

INcluded

INCLUSIVE HEALTH CARE – YOUTH & PROVIDERS EMPOWERED

Planned Parenthood North Central States

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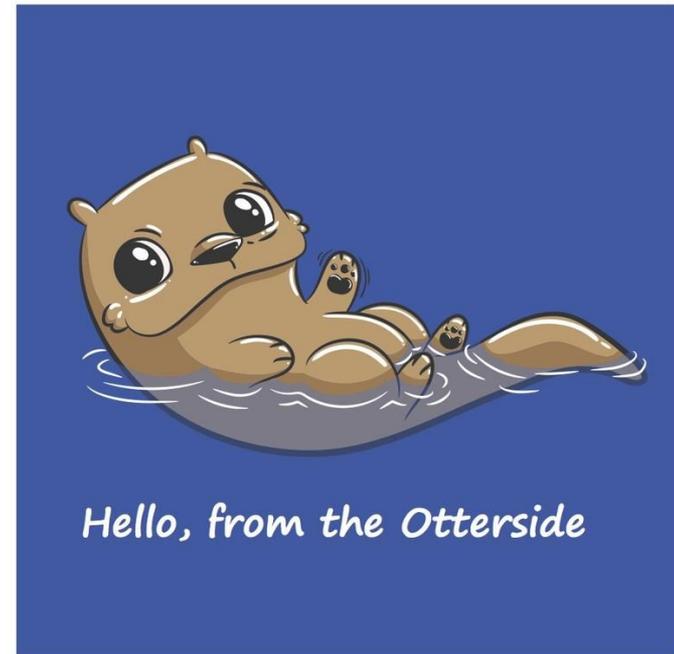
Claire Cummins, Education & Outreach Specialist





Introductions!

- Name
- Pronouns (if you wish)
- Your experience with LGBTQ+ youth - professionally or personally
- Why you're in this workshop today



Remember Me...



IN●clued

INCLUSIVE HEALTH CARE – YOUTH & PROVIDERS EMPOWERED

IN●clued is a program for:

- LGBTQ youth ages 15-19 about accessing sexual healthcare
- Clinic staff about creating a more inclusive healthcare environment for their LGBTQ youth patients

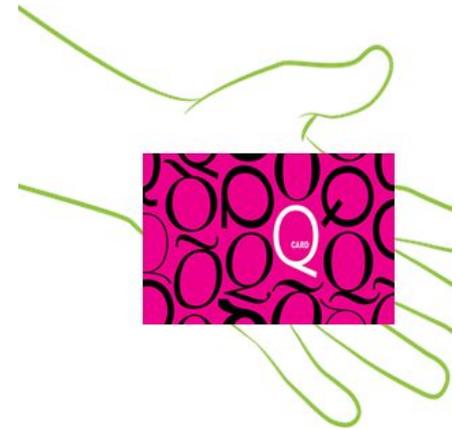


IN·cluded

INCLUSIVE HEALTH CARE – YOUTH & PROVIDERS EMPOWERED

IN·cluded's Intentions:

- Empower LGBTQ youth with sexual health knowledge and skills to keep themselves safe;
- Give LGBTQ youth the tools to advocate for their sexual health; and
- Work directly with health centers on providing LGBTQ inclusive sexual healthcare.



INcluded

INCLUSIVE HEALTH CARE – YOUTH & PROVIDERS EMPOWERED

- 1) Why is inclusive healthcare for LGBTQ young people important?
- 2) How does providing inclusive and affirming care for LGBTQ young people help reduce their risk of unintended pregnancy and STDs?
- 3) How can I be more inclusive and affirming of LGBTQ young people in the care and services that I provide?
- 4) How does implementing inclusive and affirming practices support the work I am already doing?



Brainstorm:

Why are we talking about LGBTQ+ youth and health care?



