

The image features a stylized anatomical illustration of the female reproductive system. On the left, a green line drawing shows the uterus and fallopian tubes. On the right, a dark green line drawing shows a more detailed view of the uterus and cervix. The background is split into a white left half and a dark grey right half, with green geometric shapes on the far left and right edges.

Creating Access to Reproductive Resources in Underserved Populations

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What started my project?

- ▶ After reading the graphic novel, “Waiting for Health Equity” by the Center for Health Progress, the following fact stood out: “Black and Latina teens are over twice as likely as white teens to become pregnant. This is due to the fact that non-white teens are less likely to have access to reproductive health resources and receive accurate sex education” (Center for Health Progress, 2017).



Title X

- ▶ Title X Family Planning Program helps low-income families and those who do not have insurance to afford birth control and reproductive health resources (Planned Parenthood, 2021)
 - ▶ Wellness exams, STD testing, contraceptive education, birth control, breast cancer screenings
- ▶ Defunding of Planned Parenthood reduced service to low-income families (Planned Parenthood, 2017)
- ▶ 2019, Trump administration implemented the Title X Gag Rule which prohibited doctors from telling their patients about information on their sexual and reproductive healthcare options (Planned Parenthood, 2021)
- ▶ 2017, the patients who benefitted from Title X were (Planned Parenthood, 2021)
 - ▶ 21% of patients identified as black or African American
 - ▶ 33% as Hispanic or Latino
- ▶ Planned Parenthood patients are nearly half people of color and more than half of these centers are located in rural or underserved communities (Planned parenthood, 2021)

Understanding the Barriers Causing Teen Pregnancy in Latin and African American Communities

- ▶ 2019, interviewed an assistant principle in DPS
 - ▶ DPS doesn't have a unified sex education system. There are some schools that have school-based health centers, however, there needs to be consent from the parent for the student to be able to receive help. Moreover, if contraceptives other than condoms are asked by the student, they have to have parents consent and they have to pay.
 - ▶ “One year that I taught at Montebello High School, 9 of my freshmen students got pregnant. Women become more vulnerable when they don't have access to these resources”
- ▶ Created a survey that asked about girls experience their with high school sex education (12 responses)
 - ▶ 7/12 girls received sex education
 - ▶ 6/7 girls said it wasn't helpful
 - ▶ Some girls took a health class and other received information about this in 2-3 days

What do I do to help this issue?

- ▶ Created a pamphlet and an Instagram page (@hers_health)
 - ▶ Provide information about reproductive resources, consent, STD's, etc.
 - ▶ Pamphlet is in English and Spanish
 - ▶ Shared this information to Girls Inc, and COLOR Latina Organization
- ▶ Lead a Women's Health/Sex Ed. workshop each year during my sorority's, Empowering our Women of Tomorrow Youth Leadership Conference



Why is this important?

Be informed about the options you have to be safe.

Contraceptives are not only for cis gender women, but for the LGBTQ community as well.

It is important for sex education to be inclusive.

Sex education is a human right.



YOUR BODY

YOUR DECISION



CONSENT

Giving permission for something to happen. In this case sexual relationships.

This is YOUR body, and YOU get to decide what YOU want to do with it.

NO means NO and consent can be withdrawn at ANY time.

If you are not ready, it's important to speak up about your decision.

Consent is knowing your RIGHT.

PREVENTING PREGNANCY

1. **Abstinence:** no sex
2. **Condom:**

- Provides protection from pregnancy **and STD's**
- Stops sperm from entering the vagina
- Limits skin-to-skin contact that can spread STD's
- 85% effective

3. Birth Control

A. The Pill:

- Stops sperm from joining egg (fertilization), hormones stop ovulation (release of egg), thickens mucus on cervix
- Come in a pack, take 1 pill every day at the same time
- 91% effective

B. The Arm Implant:

- Tiny rod inserted in arm
- Release hormone Progestin
- Good for 3-5 years
- 99% effective

D. The Patch:

- Wear a patch on certain parts of your body and it releases hormones, estrogen and progestin
- Stops fertilization, stops ovulation, thickens mucus on cervix
- Replace weekly
- 91% effective

