

'Be the Change'

Youth Training Program

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Self Advocacy in Sexual Education and Reproductive Health in Marginalized Communities

Lane Shaffer and Lauren Metcalf

Who are we?



Lauren Metcalf (she/her)

- Portland, OR
- 16 years old; Junior in HS
- School based health advocate
- Creator of the All In My Head Podcast
- Planned Parenthood teen council member

Who are we?



Lane Shaffer (he/him)

- Portland, OR
- 17 years old; Senior in HS
- Multnomah Youth Commission
- Creator of the All in my Head Podcast
- Student based health advocate

How have marginalized communities been impacted?

- Harder time receiving reproductive health care (abortions, birth control, STI testing ect.)
- Inequitable health care practices (generalized discrimination in health care settings, lack of gender affirming health care, ect.)
- Misdiagnosis of mental health issues/illnesses
- Historical mistreatment of BIPOC (Tuskegee, Henrietta Lacks, forced sterilization)



Explanations and examples of places where we've seen this

Tuskegee Study of Untreated Syphilis in the Negro Male

- Involved 600 Black men – 399 with syphilis, 201 who did not have the disease.
- Informed consent was not collected. Researchers told the men they were being treated for “bad blood,” a local term used to describe several ailments, including syphilis, anemia, and fatigue.
- The men received free medical exams, free meals, and burial insurance.

Unwanted Sterilization and Eugenics Programs In The United States

- Used as a means of controlling “undesirable” populations – immigrants, people of color, poor people, unmarried mothers, the disabled, the mentally ill –
- federally-funded sterilization programs took place in 32 states throughout the 20th century.
- Driven by prejudiced notions of science and social control, these programs informed policies and segregation.

The Dark History of Birth Control

- Women of color were used as “guinea pigs” on original birth control trials in the 1950's.
- Occurred in Puerto Rico primarily because the Puerto Rican government supported birth control as a form of population control
- Resulted in one-third of ever-married women aged 20-49 had been sterilized in Puerto Rico by 1965, with two-fifths of them before the age of

Small groups!

- Breakout rooms w/ 3-4 people for 8 mins
- Talk from your own experience (popular education)
- Introduce yourself: Name, pronouns, age, state, and least favorite food!
- Three questions to answer:
 - How have you seen your community affected by lack of healthcare?
 - Have you seen a lack of healthcare disproportionately impact marginalized communities?
 - What steps can be taken to improve the current state?
- One person report back

Report back!

- One person from each group give us a brief summary of what you talked about
 - In chat or unmute
 - Any comments or questions?

How do SBHCs benefit Marginalized Communities

- Provide accessible healthcare within the community
 - Reduce barriers such as transportation, cost, and concerns about confidentiality.
- Welcoming and affirming care
- Reduce time off work for parents, and missed school for youth
- Improve educational outcomes, because health kids learn better



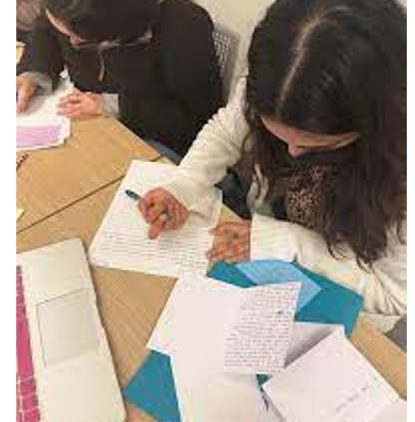
Role of Policy and Testimony

- Change happens *through* policymaking
 - Elected officials hold the power
 - We hold the power to make change
 - Advocacy day
 - Letter writing/emailing
- Thousands of bills each congressional session
 - Advocacy COUNTS
- Only so much can be done through community/grassroots work
 - Government has MONEY



In the chat:

How have you advocated for issues you're passionate about in the past?



Structure of Testimony + Tips

- Time is limited!! Don't ramble; know what you're there to say
- Do your research- know who you're talking with
- Start with an **intro**: name, pronouns, where you're from
- Personalize it in the **body**!
 - If you love data, numbers, facts, use those!
 - If you have a personal story you want to tell, do it! They're powerful
- **Conclude** with your key points and maintain eye contact as you finish
- Try to bring people to support you



Activity time!

- Break out rooms w/ same people
- Choose a topic from this list (or your own, up to you!) and build a mini-testimony:
 - Improved sexual education
 - Funding for SBHCs
 - Gun control
 - Reproductive healthcare access
 - Climate protections
- You'll have 5 minutes to each create a 1-2 minute testimony
- Share out with your group when you're done!

Q&A + Conclusion

Questions? Comments? Concerns?