





Safe sex starts with

KNOWLEDGE

YOUR Health is YOUR Power.

<https://www.yhyp.org>

#endthestigma

KEEP IT 100 Respect yourself
Respect her
Always strap up
Get tested often



YOUR HEALTH is YOUR POWER.

Find out more:
www.yourhealthyourpowerbmore.org






**RESPECT: YOURSELF
AND HER.
ALWAYS USE A
CONDOM.
FOR FREE CONDOMS
VISIT:**

WWW.HTTPS://Y2CONNECT.ORG/RESOURCE/BMORE-PROTECTED-CONDOM-DISTRIBUTION-PROGRAM/



**Live and love.
Always use a condom.**

FOR FREE CONDOMS
GO TO:
Y2CONNECT.ORG

**ALWAYS USE A CONDOM:
HERE'S HOW**

[HTTPS://WWW.CDC.GOV/CONDOMEFFECTIVENESS/MALE-CONDOM-USE.HTML](https://www.cdc.gov/condomeffectiveness/male-condom-use.html)



Respect Yourself.
Respect her.
Use a condom.

Get Tested.




**YOUR HEALTH
YOUR POWER**

www.yhyp.org



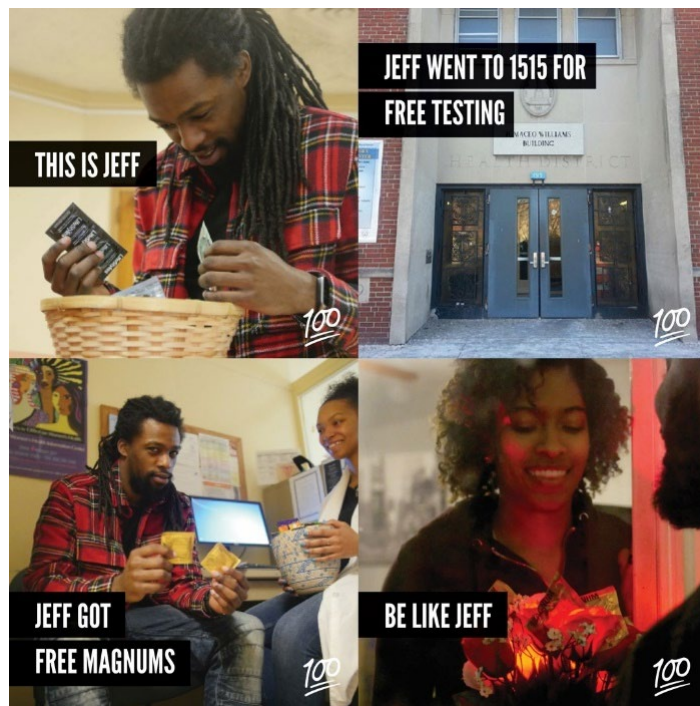
**HEY DAD- WE KNOW YOU LOVE YOUR FAMILY.
SHOW THEM BY GETTING A HEALTH CHECKUP.**



Hey Baltimore!

