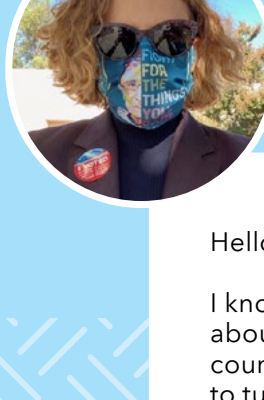


The Full Mar Monte SUPPORTERS EDITION



LETTER FROM THE CEO Getting out the vote for abortion rights

Hello Friends,

I know many of us have worked hard to broadcast the message to our constituents about the high stakes of these midterm elections. Now that ballots are being cast and counted, I wanted to give you a report about how we at Planned Parenthood mobilized to turn out voters at the polls.

Abortion rights have been front and center in this election, including California's Proposition 1 that would strengthen reproductive freedom in the state constitution. It has been so important to explain to voters that even in California and Nevada, where abortion rights are protected, the Supreme Court's recent overturn of *Roe v. Wade* has created a perilous environment for abortion care in every state in the country.

Prop. 1 also establishes protections around access to birth control - because even certain kinds of contraception could be under threat next. When we look at other states that are severely restricting or banning abortion, we see some politicians and pressure groups also engaging in a movement to ban birth control.

While the current elected officials in California are supportive of both access to abortion and birth control, political winds shift. We want to make sure that, no matter who is in office, these core services are protected. That's one of the reasons PPMM has actively participated as members of Gov. Gavin Newsom's California Future of Abortion Council, which helped formulate the robust package of reproductive-rights bills that the governor recently signed into law.

Speaking of participation, I had a great time in Nevada's Washoe County recently when I joined 40 other Planned Parenthood Advocates Mar Monte (PPAMM) volunteers, including donors, knocking on doors to get out the vote. By the end of October, the independent expenditure (IE) program had 150 volunteers joining from California in Reno.

They knocked on 11,827 doors and identified over 1,200 voters who support candidates that are in favor of safe, legal abortion. PPAMM ran the very well-organized event, and I was proud to be one of the volunteers!

While I was in Nevada, I also visited the site of what will be PPMM's new Northern Nevada health center. Now under construction, the building will be three times the size of our current health center in Reno, with many more exam rooms that will allow us to expand abortion care from medication abortion (MAB) to providing in-health center abortions as well.

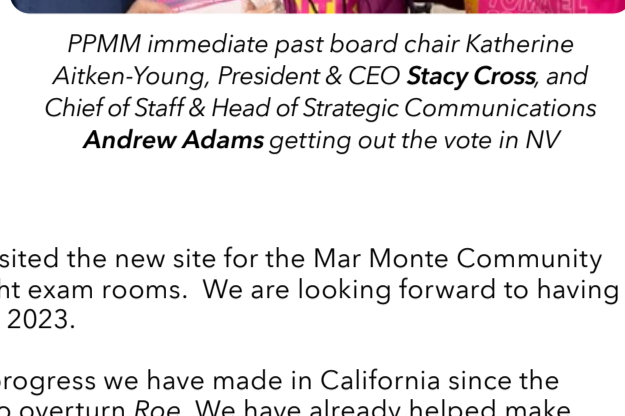
Once I was back home in San Jose, I visited the new site for the Mar Monte Community Clinic, which will expand to having eight exam rooms. We are looking forward to having both these new health centers open in 2023.

I'll close on a note of hope about the progress we have made in California since the Supreme Court's disastrous decision to overturn *Roe*. We have already helped make this state a stronger sanctuary for abortion care, not only for those who live here but for those who have lost the right to control their own bodies in the states where they live.

You are such an important part of this fight, and I cannot thank you enough for everything you have done for our patients and communities in these extremely challenging times.

