

CARING FOR OUR FUTURE

Last year, nearly 8,000 adolescents and young adults sought care in our local health centers.

Every year, these young people comprise about 25% of our patients. We reach thousands more through youth-focused education and outreach that empowers young people to lead healthy, proud lives. For all these reasons and more, it is essential that we respect youth needs and incorporate their feedback into our services.

Teaching the next generation

We lead sexual health education workshops at schools, colleges, and nonprofits to promote healthy, safe, and empowering lifestyles. In these workshops, we teach young people to respect their bodies and those of others, and offer resources to keep them informed of their rights.

Providing youth-centered care

Our Young Teen Specialists are clinicians and medical assistants who receive extensive training around providing inclusive, competent care, counseling, and in-clinic education to young people between the ages of 12-15. Specialists are well-versed in topics like trauma-informed care, adolescent brain development, communication strategies, and privacy rights so that they can meet the needs of our youngest patients.

Elevating youth voice

We engage and uplift young people through internship opportunities, college advocacy clubs, targeted voter registration, and other outreach efforts. Our ad hoc Youth Advisory Board helps incorporate youth values and voices into our operations, and we are proud to have long-standing programs led by youth advocates.



**De Witt
Education
Center**

This year we are thrilled to unveil the De Witt Education Center's new signage. The Center hosts education and community events on our Baldwin Park Campus.

“Planned Parenthood was the first place I turned to when I was too embarrassed to talk to my family physician, who was familiar with my family, about my sexual behavior and concerns. I had no way to pay for an urgent care visit at the time, as I was a low-wage student. But I found the Planned Parenthood near me offered all the services I needed for peace of mind.”

- PPPSGV Patient

SHOWING UP FOR

YOUTH IN FOSTER CARE

A conversation with PPPSGV's education experts

Championing programs for youth in foster care is a core way that PPPSGV shows up for young people. Our Education Team was a founding partner of the California Reproductive Health Equity Project (CA RHEP), and over the last three years, we have worked collaboratively with partners at National Center for Youth Law and other organizations to address challenges facing this population.



**Franchesca, Manager of
Foster Youth Programs**



**Zoe, Health Educator for
Foster Youth Programs**

Can you tell us about PPPSGV's Youth in Foster Care Initiative?

Franchesca: RHEP works on two paths: access to sex education and access to health services. We know that youth in foster care move frequently between housing placements and schools, which means they can struggle with building healthy connections with adults and their peers. We find that young people in foster care more often than not end up homeless, not finishing high school at the same time as their peers, and not having access to physical and mental health or sexual and reproductive health. This project is looking to mediate some of these issues by offering virtual sex education sessions and removing some of the systemic barriers to accessing care.

Can you tell us about your experience delivering education sessions to youth?

Zoe: The curriculum is adapted from Health Connected, and we cover several sexual health topics, with special focus on personal values, communication skills, wellness, and safety. There are 11 sessions in a series, and I work hard to build trust with youth. I feel like I have a unique understanding with them. I wasn't personally in foster care, but I do have some experience with the foster care system. I'm also younger, and I talk to them like I would talk to my friends while still maintaining my professionalism as an instructor. Across the board, youth have been most engaged in our STI and birth control sessions. Some youth have shared that their guardian would not let them get birth control, even though in California, they legally have the right to access it. Teaching youth about these rights is so important.

What does the future hold for this initiative?

Franchesca: We will continue providing services for youth in care, both online and in-person. We are looking to expand some of our work to include more youth who are impacted by intersecting systems like the child welfare system and the juvenile justice system. We are also looking at ways to serve young people who are transgender by supporting their social transition and their access to services. There is a lot of research in recent years that looks at the number of trans and queer youth in foster care, and for a number of reasons, this population is often made invisible. With everything going on in states like Florida and Montana, we want to ensure we have services to fit their needs.

BRIDGING THE GAP

Honest conversations about sexual health can be challenging for youth as well as their parents and teachers. One way PPPSGV helps bridge this information gap is through our youth-led education program, Peer Advocates. With our guidance, local high school students become knowledgeable and approachable sexual health advocates. They field sensitive questions from classmates around topics like accessing birth control, expressing their gender identity, and more. The Peers also learn how to use their collective voice to create change around sexual health issues directly affecting their communities. This work includes surveying hundreds of young people about sexual health topics and using this data to inform community impact projects.



2022-2023 Peer Advocates Cohort

“Our goal this year was to make youth and school administration aware of minors' reproductive rights, how those relate to abortion, and how they can exercise them.” - Skye, 2023 Peer Advocate

What is a Confidential Medical Release?

California Education Code section 48205: Students are allowed to leave campus for confidential reproductive medical services. The school cannot require that the student have parent or guardian consent in order to attend the appointment and cannot notify parents or guardians.

Did You Know?

Minors in California have the right to consent to the following services without parent or guardian permission or notification:

- All pregnancy-related care including pregnancy testing, prenatal care, pregnancy options counseling, abortion, and short- and long-acting birth control
- STI testing, treatment and prevention (for those 12 and older)

LOCAL FINDINGS

This year's Peers interviewed school staff and administrators at 12 schools and surveyed over 1,000 local youth to see how well both students and educators understood youth rights.

63% of youth surveyed did not know they could leave school for a confidential appointment without parent permission.

Less than half of young people surveyed knew where to access abortion, or that they could access an abortion without parent/guardian permission.

About **half of school staff** members surveyed had never heard of the student right to leave campus for confidential reproductive medical services.

Young people did not know who to talk to at their school if they needed to exercise their right to Confidential Medical Release. **60%** were entirely unaware of who to speak to and **12%** were unsure.

MEETING THE NEEDS OF



In the next five years, more than two-thirds of Planned Parenthood patients will be members of Gen Z, the so-called digital generation. **How can we make sure we are meeting their evolving needs?**

To learn more, we enlisted the help of our graduate intern Taylor, a Touro University student pursuing a dual master's degree in Public Health and Physician Assistance. Taylor conducted an applied research project to investigate how this new generation seeks out health care and how Planned Parenthood can better serve them.

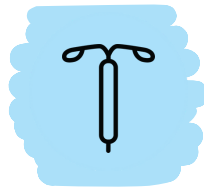
Taylor's findings affirmed many of PPPSGV's existing practices. Our emphasis on inclusivity and convenience and our commitment to offering patients a wide range of contraceptive options make us a Gen-Z friendly provider.



Convenience is key! Same-day appointments, a blend of telehealth and in-person visits, a seamless patient portal—these amenities are a must for Gen Z.



Gen Z often relies on social media for health advice. Remarkably, **40% of them turn to TikTok for health information** before resorting to traditional search engines like Google.



This generation gravitates towards natural contraceptive options such as copper IUDs, diaphragms, basal body temperature monitoring, and condoms, distancing themselves from hormonal birth control methods.



Gen Z has the **highest rates of gender and sexual fluidity** compared to any previous generation.

IN THIS TOGETHER



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