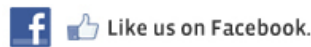
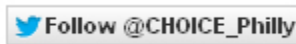


March 2013



Profile of a CHOICE Caller

Thanks for reading CHOICE's March 2013 e-newsletter. Scroll down for updates on CHOICE's work and programs. For more info about who we are and what we do, visit our website at www.choice-phila.org.



Save the Date!

CHOICE Community Partners Forum:

On Tuesday, April 30, 2013, CHOICE is pleased to invite our community partners to the first in a series of forums designed to bring together the broad and diverse organizations that make up our extensive referral network to discuss the most pressing reproductive and sexual health issues facing our communities and how we can strengthen our partnerships to best meet consumer needs. **The event will be held at the William Way Center, located at 1315 Spruce Street, and will include keynote remarks from Rep. Brian Sims**, along with in-depth discussions focused on topics ranging from HIV/AIDS prevention, family planning, prenatal and maternal/child health care, and issues affecting youth. If you would like to suggest a specific topic for upcoming forums, or if you are not a CHOICE referral partner and would like to attend, please contact us at info@choice-phila.org or call us at 215-985-3355 ext. 113. Our referral network is the backbone of CHOICE services, and we want to hear from you! Stay tuned for more details from CHOICE.

Honoring 40 Years of Roe v. Wade

TEN Ways to Honor FOUR Decades of Legalized Abortion:

CHOICE wishes Roe v. Wade a belated happy birthday and many more to come. February marked the 40th anniversary of the landmark Supreme Court decision affirming every woman's right to make her own decisions regarding pregnancy. Finding cause for reproductive health celebration isn't always easy in our state, where [abortion laws](#) remain restrictive and women's health clinics are still [working hard to cope](#) with the latest set of senseless TRAP (Targeted Regulation of Abortion Providers) laws. Nonetheless, abortion remains legal in Pennsylvania - and every day, we at CHOICE speak with people who are managing to live out a nuanced and dignified story of abortion in spite of harmful legislation and rhetoric that is still too often politically charged. To mark the four full decades in which women in our country have had the legal right to

Ever wonder who is calling the **CHOICE** hotline? In 2012, 6,271 women, men, and teens called one of CHOICE's five hotlines, which offer non-judgmental, confidential, and medically accurate short-term counseling and referrals to care.

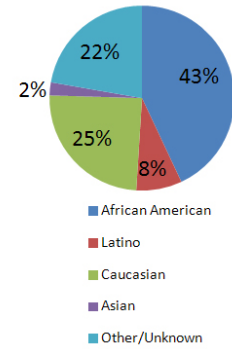
Of these individuals, **79 percent came from zip codes where there are disproportionately high rates of poverty; 68 percent were under the age of 30, and 73 percent were either uninsured or under-insured.**

Check out the pie charts below to learn more about the people CHOICE gets to talk to, and what we're talking about:

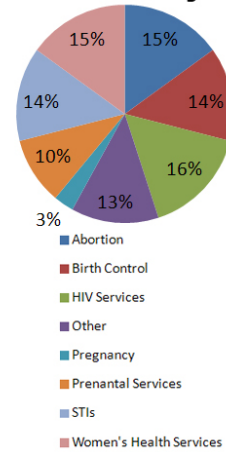
abortion -- and in recognition of the strength and fear, anger and gratitude, pride and humiliation, ambivalence and certainty that make up the complex circumstances surrounding abortion in our state -- we suggest **10 ways each of us can honor the critical experience shared by 1 out of 3 American women:**

1. APPRECIATE THE NUMBERS: A [Pew poll](#) conducted every ten years around Roe's birthday showed, once again, that significantly more Americans support legalized abortion than oppose it.
2. HEAR [GOOD STORIES](#) FROM BOTH SIDES: what better way to add subtlety to your understanding and strengthen your convictions?
3. SHOW THANKS: On Valentine's Day, the Philadelphia Board of Health passed a [resolution](#) to warm the hearts of reproductive health supporters everywhere: it calls on the state and federal governments to maintain family planning funding and to *restore* public funding for abortion services. Show your approve by adding your name to this [thank-you sign-on](#).
4. HELP SOMEONE PAY FOR AN ABORTION: \$40 (one for every year since abortion was legalized in our country) covers about one-tenth the out-of-pocket cost of a first-trimester abortion in PA. Consider donating to one of the funding organizations women in our area rely on: [WMF](#) or [NAF](#).
5. SAY NO: A proposed PA Senate bill, [SB3](#), would prohibit private insurance plans from offering coverage of abortion services in the upcoming state health insurance exchanges. The bill currently includes no exception for the health of the woman, meaning that even the cost of abortions *required* for women whose pregnancies pose life-threatening health risks would not be covered by any insurance policy purchased through the exchange. Your [PA state legislators](#) need to hear NOW that you a) oppose this bill AND b) require that it includes a health exception. Make a call for Roe!
6. VOLUNTEER WITH CHOICE: We are now recruiting volunteers committed to increasing access to reproductive health care. Email volunteer@choice-phila.org to learn more.
7. START A CONVERSATION: Have you ever spoken personally about abortion? Maybe when abortion enters into our common dialogue as much as it enters into our lives, we'll all be better able to understand its significance. Could you tell someone your story?
8. STAY INFORMED: Visit the [We've Had Enough](#) campaign and sign up for regular alerts and updates on health care policies in our state.
9. TELL A MILLENNIAL ABOUT ROE: The January Pew poll revealed that just 44% of people under the age of 30 knew that Roe v. Wade dealt with abortion. Have *you* talked to a young person about Roe today?
10. SUPPORT CHOICE: We've been here just a couple years longer than Roe has, serving as a place where our community can talk freely about pregnancy options. [Help us keep the conversation going.](#)

