

## **TEACHING OUR YOUTH ABOUT SEXUALITY: WHY SCHOOLS NEED TO TAKE THE LEAD**

For the last 10 years, supporters of comprehensive sexuality education have been working at the state legislature to pass a law ensuring that young people in schools are taught information about sexuality in an age-appropriate, medically accurate way. Those who oppose this action often say that school is not the appropriate place for sexuality to be taught. While youth deserve to learn about sexuality and sexual health from a variety of sources – parents, doctors, faith leaders, public health departments – we believe sex education is a subject that belongs in schools.

Sexuality is an education issue because:

**Educational outcomes are impacted by sexuality and health.** There is a two-way link between overall health and educational achievement. People with better health are likely to have more schooling, and people with more education are likely to practice health-promoting behaviors and experience better health outcomes, including sexual and reproductive health. For a young person, being targeted for harassment based on gender identity or sexual orientation can lead to school absences. A girl who experiences a pregnancy as a teen is less likely to graduate. Even smaller concerns, such as an argument with a dating partner or issues around body image, can keep students from paying attention while in class and/or attending classes altogether.

**A comprehensive approach to sexuality education affects a school's climate and sense of community.** A sense of community or being connected to school protects against many negative health-related outcomes. According to an article in the *Journal of School Health*, “adolescents are not likely to feel connected to school if they are in a school that does not meet their developmental needs” (Promoting School Connectedness: Evidence from the National Longitudinal Study of Adolescent Health, 2002). Two primary developmental needs for adolescents are the need to develop

their own identity, and the need to create relationships with peers and adults. Sexuality education builds skills that are universal and lifelong, which help young people meet these developmental needs, skills such as how to: be assertive, make decisions, clarify your own values, and build healthy relationships. In addition, many issues that affect school climate are addressed in a comprehensive sex education curriculum, including setting boundaries, communication, negotiation, harassment and bullying.

If we believe that schools are a place to prepare young people for adulthood, then they must be a place for youth to develop as whole people – academically, physically and socially. Teachers are trusted to facilitate this growth and learning in a variety of subjects using an array of teaching strategies. Sexuality education does not only belong in health classes, but ideally would be

naturally integrated across subjects: the virology of sexually transmitted diseases in Biology, a discussion about healthy relationships in English Literature, an analysis of minor's consent laws in Civics, as well as a comprehensive sexuality education curriculum in Health. These lessons should be reinforced by messages from parents, health professionals and other caring adults.

For our part, PCR has developed and implemented the Sexuality Education Residency for pre-service teachers (read more about the program on page two) and a campus organizing program on three college campuses

in Minnesota. These programs build grassroots support for comprehensive sexuality education and train future teachers, in all academic areas, best practices in teaching and advocating for sexuality education in school systems.

*To learn more about the importance of this work contact Amy Kodet at [akodet@birdsandbees.org](mailto:akodet@birdsandbees.org).*



A group of future teachers learn how to instruct youth on proper condom use.

## Volunteer Spotlight: Bill Schuyler



We recently caught up with long time volunteer and donor Bill Schuyler to ask him why he supports PCR.

*When did you start volunteering at PCR?*  
I began volunteering with PCR in 2003.

*Why did you decide to start volunteering with us?* The organization has a great mission statement, and all the programs are helpful for youth and women.

*What's the best thing about volunteering with PCR?* Watching the success of all the programs. I know that what we are doing will make a difference.

*If you could only have one super power, what would it be and why?*  
My super power is my family because they motivate me to help others.

*If a friend asked you why they should volunteer for PCR, what would you tell them?* PCR supports youth and all women. My time helps others in ways I don't see, but I know others will benefit from my involvement. I believe that all of us should give back to help others. Use your talent and skills to help others learn. The enjoyment I get from making cookies (small reward) puts a smile on the faces of PCR staff and volunteers. I know that if you give to others, they give back to you.



# SAVE THE DATE!

The 17th Annual Bowl-a-Thon will be held  
March 25th, 2010 at Bryant Lake Bowl.

