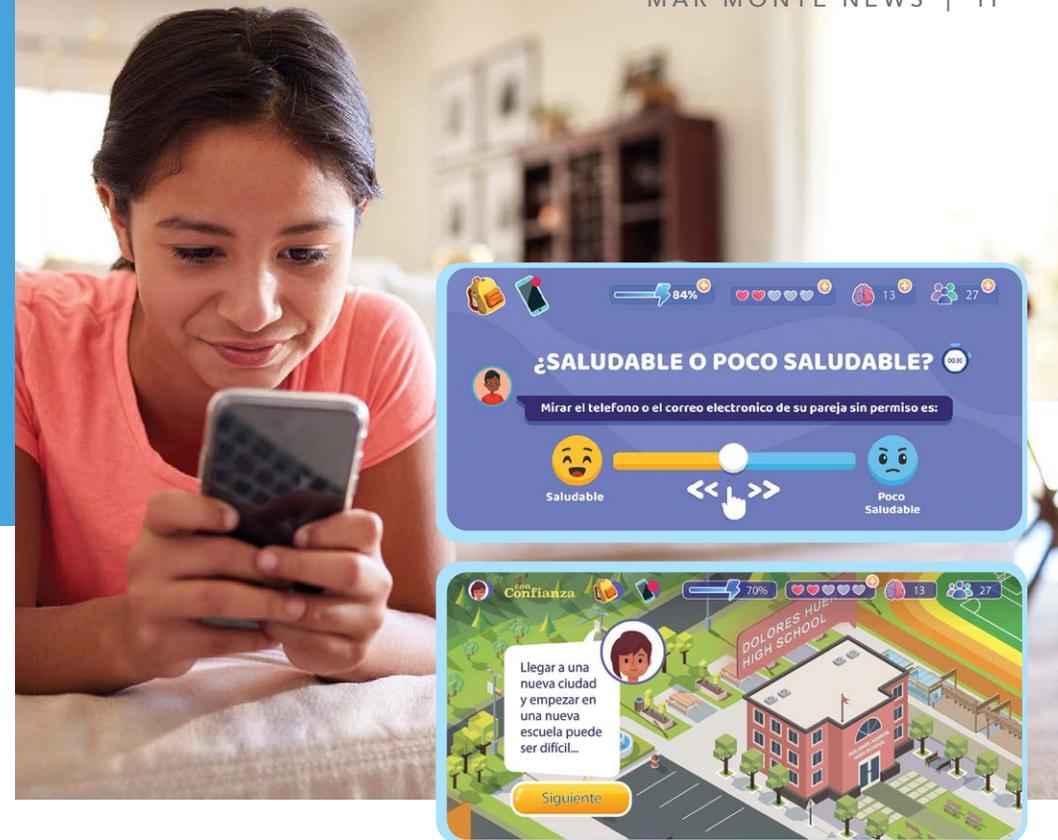
Talking About Sex and Relationships with Trust and Confidence

By Violeta Gonzalez (she/her/ella), Digital Learning Manager

Like many of the students PPMM Education serves, my parents emigrated from Mexico to work in the fields of California's Central Valley. And, for my family, culturally, the topic of sex was always off-limits. But it didn't have to be. We just didn't know how to break through to have these important conversations on our own terms, in our own way.

As we surveyed our community partners, parents, and students, it became evident that many Spanish-speaking youth and families also are hungry for unbiased, medically accurate information to help young people make healthy and informed decisions about sex and relationships. *¡Con Confianza!* was created to fill that need.

¡Con Confianza!, meaning "With Trust and Confidence," is the first-ever gamified mobile sex ed platform developed with and for Spanish-speaking students in 6th-12th grades. Designed by students whose first language was Spanish, *¡Con Confianza!* will ensure that middle and high school English Language Acquisition (ELA) students and families no longer face a language barrier when it comes to accessing engaging, evidence-informed comprehensive sex education.



We know that in order to be effective, sex ed needs to take into account the learner's context. Young people don't make decisions about their sexual health in a vacuum - they are influenced by their culture, family and community's norms and expectations.

Starting in FY20, PPMM Education also adopted a social justice pedagogy for sex ed. As part of this pivot, we launched Y-LED, a new program to engage youth ages 16-25 as the key researchers and lead designers of PPMM sex ed programs so they are truly "by youth and for youth."

"In our community, sex and sexuality can be very taboo, and it's not something we talk about. With *¡Con Confianza!*, we're being positive, fact-based, and supportive."

- Bianca, Y-LED Designer



"My sex ed experience was very surface-level, and heterosexual, cisgender-centered – it didn't touch on LGBTQ issues, and didn't enable me to feel comfortable to ask questions," said Y-LED designer, Brenda, age 20. "There wasn't representation [of me]. And it really inspired me to become part of *¡Con Confianza!*. We need to de-stigmatize sex, sexual health, and sexuality."

The first iteration of *¡Con Confianza!* launched in June and focused on how to create healthy, respect-based relationships. The final game will have 10 levels, each exploring through stories and challenges, as well as other required sex ed topics including anatomy, communication, consent, and birth control. The game will be aligned with California and national standards for sex ed, include supplemental content for parents and guardians, and help schools meet their requirements to provide comprehensive sex ed.

"When my parents attempted to have that first sex ed talk with me, it was very negative and not very thorough," says Y-LED designer, Bianca, age 25. "In our community sex and sexuality can be very taboo, and it's not something we talk about. With *¡Con Confianza!*, we're being positive, fact-based, and supportive."

PPMM is proud to innovate hand-in-hand with the students we serve. 🟦



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5 Things You Can Do Now

1. DONATE

You can make a donation today to support PPMM's mission: ppmarmonte.org/donate-today or call us at (408) 795-3780

2. JOIN THE FIGHT FOREVER

You can join the fight to protect sexual and reproductive health - forever - by including PPMM in your will or trust at ppmarmonte.org/legacy

2. VOLUNTEER

Join hundreds of volunteers across PPMM who support our mission daily: ppmarmonte.org/volunteer

3. SHARE YOUR STORY

Inspire others by sharing your experience with Planned Parenthood's health services, education programs, and/or advocacy with our story collectors at ppmarmonte.org/my-story

5. GET VACCINATED

Learn about COVID-19 vaccines, guidelines for people who are fully vaccinated, FAQ, and more at ppmarmonte.org/covid-vaccine

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