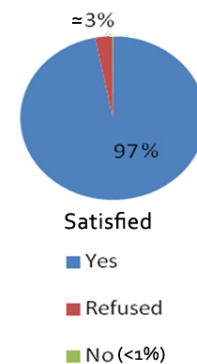
Race/Ethnicity



Needs/Subjects



Caller Satisfaction



From Our Counselors



Round IUDs and The BV Counter: A CHOICE Counselor in China

I recently had the opportunity to go visit a college friend who is now studying in China. Among the standard tourist destinations she had planned for me--- the Forbidden City, the Great Wall--- she also suggested a visit to a local women's health clinic. It's a definite sign that CHOICE has taken over your life when your friend knows you'll want to spend a full vacation day halfway across the world at a health center.

Women's Health Services:

When we arrived at Nanjing's Women and Children's Hospital signs indicated the different clinics on each level: Prenatal department, Chinese gynecological medicine department, abortion clinic, female regular clinic etc. We stopped briefly at the birth control clinic, where most women were waiting to have an IUD inserted. China has the highest rates of IUD use than any other country in the world, with 43 percent of women using them for contraception. Interestingly, in China IUDs are round rather than T-shaped. (There is a popular joke about Chinese women getting *two* rings when they get married.)

Sterilization is also a common method of birth control (40 percent), as is abortion (estimated 24/1,000 women). While women are able to choose sterilization and abortion freely, China's strict and costly one-child policy leaves many women with no other option than to have an abortion. I realized that in China, there's a poignant difference between "pro-abortion" and "pro-choice."

Teen Sexual Health:

As we were leaving I saw a sign for the "pre-marital clinic". It turns out that birth control, abortions, and even routine gynecological care are only covered for *married* women. My friend explained that the Chinese government does not want to prevent teens from accessing services; it is more that they don't think teens *need* services such as birth control and gynecological exams. China has no specific policies relating to the sexual and reproductive health of youths. I asked a local Chinese student at my friend's university about sex education and was told there is no sex education in schools and the topic is too taboo to talk about with parents. Plenty of teens are having sex, often without condoms or birth control, as the rate of unplanned teen pregnancies has risen over the past decade. The largest problem it seems is that teens are uninformed when engaging in sexual practices and have no one to talk to if they have questions or need reproductive health care.



Above: Patients at Nanjing's Women and Children's Hospital wait at the "BV" counter, where samples are collected for Bacterial Vaginosis testing.

Left and at top of article: an assortment of IUDs through the ages.

VOLUNTEERS NEEDED!



Are you committed to increasing access to reproductive and sexual health care and looking for ways to get involved? Do you have a few hours a month and skills to spare? CHOICE is recruiting volunteers for two new initiatives, **CPAN (CHOICE Professional Advisory Network)**, a volunteer committee for young professionals in and around Philadelphia, and our **Community Ambassador Outreach** program (familiarity and comfort speaking about

reproductive/sexual health issues is required). To learn more, please visit our website or email us at volunteer@choice-phila.org.

OUR MISSION:

Founded in 1971, CHOICE increases access to accurate information and essential services concerning reproductive, sexual, and family health, empowers people through education and counseling, and provides all of these services with empathy and respect. CHOICE works to overcome and eliminate barriers that impede access to quality health care and information for all individuals - regardless of economic status, gender, age, race, religion, culture, or sexual orientation.

CHOICE depends on you! Please consider a donation to support our services, and to ensure Pennsylvania has a **trusted, community-based** resource dedicated to providing **reliable information** about sexual and reproductive health care, **educating** communities, and **empowering** women, men, and young adults to advocate for the care that best meets their unique, individual needs.

[DONATE NOW](#)

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