## Teacher Preparation: An Essential Piece of the Sexuality Education Puzzle and What PCR is Doing to Help

A SIECUS newsletter from the fall of 1968 featured an article titled "A Need in Sex Education: Teacher Preparation." Forty years later, this headline is still relevant.

Classroom teachers in Minnesota and around the country typically receive little or no training on delivering sexuality education and face limited classroom time and resources. This lack of training, added to inconsistent standards on what to teach, means that a young person in Duluth can receive a very different education about sexuality from one in St. Paul or Willmar.

In order to address this gap, PCR has developed and piloted the nation's first Sexuality and Reproductive Health Education Residency (the Residency), a skills-based experience designed to prepare future educators with tools and knowledge that promote adolescent sexual health.

Thirteen pre-service teachers were selected from 60 applicants to participate in the Residency this past summer. Pre-service teachers from throughout the state participated in the 75-hour program which includes: an intensive training, a field experience which pairs residents with mentors for co-teaching opportunities and supplemental seminars.

Together these elements create a residency

experience for pre-service teachers not available anywhere else in the country. Because teachers outside the field of health have opportunities to incorporate topics on sexuality into their lessons, we purposefully recruited participants from a range of subject areas including health, biology, social studies and language arts.

Early trends in our evaluation showed that students who participate in the Residency feel far more prepared to teach sexuality education; are more able to explain the benefits of a comprehensive approach to sexuality education; and are more knowledgeable and comfortable teaching several topics, including Sexual Orientation & Gender Identity, and Pregnancy Options – topics that are most likely to be left out of sexual education instruction.

Participants said:

*"This was a great experience and completely changes the way I will teach."*

*"I can't tell you how much I learned from all of these experiences! I am so much more excited to teach and advocate for comprehensive sex education in our school systems!"*

*"I loved the field experience – working directly with youth was so helpful!"*

If you are a student training to be a middle or high-school teacher or know of someone who is and would be interested in taking part in this innovative program, register today for our next Residency beginning in January of 2010 on our website at [www.birdsandbees.org](http://www.birdsandbees.org).

*We'd like to thank the Ford Foundation for making this project possible as well as the following community partners: Annex Teen Clinic; Face to Face; MOAPPP; Mpls Out4Good; Planned Parenthood of MN, ND, SD; West Suburban Teen Clinic, and the University of MN's Healthy Youth Development Prevention Research Center.*



Prospective teachers at a Residency training.

## Mission Moment: Sharing a Private Experience

Abortion is often a very private experience for women. Many women have abortions, but very few talk about them. Pro-Choice Resources' after-abortion support group Emerge: Sharing Our Voices, Supporting Our Choices is one place that women can talk about their abortion experience. Women come to this group for many reasons, but all share one common tie — they want to talk about their experience of having an abortion with other women.

While many women who participate in Emerge have had abortions recently, some participants join the group several years after their abortion. A recent event in their life can stir up feelings about the abortion. At the last Emerge group held in St. Paul, one participant was dealing with a recent event that brought her to the group years after her abortion.

Jenny (name has been changed) was married when she chose to have an abortion several years ago. She and her husband decided that it just wasn't the right time for them to be parents. Jenny had the procedure, and like many women, felt relief immediately after. Several years later, when she and her husband were ready for children, they were ecstatic when Jenny became pregnant. Several months into the pregnancy, there were problems, and Jenny eventually delivered a stillborn baby. She and her husband were heartbroken. This child that they wanted so much was now gone.

The loss of her child brought back feelings about the past abortion that Jenny had. At the time of the abortion she did not regret it, but she now wondered if her first pregnancy may have been the only pregnancy that would ever result in a healthy baby. Jenny was able to talk openly about all aspects of her abortion, feel connected to other women in the group, and move forward – focusing her energy on getting pregnant rather than her past abortion. At the end of the group, Jenny expressed her gratitude by stating: “Thank you for giving women a safe place to share this very private experience.”

Emerge works everyday to make this very “private experience” less private. To learn more about Emerge or to join our next group visit our website at [www.prochoiceresources.org](http://www.prochoiceresources.org) or contact [melissa@birdsandbees.org](mailto:melissa@birdsandbees.org).

