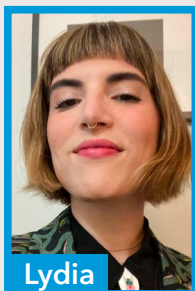


BEYOND THE BINARY: INCLUSIVE HEALTH CARE AND EDUCATION

SUMMER 2024 IMPACT REPORT



Lydia



Tams

PPPSGV proudly provides gender-affirming health care to transgender, nonbinary, and gender-expansive people. Gender-affirming care goes far beyond hormone therapy and includes full-person care management. When we launched in 2019, PPPSGV was one of the few public providers meeting this need in our service area. **The Gender Affirming Care Program has since seen over 5,000 patient visits.** To learn more, we spoke with Tams (they/she), the program's Patient Navigator and Lydia (she/her), Advanced Practice Clinician and the program's Director.

What does a typical patient visit look like for you?

Lydia

During initial appointments, we get to know where patients are in their transition, whether they have already started their journey or are new to hormones. We take time to discuss what the patient would like to experience physically and emotionally. We review the different types of medications and create a plan to support their goals. We also discuss whether they are interested in outside resources, and then, I would connect them to Tams.

Tams

As the Patient Navigator, I make sure patients get everything they need, whether that be services we can offer in-house, prescription follow-up, or connecting them to outside resources such as surgery, vocal coaching, electrolysis, mental health support, or housing resources—and so much more.

What makes PPPSGV's program special?

Tams

We don't just provide hormone therapy; we support patients through their other needs. We work hard to advocate for our patients through their transition, whether it be through support letters, legal name change, or other services. We hear their concerns and do our best to help them.

What makes you most proud to be a part of this program?

Tams

We are constantly trying to cultivate the best experience for patients—more access, more services, fewer barriers. Patients can come in for hormones and receive STI testing, birth control, Pap tests, HIV-prevention medication, and more, all in the same visit.

Lydia

As time passes, our patients' needs change, and we make it a priority to mold our program to cater to these changing needs.

"As a trans woman undergoing hormone treatments, Planned Parenthood offers everything from the medication, compassionate medical staff, and above all, excellent care to me as I transition to my chosen gender."

- PPPSGV Patient

CLICK HERE 

to learn more about transgender and nonbinary identities



As a Community Health Educator, Alex provides direct sexual health education to youth and adults, including professional development training and parent workshops. We spoke with them to learn about how adults can support young people to be their authentic selves.

How does your role as a Planned Parenthood Community Health Educator intersect with teaching trans and nonbinary youth?

A part of my role is to educate youth about trans and nonbinary identities, share resources, and teach them how to be respectful and supportive to their peers. A lot of youth who are trans and nonbinary or questioning their gender identity are not out at school or out to me, so it's important that I provide all youth with education and resources to support them no matter who they are or what they are going through. I also provide training to educators about how they can be supportive adults to youth in their classrooms.

What would be your advice to adults who want to be a supportive adult for trans and nonbinary youth?

First, educate yourself as much as possible. If this is the first time that you are meeting an openly trans or nonbinary person, it can be a huge learning curve. So, try to counter that with self-education. There are a lot of amazing resources online out there from very prominent trans and nonbinary authors, activists, and other creators that people can follow. Read their books, watch their media. Learning from the community is one of the best things that anyone can do. Second, be open minded, listen to youth, and support them in being who they are.

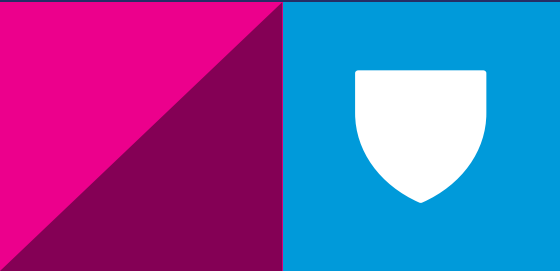
How to be a Supportive Adult for Transgender and Nonbinary Youth



Alex
Community Health Educator
(they/them)



In 2021, PPPSGV Peer Advocates conducted a needs assessment on gender identity. They surveyed nearly **900** local high school students, including **165** trans, nonbinary, and questioning youth. They created the "Undefined" zine to share stories of youth and their experiences navigating gender identity.



**PEERS
ZINE**

CLICK HERE 
to view the Peer Advocates' Zine



Lifting Voices

Advocating for Trans Youth in School Policy



Our Public Affairs and Education teams are committed to advocating for trans youth at both local and statewide levels. In California, the California Healthy Youth Act (CHYA) mandates comprehensive sexual health education in public schools that must be gender-inclusive and meet the needs of trans youth. Despite its enactment in 2016, challenges persist in delivering gender-inclusive education, heightened by political shifts and rising transphobia.

Lidia, Director of Community Education, works closely at the state level on LGBTQ+ trainings for teachers and on ensuring curriculum and textbooks meet state requirements to be gender-inclusive. Collaborating with the California Department of Education, Lidia has reviewed curriculum for CHYA compliance, recognizing its pivotal role in shaping school environments. She stresses that **"this is one way to have a big impact because if you can change the curriculum, you can change a lot of schools in one big swoop."** Locally, school districts are working to adopt supportive resolutions recognizing and affirming the trans and queer students in their district.

In all these spaces, PPPSGV shows up when our presence is valuable. We let our LGBTQ+ partners direct us on how we can best support their work. Our teams are currently developing more supportive education for parents and caregivers of trans youth to build a network of trusted adults who can support young people in a meaningful way.



Youth are being harmed through an onslaught of policies impeding their ability to just exist. Thankfully, California is leading the nation in curbing this growing injustice. The state recently passed the SAFETY Act, preventing schools from adopting policies that force school staff to "out" LGBTQ+ students to their parents. We are the first state to pass such strong language protecting young LGBTQ+ students."

Lidia

Director of
Community Education

(she/her)



COMING OUT

Our Community Health Educator's Tips on How to Be an Ally to Young People

The truth is, there is no one way to come out or be out. Not everyone comes out to every person in their lives or to everybody at the same time. For some, coming out is exciting and they want to celebrate it, and for others, they may not feel comfortable or safe doing so. Here are some tips you can use to support youth coming out to you:



DURING



Affirm them. You can say "Thank you for sharing this with me."



Listen and avoid assumptions. Let them lead the conversation and don't assume what they need. They may not need anything or know what they need in that moment, and that's also okay.



Offer future support. Let them know they can come back to you about this. If they change their mind and want your support on something later, you are still there for them.



Check in about privacy. Ask: are you sharing this with anyone else? Is there anyone you don't want me to tell? How do you want me to act outside of this conversation in relation to this information?

AFTER



Practice and use correct pronouns and name.



Respect and protect privacy. Uphold whatever privacy needs they ask for to maintain their safety and trust.

HE / HIS
SHE / HER
THEY / THEM



IN THIS TOGETHER

Share Your Story

[Click here](#)



Nothing defends the care that we provide better than your powerful stories. Tell us why you stand with PPPSGV.

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[Click here](#)



Your donation supports 64,000 patient visits every year. To make a gift to PPPSGV, donate online now or call 626.993.1090.

Volunteer With Us

[Click here](#)



Volunteers are an important part of PPPSGV's mission. Learn more about our different volunteer opportunities and apply to get involved.