**YOUR HEALTH
IS YOUR
POWER**

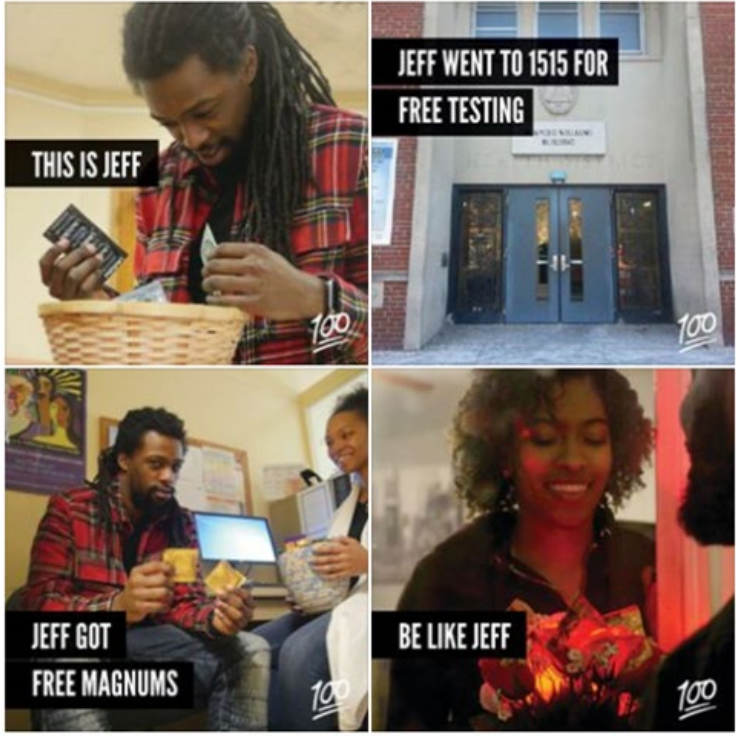
For free condoms & STD
testing go to :
www.yhyp.org



Kisha Smith and Odera Adigwe commented on your post.

100 Your Health is Your Power
Published by Jesus Perez [?] · May 8 at 7:49am 05/08/2018 7:49am ·

Jeff want to be healthy and knows about the FREE testing at his local health department. (1515 W. North Ave) #KEEPIT100 #YHYPBaltimore #BmoreHealthy



73,004 people reached

[Boost Again](#)

Recent Activity

Boosted on May 16
Audience: United States: Baltimore (+25 mi) Maryla...
By Charlotte Hager · Completed

[View Results](#)

Like Comment Share

Sam Gudda G Edwards, Moving Forward and 1.5K others

539 Shares

GREAT ENGAGEMENT!

- Over 800 Facebook Page Likes
- Over 100,000 people engaged with “Jeff” post
- Promoted the YHYP Facebook page and specific posts in waves: Week 1 – Week 8

View Results In Review

We're reviewing your ad to make sure it meets our [Advertising Policies](#). This usually takes less than 15 minutes.

Order Summary


- You are targeting men and women, ages 18 - 40 who live in 5 locations, and have 5 interests.
[Show full summary](#)
- This promotion will run for 14 days.
- Your total budget for this promotion is \$350.00 USD.
- Charlotte Hager's Visa *8845 will be billed.
- Your next bill will arrive when:
 - You spend \$25 of your budget [Learn More](#)
 - Or on April 30, 2018

DESKTOP NEWS FEED MOBILE NEWS FEED RIGHT COLUMN

Suggested Page

Your Health is Your Power
Sponsored

Safe sex is great sex: always #keepit100 by respecting her, respecting yourself, always...



Your Health is Your Power
Community Organization
?? people like this

[Like Page](#)

[Back](#) [Help Center](#)

WHAT WORKS

- Great, simple, straightforward images and messaging
- Ads easily adaptable and usable
- Continuous social media engagement
- Funding for social media campaigns
- Voice that is and from Baltimore
- Humorous ads gets shared more