## Thank You Minnesota State Fair Volunteers!

Thank you to all of our fabulous volunteers who helped out at our booth this year. We couldn't have done it without you!

Gene & Charlotte Frampton	Ruth Colby Missi Rossi	Sarah Stephenson Shauna Kirscht
Jane & Gretchen Harris	Sam Savoie Dana Meyer	Sara Beth Mueller Elisabeth Pletcher- Harincar
Pamela Vander Griend	Abby Buck Tara Borton	Jane Skogstrom Migdalia Loyola- Melendez
Donna Hartle Suzanne Ford	Kenzie Vlack Carise Rotach	Phoebe Chastain Gena Holland
Lisa Smith Mary Schaeffer	Wendy Batch Michelle Kohlhof	Carolyn Payne Patrick Woods
Jeff Cawhorn Shannon Bartke	Jen Shea Hannah Heigl	Mee Xiong Fue Xiong
Chris Pratner Elaine & Bob Kirk	Joo Ree Ricahrds Arlene West	Bill Schuyler Amy Viken
Sue Wiseman Avis Thomas	Jeanne Savoie Michelle Millenacker	Robin Bressette Ann McInerney
Dave Wester Emily Matson	Caitlin O'Fallon Emily Hager- Garmaz	Hal Bischel
Jania Dammer Morgan Stana		



Pictured above from left to right is Kathryn Glessing, Elisabeth Pletcher-Harincar, Sarah Stephenson and Shauna Kirscht staffing PCR's table at the Minnesota State Fair. PCR has tabled at the State Fair for over 35 years, and is the only pro-choice organization in attendance.

## Hersey Abortion Fund Fast Fact

Last fiscal year, the Hersey Abortion Assistance Fund (HAAF) supported 507 women and girls with over \$87,000 in financial assistance so that they could have the abortion they wanted, but could not otherwise afford. Women and girls from 35 states were assisted by our fund, 91% of whom live below the federal poverty guidelines. HAAF continues to be one of the largest abortion assistance funds in the United States, and one of the only funds that help women and girls nationwide without restrictions.

# Pro-ChoiceResources

PROMOTING EDUCATION & ACCESS

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Maura Shramko & Miles Harris

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## Art for Choice: A Community Coming Together

In October, PCR held our 6th Annual Art for Choice event at the W Hotel in downtown Minneapolis. One of our guests captured the essence of the event when she said: "PCR threw a great event this past Friday (October 2nd)... I felt like I was part of something truly important and was propelled to talk to strangers that night because I knew that they shared a belief with me that is so very important. Well done with all that you accomplished."

It is always wonderful to hear praise from your supporters, but what did we accomplish? Art for Choice accomplished many things, like raising an impressive \$16,000 with over 350 attendees. But the most important thing the event did was bring our community together to celebrate a common commitment — a

commitment to provide people with access to the sexual and reproductive health information and services they want and need.

So thanks to all of you who demonstrated your commitment to PCR by attending or buying tickets

to the event. Thank you to the businesses and organizations that sponsored our event, and thank you to the artists who generously donated their creative talent and artwork.

On October 2nd we were all part of something truly important.



### Thank You to Our Event Sponsors and Participating Artists

Nina Bliese Gallery	Rogue Buddha Gallery	Lynda Monick-Isenberg	Matt Doubek	Ruben Nusz
Castle Photography	Red Stag Supperclub	Herman Milligan	Suzy Greenberg	Kate Pabst
Bellebottom	Barbette	Anita Sue Kolman	Kari Halker-Saathoff	Terrence Payne
Andon Balloons	Michael Donahue		Nick Harper	Ingrid Restemayer
Anthony Shane Florist		<i>Artists</i>	Patrick Kemal Pryor	Amy Rice
Northstar Roller Girls	<i>Advisory Committee</i>	Michael Birawer	Diane Katsiaficas	Robert Roscoe
NARAL Pro-Choice	<i>Members</i>	Allen Brewer	Karen Klein	Matthew Rucker
Minnesota	Kathryn Glessing	Daniel Buettner	Rebecca Koponen	Marcia L. Soderman
Haven Salon	Gary Christenson	Mike Carina	David Malcom Scott	Alec Soth
Bryant Lake Bowl	Nina Bliese	Jaime Carrera	Joan Malkerson	Michael Sweere
Spot Spa	Kathrine Hayes	Chank	Chris Mars	Pam Valfer
Umber Studios	Locus Architecture	Tara Costello	Shawn McNulty	Sarah Wray
Soo Visual Arts Center	Yuri Araj	Jennifer Davis	Jodi Reeb Myers	James Wrayge
		John Diebel		