E. The Shot:

- Injection you get every 3 months
- Release the hormone progestin
- Stops ovulation, thickens mucus in cervix
- 94% effective

F. Intrauterine Device (IUD):

- Small flexible, plastic shaped device like a "T" in uterus
- 5 different brands:
 - Paragard: NO hormonesMade of Copper because sperm don't like copper. This IUD changes how sperm cells move and prevents them from reaching the egg.
 - YES Hormonal (progestin)
 - Mirena: lasts 7 years
 - Kyleena: lasts 5 years
 - Liletta: lasts 7 years
 - Skyla: lasts 3 years
 - Stops ovulation, thickens mucus on cervix
 - 99% effective

SEXUALLY TRANSMITTED INFECTION (STI)

- An infection that weakens the immune system
- Some STI's may lead to Sexually Transmitted Diseases (STD's)
- How do you get it?
 - Oral, anal, vaginal sex
 - Having more than 1 partner
 - Having sex with a person who has had many partners
 - **NOT USING A CONDOM**

• Some types of STD's:

1. Viral: Human Immunodeficiency Virus (HIV), Genital Herpes, Genital Warts (HPV), and Hepatitis B
2. Bacterial: Chlamydia, Gonorrhea, Syphilis
3. Parasitological: Trichomona

CONTACTS

For more information on birth control or you want to get tested:

- Planned Parenthood - Denver (303.832.5069)
- Your primary care physician
- Instagram: [@hers_health](#)

Pamphlet

First & Foremost.

Consent

This is YOUR body and YOU get to decide what YOU want to do with it.

NO means NO and consent can be withdrawn at any time.

There is NO consent if you are incapacitated by alcohol or drugs.

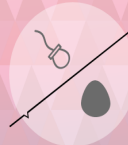
If you are not ready, it is important to speak up about YOUR decision.

Consent is knowing YOUR right.

Preventing Pregnancy



CONDOMS



- Provide protection from pregnancy and the only form to prevent STI's
- Stops sperm from entering the vagina so you don't get pregnant
- Limits skin-to-skin contact that can spread STI's
 - 85% effective, costs ~2\$
- Male Condoms - wrap around the penis
- Female Condoms - can be inserted into the vaginal canal or anus

SEXUALLY TRANSMITTED INFECTION (STI)



- STI's may lead to sexually transmitted diseases (STD)
- They are spread from one person to another during anal, oral, or vaginal sex
- Very common, but many don't show symptoms
- Without treatment it can lead to serious health issues
- Getting tested is easy and most STI's are easy to treat!

<https://www.plannedparenthood.org/learn/birth-control>

Birth Control

THE PILL

What does it do?

- **Prevents pregnancy!**
- Stops sperm from joining egg (fertilization)
- The hormones in the pill stop ovulation (release of egg)
- The hormones in the pill also thicken mucus on the cervix which blocks the sperm from meeting with the egg

More information!!

- Pills come in a pack and you need to take 1 pill at the same time every day
- 91% effective because people forget to take them at the same time every day
- The pill does NOT protect you from getting STI's

<https://www.plannedparenthood.org/learn/birth-control/birth-control-pill>

Birth Control

ARM IMPLANT

What does it do?

- Secretes the hormone Progestin that **prevents pregnancy!**
- Progestin thickens the mucus on the cervix which blocks the sperm from meeting with the egg
- Progestin can also stop ovulation

More information!!

- Tiny, thin rod that is the size of a matchstick that is inserted into your arm
- 99% effective
- Good for up to 3-5 years
- The arm implant does NOT protect you from getting STI's



<https://www.plannedparenthood.org/learn/birth-control/birth-control-implant-explanan>

Instagram Page (@hers_health)



Thank you!



References

- ▶ Center for Health Progress. (2017, February 22). Waiting for Health Equity Graphic Novel. <http://centerforhealthprogress.org/blog/pubcategory/waiting-for-health-equity/>
- ▶ Planned Parenthood. (2021). Title X: The Nation's Program for Affordable Birth Control and Reproductive Health Care. https://www.plannedparenthoodaction.org/issues/health-care-equity/title-x?_ga=2.265907148.2145483075.1617772036-413270861.1609792575
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