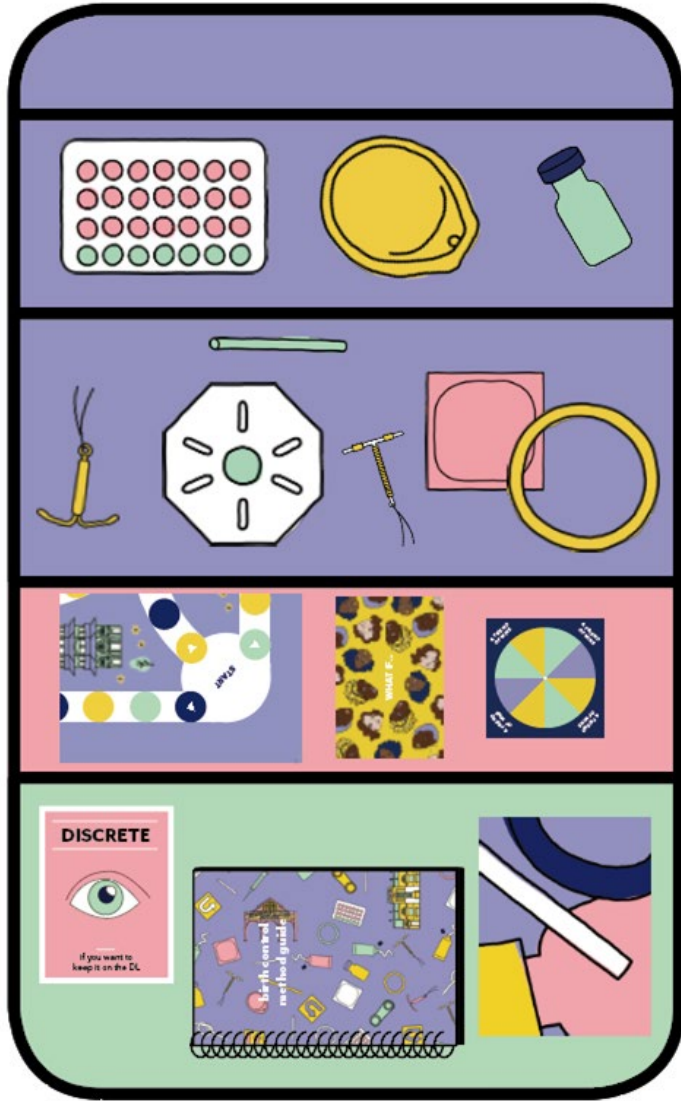


When You Have A Grant

National
Family Planning
& Reproductive Health Association

WHEN YOU HAVE A GRANT

- ***“We Want to Make Something Beautiful”***
- THINK BIG!
- “Community Liaison” stipend
- Partner with community organizations
- Partner with other experts (outside your field)
- Budget for graphic design and illustration
- Budget for printing and production
- FOOD!



“FAMILY PLANNING TOOLKIT”

An evidence-based, community-driven interactive toolkit designed to be used by community health workers to aid discussions around family planning decision-making.

HEALTH + DESIGN

- \$50,000 grant; part of LARC Access Project grant
- Partnership with B'more for Healthy Babies and the Center for Social Design at the Maryland Institute College of Art
- Engage home visitors and their clients
- ***How might we support Baltimore women in designing their own family planning strategy?***

FAMILY PLANNING TOOLKIT

- Hire *Community Liaison* to give voice (\$5,000)
- Partner with Institute (\$30,000)
(designers + students + class)
- Print and Production (\$6,000)
- Food + travel (\$3,000)

OUR TEAM

Charlotte / BCHD



Vic



Jade



Sarah



Amber / CCP



Elishabha / BHB



Rachel / MICA



Becky / MICA



Hayelin



Aylin



Claudia



Cecilia



**Family Planning
Practice-Based
Studio**

FAMILY PLANNING TOOLKIT

- Design case studies and public health research
- Survey of BHB staff and leadership
- “My Birth Control Journey” interviews
- Interview family planning providers
- Survey health professionals