## Merchandise Order Form

Please fill out and return in the provided envelope or send to the address below.

Mail this form to: Pro-Choice Resources  
 250 3rd Ave. N  
 Suite 625  
 Minneapolis, MN 55401

**Look good while  
 supporting a great cause!**

Item	Men's Cut Circle Size	Women's Cut Circle Size	Price	Quantity	Total
"Pro-Choice Chicks Lay Wisely" T-Shirt	M, L, XL, XXL	S, M, L, XL, XXL	<b>\$20.00</b>		
"Pro-Choice Guys Protect Their Peckers" T-Shirt	S, M, L, XL, XXL	N/A	<b>\$20.00</b>		
"Hatched by Choice" Onesie	S (14-18lbs), M (19-26lbs), L (27-34lbs)		<b>\$20.00</b>		
"CONDOM PUSHER" T-Shirt purple w/grey image	M, L, XL, XXL	S, M, L, XL, XXL	<b>\$20.00</b>		
"CONDOM PUSHER" T-Shirt grey w/purple image	S, M, L, XL, XXL	N/A	<b>\$20.00</b>		
			<b>Subtotal</b>		
<b>Flat Shipping and Handling Fee</b>				<b>\$5.00</b>	
<b>Total</b>					

I have enclosed a check made out to Pro-Choice Resources.

I would like to use my credit card:

VISA

Mastercard

Discover

American Express

Card number: \_\_\_\_\_

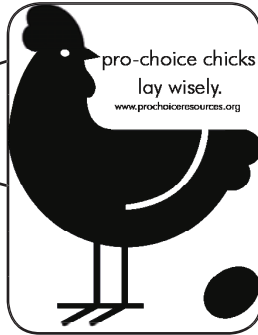
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**Ship To:** Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

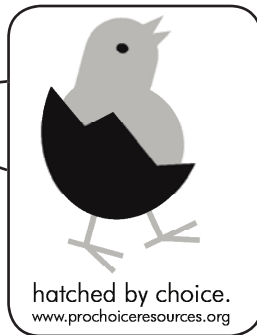
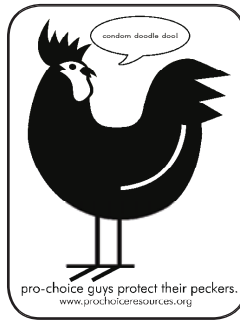
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# Start Your Holiday Shopping with Pro-Choice Gear!



T-Shirt:  
 "Pro-Choice Chicks Lay Wisely"  
 \$20.00  
 Available in black w/pink image  
 Sizes: women's cut S, M, L, XL, XXL  
 men's cut M, L, XL, XXL

T-Shirt:  
 "Pro-Choice Guys Protect Their Peckers"  
 Word bubble says "Condom-Doodle-Do"  
 \$20.00  
 Available in black w/blue image  
 Sizes: men's cut S, M, L, XL, XXL



Onesie:  
 "Hatched by Choice"  
 \$20.00  
 Available in black w/pink and blue image  
 Sizes: S (14-18lbs), M (19-26lbs), L (27-34lbs)

T-Shirt:  
 "CONDOM PUSHER"  
 \$20.00  
 Available in purple w/grey image  
 Sizes: women's cut S, M, L, XL, XXL  
 men's cut M, L, XL, XXL

Available in grey w/purple image  
 Sizes: men's cut S, M, L, XL, XXL



To order, please fill out the back of this form.