With deep gratitude,

Stacy



PPMM immediate past board chair Katherine Aitken-Young, President & CEO Stacy Cross, and Chief of Staff & Head of Strategic Communications Andrew Adams getting out the vote in NV

After a year of remarkable success, PPMM Education charts a bold path for the next three years

When the COVID pandemic shut down schools in 2020, the PPMM Education team transformed in-school comprehensive sex ed classes in only a few months into a digital learning model that has expanded our reach - and impact - to students and communities across the affiliate. The Full Mar Monte caught up with Vice President of Learning Courtney Macavinta to talk about where PPMM Education has been and where it's going.

Full Mar Monte: Courtney, can you give us some highlights of what the PPMM Education team accomplished over the past fiscal year?

Courtney Macavinta: Through all of our programs, we were able to reach 100,025 people, whether it was through our sex ed digital learning journeys or community outreach via partners. This is a 45% increase over FY21, which is really significant. We also reached 14,719 comprehensive sex ed students, a 26% increase over FY21.

FMM: Wow! How did you and your team pull that off?

Courtney: Digital learning, virtually delivered youth development programs, and collective impact partnerships on the ground. In one example, we did a lot of outreach through partners who already know their communities really well and requested what they wanted from PPMM-like condom kits or parent education materials.

We now have 370 partners in 22 counties, up from 111 counties in FY20. For example, we have 11 partners in Nevada's Washoe County and seven partners in Tulare County, like the Crisis Support Services of Nevada and the Source LGBT+ Center in Visalia. They distribute thousands of learning materials, health center information, or barrier methods (like condoms) to community members, via our sex ed outreach kits. We would have never been able to serve those folks so quickly and directly without this model—even before the pandemic.

FMM: Your team has also done some really exciting work with your new (Y-LED) youth designer program. Can you tell us about that?

Courtney: What better way is there to reach young people than to have programs designed by and for them? For example, we received a grant to design a new "safer sex kit," which used to be known as "condom kits." Our Y-LED youth designers made great improvements, including having the kit contained in a discreet little canvas pouch that you can just drop into your backpack. It's a very cool design note.

FMM: The youth designers also participated in designing digital learning programs, right?

Courtney: Yes, Y-LED helped us launch new digital learning courses for middle school and high school students, including developing two animated series that are at the center of each comprehensive sex ed e-course. The students are seeing themselves in these stories and relating more to the sex ed concepts as a result.

FMM: Has your team also tailored PPMM sex ed programs based on Y-LED and other student feedback?

Courtney: Yes! Y-LED reviewed the FY22 student e-course outcomes data and then made recommendations to improve the learning experience and post-survey results in the future. For example, students now have more visuals to learn from and less text to read onscreen. Or we have our Digital Learning team (mostly former health educators) making more "explainer" or discussion videos that really make the content come alive.

Also, we aligned our e-courses to Social Justice Identity Anchor standards, established by the Southern Poverty Law Center's national Learning For Justice curriculum, and National Sex Education Standards. So, the courses now delve deeper into reproductive justice, health care equity, and body autonomy, for example. We've never had this level of learning science and standards alignment integrated into our design process.

FMM: What are some of the other advantages of having sex ed classes online?

Courtney: Digital learning is more engaging and compelling. Students can go at their own pace, and you could argue more privacy is "built in." They can explore resources that are more relevant to them in the moment, or can post a question anonymously to the integrated tools we provide. They do not have to raise their hand in class and be embarrassed or have peers getting into their business.

More importantly, we're building their resourcefulness for each day after the course: Who are the trusted adults in their daily lives who can support them or answer their questions? Where can they go locally to get non-judgmental support and health care or advice? They need a squad! (Of course, PPMM Education's doors are open!)

FMM: How has the PPMM Education staff adjusted to an all-digital learning/teaching model?

Courtney: They have been incredibly innovative while making sure these innovations are community-driven and co-designed with learners or implementers.

They are developing and deploying best practices to engage people in virtual training or collaboration settings. They are all not just educators or youth developers but now enviable learning designers, too!

As a former journalist, I'm deeply concerned about future and current censorship of sex ed—by government, tech filters, and decision makers. Even today, only five states have laws requiring comprehensive sex education, and only 13 require that partner consent be included in sex ed. So I'm really excited that the affiliate is supporting PPMM Digital Learning being open to anyone, including outside of our service region.