**Including
Partners**



**Preparing
for**



**Desiring
Non-Hormonal**



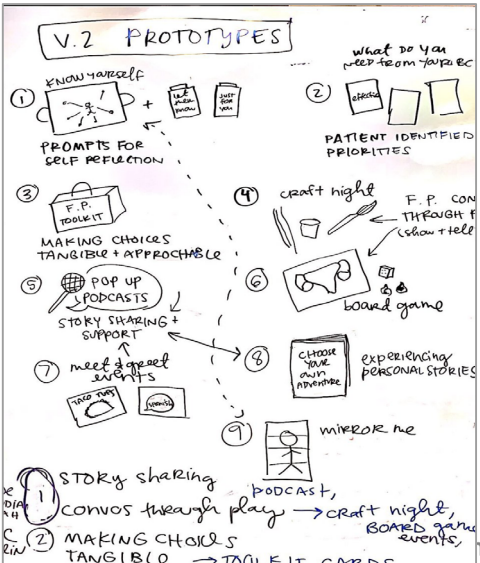
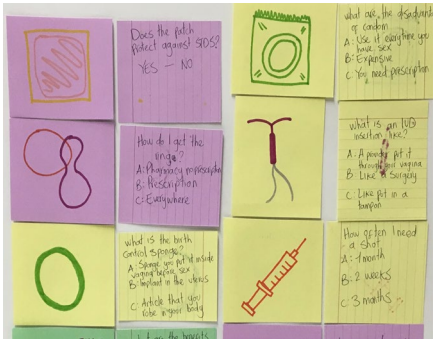
**Acknowledgi
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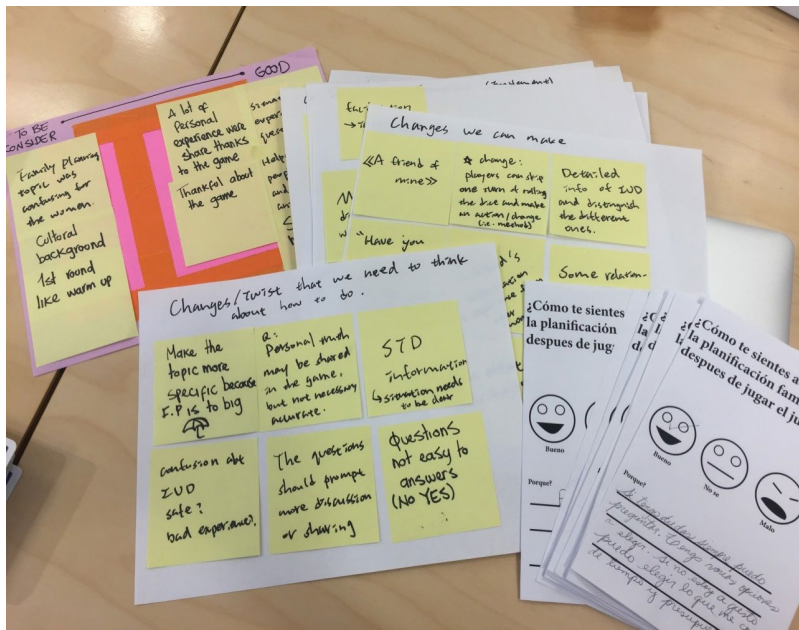
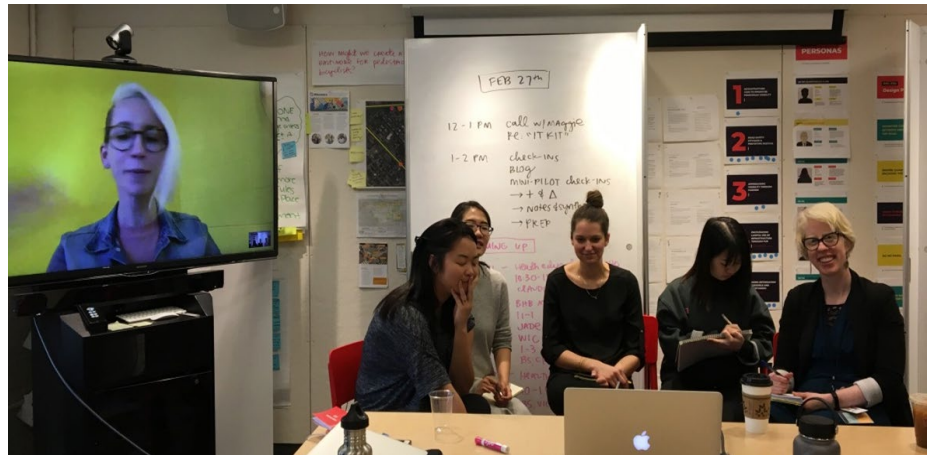
**Building Trust
Between**