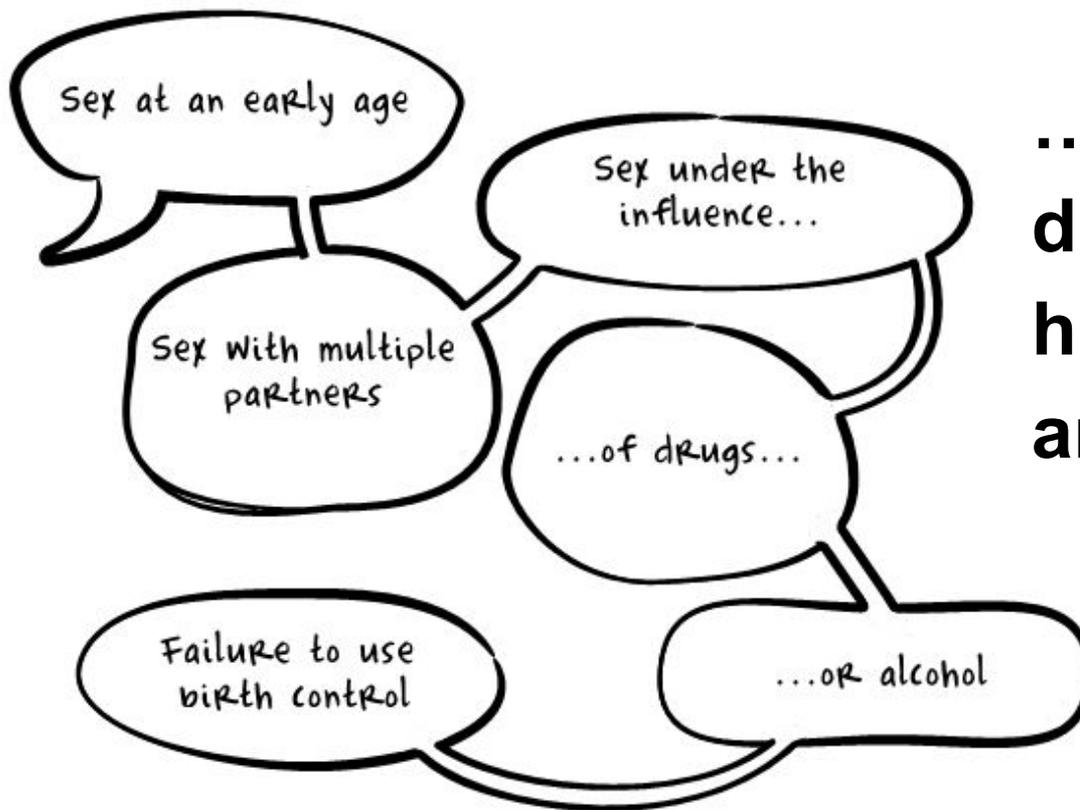
Doctors don't understand what my concerns and needs are.



I'm scared of being judged, and worried my parents will find out.



Sexual and gender minority youth are more likely to engage in **sexually risky behaviors...**



...resulting in a disproportionately high rate of STDs and pregnancy.



Sex Ed Law in MN

CONTENT REQUIREMENTS FOR SEX* AND HIV EDUCATION										
STATE	WHEN PROVIDED, SEX EDUCATION MUST								WHEN PROVIDED, HIV EDUCATION MUST	
	Include Information on:				Include Life Skills for:				Include Information on:	
	Contra-ception	Abstinence	Importance of Sex Only Within Marriage	Sexual Orientation	Negative Outcomes of Teen Sex	Avoiding Coercion	Healthy Decision-making	Family Commun-ication	Condoms	Abstinence
Alabama	X	Stress	X	Negative	X	X			X	Stress
Arizona		Stress		‡	X	X				Stress
Arkansas		Stress	X			X				Stress
California	X	Cover		Inclusive			X	X	X	Cover
Colorado	X	Cover		Inclusive		X	X	X	X	Cover
Delaware	X	Stress		Inclusive		X	X		X	Stress
Dist. of Columbia	X					X				
Florida		Stress	X		X					Stress
Georgia		Stress	X		X					Cover
Hawaii	X	Cover							X	Stress
Illinois	X	Stress	X		X	X			X	Stress
Indiana		Stress	X							Stress
Iowa				Inclusive						
Kentucky		Cover			X		X			Cover
Louisiana		Stress	X							Stress
Maine	X	Stress					X	X	X	Stress
Maryland	X	Cover				X	X		X	Cover
Michigan		Stress	X		X	X	X			Stress
Minnesota		Cover	X		X	X	X		X	Cover
Mississippi [§]	‡	Stress	X		X	X				Stress



IN·clued

The reason that I choose to participate in IN·clued is because personally, as a gender-nonconforming, bisexual person, I have had bad experiences going to health centers. My friends and I used to share horror stories from doctors visits...I've also been told so much inaccurate information about sex ed...

Leah, Seattle, Washington



Time for some self-reflection...

Messages you received about
this when you were growing up:

What it means to be a boy/man	
What it means to be a girl/woman	
Transgender	
Homosexuality	
Teens having sex	



Group reflection:

- In what ways could these messages and beliefs affect you how think about or view your patients/youth you work with?
- What strategies can you use (or do) to help keep your personal beliefs from getting in the way?



Key takeaway message:

- We all have our own beliefs and biases that affect how we think about others.
- The goal is to be aware of our own beliefs and avoid allowing them to limit our thinking about patients, so that we don't let any assumptions or biases get in the way of meeting patients' actual needs.



Final reflection....

Who benefits from inclusive health care?



*Thinking about what brought you here today,
what is something you will take away from this
workshop?*

Head (something you learned)



Heart (something you felt)



Feet (something you will do..)



Sign up to hear about our Professional Trainings!

If you like what you saw today and want to learn more, let us know!



Contact

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