FMM: Tell us a little about what PPMM Education is planning for the next few years?

Courtney: There are a lot of exciting projects. For instance, I'm proud we're expanding sex ed through new Spanish-based programs, like games and e-courses. We're also expanding sex ed in Spanish-speaking communities via our promotores/es, who are supported by us and local partners to lead platikas or one-on-one conversations about often taboo sex ed topics. With many STIs on the rise, this kind of collective impact design and community-based education is critical. This innovation is especially significant because more than 50% of our sex ed students tell us they identify as Hispanic or Latinx. Our staff is also very representative of the communities and students we reach, with the majority identifying as Latinx, BIPOC, or multi-racial. More than a third of our staff are bilingual/Spanish-speaking, and nearly 90% say they were students in PPMM's territory - including me!

Our team is also working hard on providing equitable access so that no one has to pay for access to sex ed.

In FY21, our estimated cost per student was \$85, and in FY22 it went all the way down to \$10 per student because of how cost-effective digital learning is.

In FY23, that estimated cost per middle or high school student will be \$2.75. By scaling access in this way, we're progressing toward our goal of increasing access to affirming, evidence-informed sex ed.

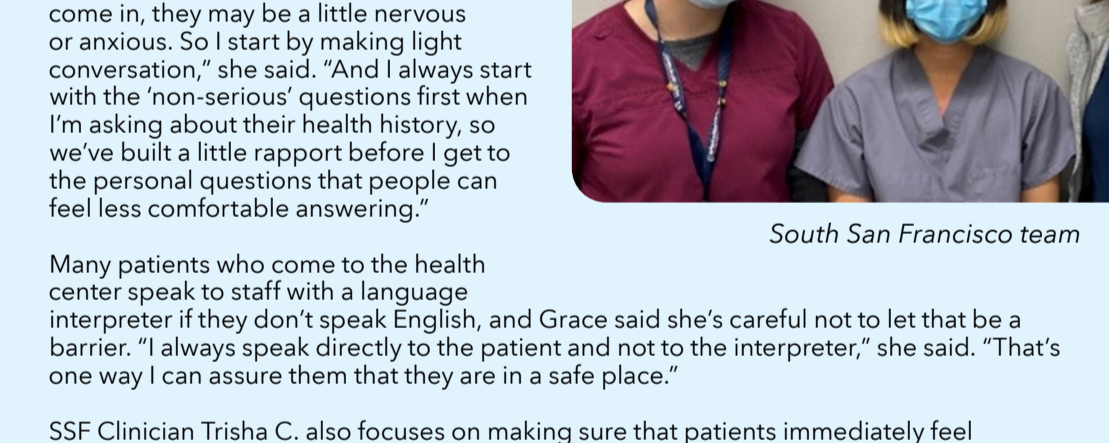
FMM: How will PPMM Education sex ed content/programs stack up with other sex ed programs across the country as your team continues these enhancements?

Courtney: We're going to continue to expand access to the 3.4 million youth in PPMM's territory by making our sex ed content the "best product on the market." Period.

Our curriculum aligns with the more standards than any other program we've benchmarked, including National Sex Education Standards (NSES) and the California Health Youth Act (CHYA). Our program design also focuses on social justice/identity anchor standards as well as consent. And our youth-led component continues to increase the positive outcomes, based on hard data.

More than 90% of students we surveyed in the past year said the information they learned in PPMM sex ed will help them in the future, and 75% said that if they had questions about sexual health, gender identity, or being safe in relationships they trust Planned Parenthood to help them. This is right on target!

That's the best kind of ringing endorsement! Congrats to the entire PPMM Education team!



Being Memorable

In this space, we spotlight health center staff members who have been mentioned by name in patient surveys for delivering a fantastic patient experience.