PROTOTYPES



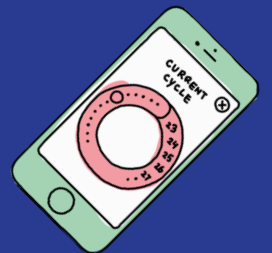
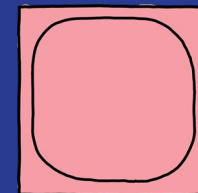
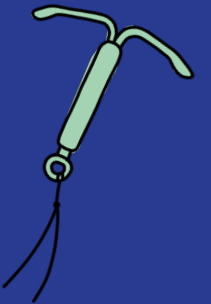
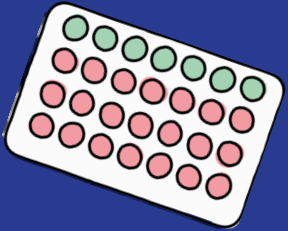
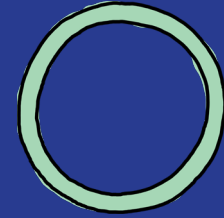
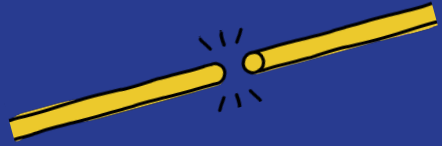
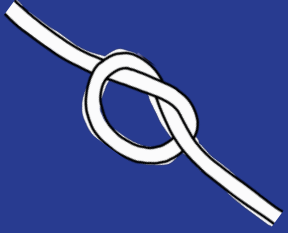
BUILDING DESIGN



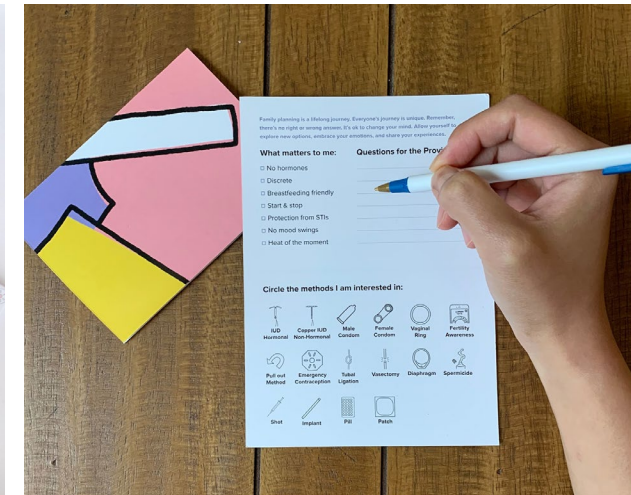
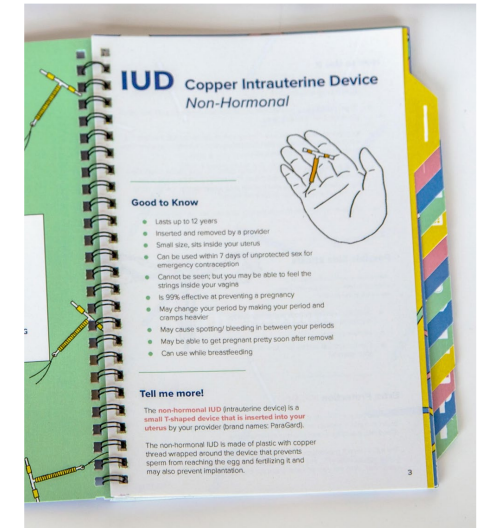
DESIGN WITH/ FOR YOUR AUDIENCE