SSF health care team focuses on putting patients at ease

Here's what two patients at our South San Francisco health center said recently after appointments with HSS Grace W., Clinician Trisha C. and HSS Grace B.:

*"Grace was wonderful and so gentle and was very personable. Will not forget her amazing energy while she stuck my arm for blood-draw."
"Trish and Grace are my favorite people ever."*

Building a trusting relationship with patients is something that HSS Grace W. tries to do as soon as she sees patients at the South San Francisco health center.

"I know that, a lot of time when patients come in, they may be a little nervous or anxious. So I start by making light conversation," she said. "And I always start with the 'non-serious' questions first when I'm asking about their health history, so we've built a little rapport before I get to the personal questions that people can feel less comfortable answering."

Many patients who answer the health center speak to staff with a language interpreter if they don't speak English, and Grace said she's careful not to let that be a barrier. "I always speak directly to the patient and not to the interpreter," she said. "That's one way I can assure them that they are in a safe place."

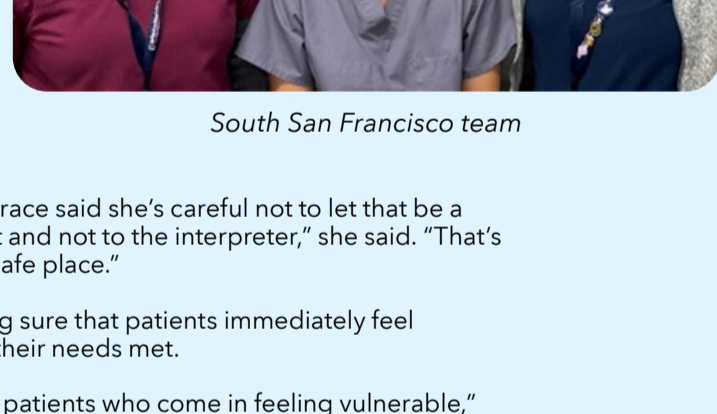
SSF Clinician Trisha C. also focuses on making sure that patients immediately feel comfortable and assured that they will have their needs met.

"I have social anxiety myself, so I can relate to patients who come in feeling vulnerable," Trisha said. "I want them to feel comfortable, both physically and emotionally, and leave thinking, 'I can come back again. This is a safe place.'"

She explained that she also emphasizes to patients that she wants to learn what their goals are for the visit. "I want to be sure they feel comfortable telling me what they want and how it will fit in with their lifestyle and personal goals," Trisha said. "I never just assume that I know."

HSS Grace B., who just left PPMM, said she takes a similar approach, talking to patients about their lives and explaining every step of the kind of care they have come in for.

"Sometimes patients come in feeling very alone and worried about being judged," Grace said. "I always let them know right away that they are not alone, and we will never judge them."



South San Francisco team

MILESTONES & EVENTS California Assembly Speaker pro Tem Kevin Mullin presents check to San Mateo health center

At the end of October, our San Mateo health center staff got a very welcome visit from California Speaker pro Tempore Kevin Mullin, whose Assembly District 22 represents San Mateo County. Assemblyman Mullin championed \$100,000 in state funding for the health center to purchase a hysteroscope, used to diagnose a wide range of reproductive health conditions including removal of polyps. This is great news for our patients on the Peninsula!



PPMM staff at our San Mateo health center, with California Speaker pro Tempore Kevin Mullin (second from right)

Love Notes Appreciation for PPMM staff, from donors and supporters

*I am a 23-year-old gay woman, a recent college graduate, and I am just stepping out into the world as a full adult. I am so scared for the future of this country. It feels like the weight of the whole world is on my shoulders and I feel so alone. But then I see you all and what you do and I have hope. Thank you, thank you, thank you Planned Parenthood for giving me a reason to hang onto hope today. Your work, your kindness, your love, and your perseverance are so needed and appreciated right now. Thank you for fighting for everyone with a uterus from Sacramento
- Supporter from Sacramento*

*I have been a recipient of Planned Parenthood services my whole life. When I was a teen and wanted to become sexually active, I was able to obtain free birth control and sex education that stopped me from having an unplanned pregnancy. My whole life, I have been in the driver's seat, knowing that I had easily accessible birth control and abortion access. Thank you for fighting to be my safety belt, keeping me firmly planted in the driver's seat.
- Supporter from Nevada*