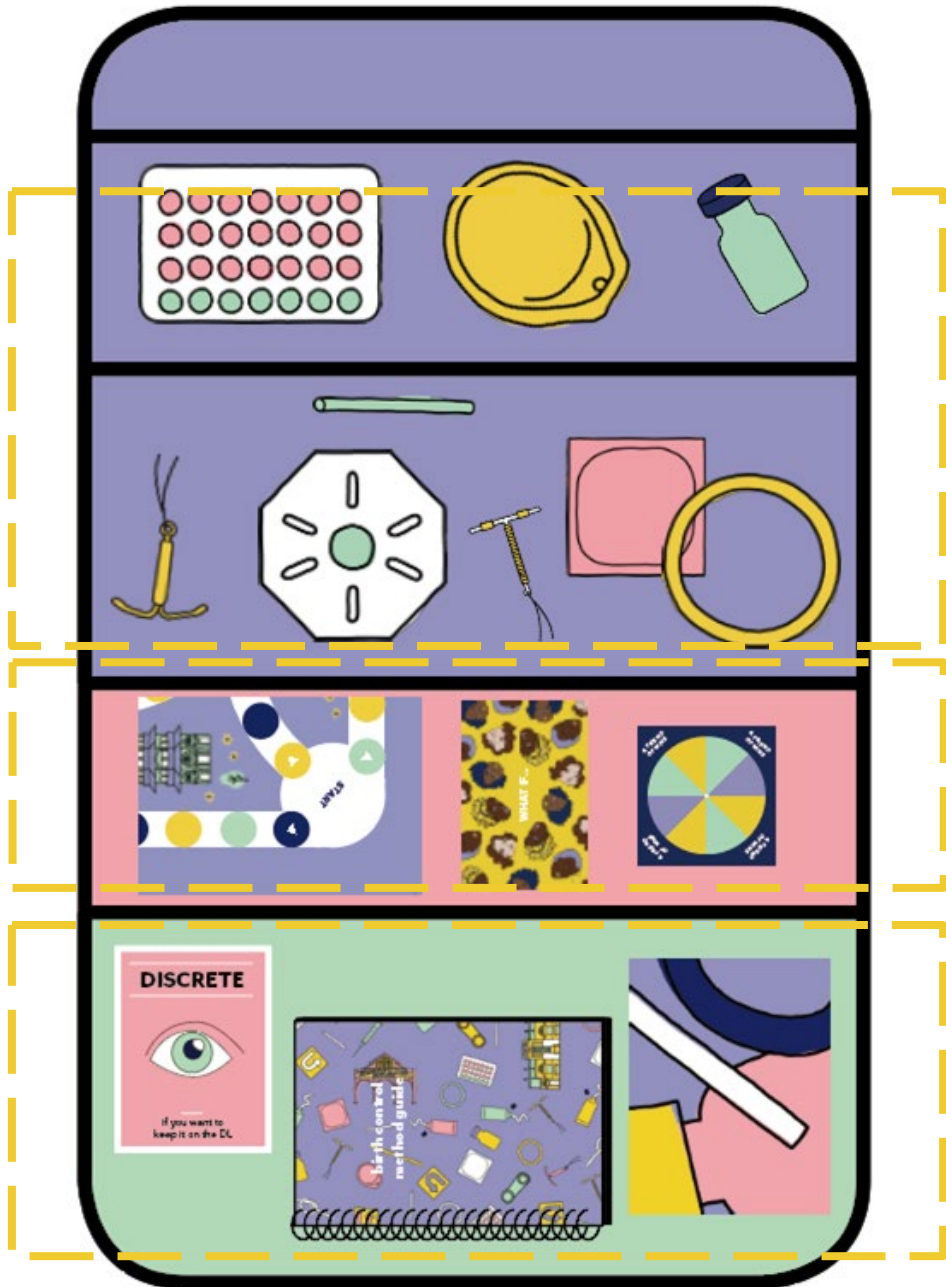


THE FAMILY PLANNING TOOLKIT



THE TOOLKIT!