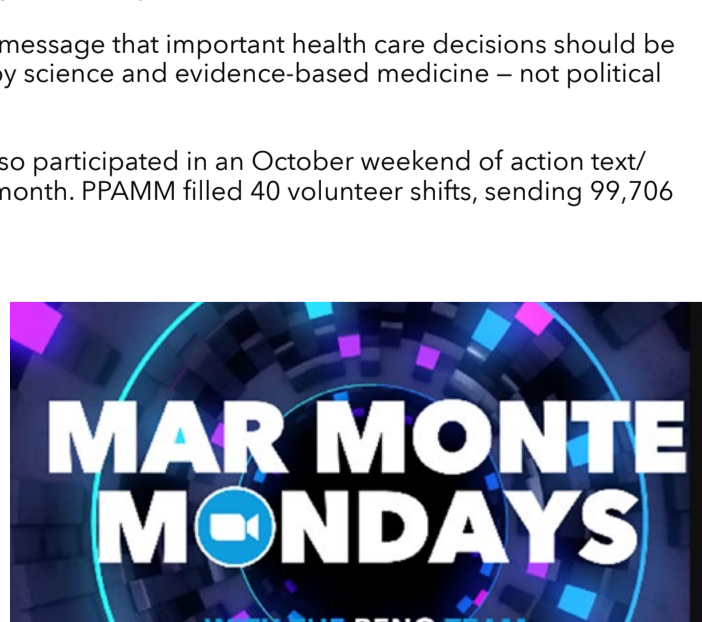
The Big Picture

Public Affairs team advocates for reproductive freedom, on the ballot

Our Public Affairs team has been hard at work getting out the vote for the Nov. 8 midterm elections and educating our communities about what's at stake in a post-Roe world. Here's a report on just two of the many activities they have launched with supporters and volunteers.

Text/Phone-banking in support of CA Prop. 1, to protect abortion rights

PPMM supporters gathered virtually and joined our statewide text/phone bank in early October to ensure that abortion in California remains safe and legal - regardless of bans imposed in other states since the hard-right U.S. Supreme Court majority overturned *Roe v. Wade* and created insurmountable health care-access challenges in hundreds of communities across the country.



We called folks to remind them that Prop. 1 will enshrine the right to abortion directly in the California State Constitution, further safeguarding the rights of everyone in California to control their bodies.

The team also reinforced with their supporters our message that important health care decisions should be left to a person and their provider, informed by science and evidence-based medicine - not political agendas.

Planned Parenthood Advocates Mar Monte also participated in an October weekend of action text/phone bank for California Prop. 1 earlier this month. PPAMM filled 40 volunteer shifts, sending 99,706 texts to California voters about Prop 1!

Mar Monte Mondays in Nevada

A new virtual program hosted by our Reno team, Mar Monte Mondays, has attracted more than 50 supporters who want to learn more about how the fall of *Roe* impacts the Silver State. Every other Monday on Zoom, our team has been speaking to community advocates about how the new post-Roe landscape and the intersectional impacts the Supreme Court decision could have in Nevada.



These digital discussions showcased how community advocates in the Northern Nevada area can engage in civic activities with the help of local resources, partner coalitions, and innovative digital toolkits crafted by our Reno team.

Some of our Mar Monte Monday conversations have featured a "state of the state" address with special guest Bailey Bortolin, deputy chief of staff to Gov. Steve Sisolak, as well as Pride & Sex Ed Trivia, Latinx Heritage Month, and more.

Don't miss out on Mar Monte Monday as we re-launch our virtual program after the elections! [Sign up now](#) to be updated with the latest information.

Good Reads

Nov. 7, USA Today
Latinx disproportionately impacted by abortion bans, study shows

Nov. 1, USA Today (column)
Conservative men dominate the politics of abortion-access. Where are the progressive men?