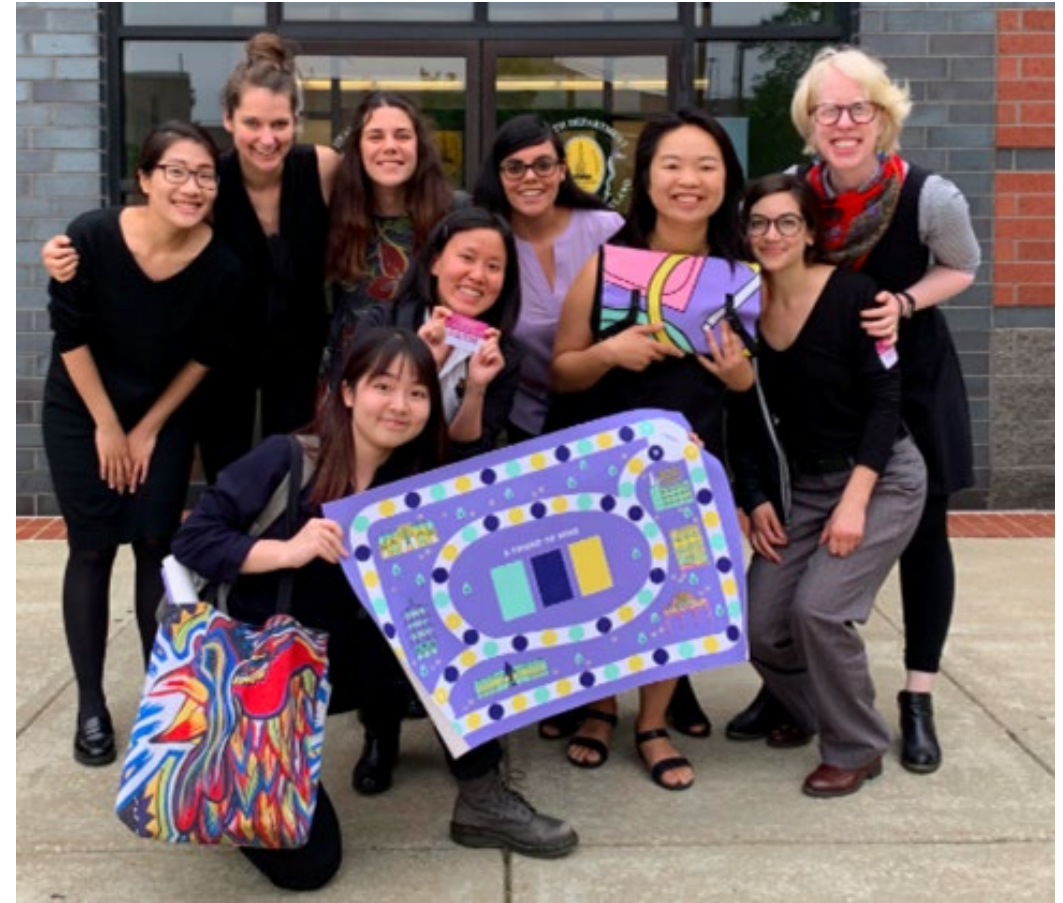


(1) TOUCH

(2) PLAY

(3) READ

NEXT STEPS



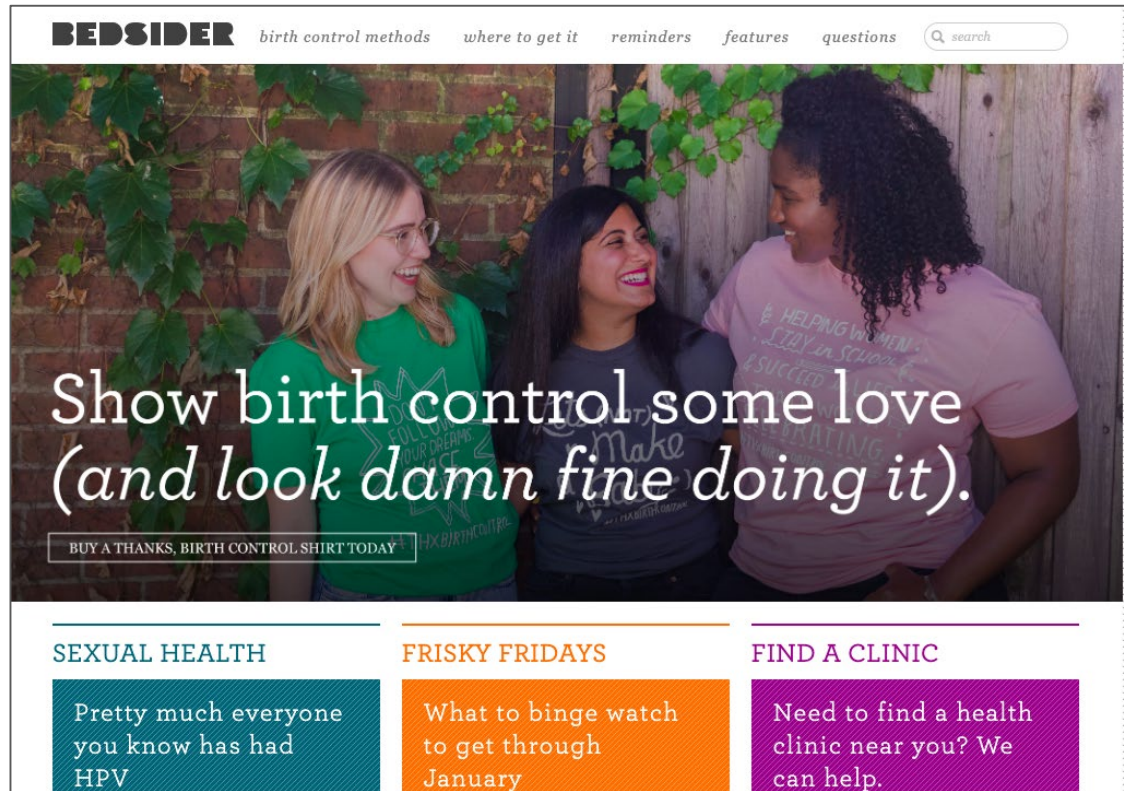
National
Family Planning
& Reproductive Health Association

Additional Resources

BEDSIDER

BEDSIDER for Patients

Bedsider.org



The screenshot shows the Bedsider website homepage. At the top, the logo "BEDSIDER" is followed by navigation links: "birth control methods", "where to get it", "reminders", "features", and "questions". A search bar is on the right. The main banner features a photo of three young women smiling, with the text "Show birth control some love (and look damn fine doing it)." overlaid. Below the banner is a button that says "BUY A THANKS, BIRTH CONTROL SHIRT TODAY". The footer is divided into three columns: "SEXUAL HEALTH" with a link to "Pretty much everyone you know has had HPV", "FRISKY FRIDAYS" with a link to "What to binge watch to get through January", and "FIND A CLINIC" with a link to "Need to find a health clinic near you? We can help."

BEDSIDER birth control methods where to get it reminders features questions

Show birth control some love
(and look damn fine doing it).

BUY A THANKS, BIRTH CONTROL SHIRT TODAY

SEXUAL HEALTH
Pretty much everyone you know has had HPV

FRISKY FRIDAYS
What to binge watch to get through January


FIND A CLINIC
Need to find a health clinic near you? We can help.

BEDSIDER


BEDSIDER for Providers

Providers.Bedsider.org


BEDSIDER PROVIDERS[articles](#)[digital tools](#)[frequently asked questions](#)[order materials](#)




Does body weight change how effective EC is?
What you need to know about the current research and how to talk to patients.




RESEARCH ROUNDUP
Research roundup: January 2020 edition
The month's top research and guidelines on birth control, sexual health, abortion, STIs, and more.




PRACTICE GUIDE
PrEP: A Provider's Guide
A quick reference guide and resources for providers on prescribing and managing pre-exposure prophylaxis (PrEP) for HIV.




Access to birth control is about more than where you live
Identify barriers to birth control and how you can help



RESEARCH ROUNDUP
Research roundup: December 2019 edition
The month's top research and guidelines on birth control, sexual health, abortion, STIs, and more.

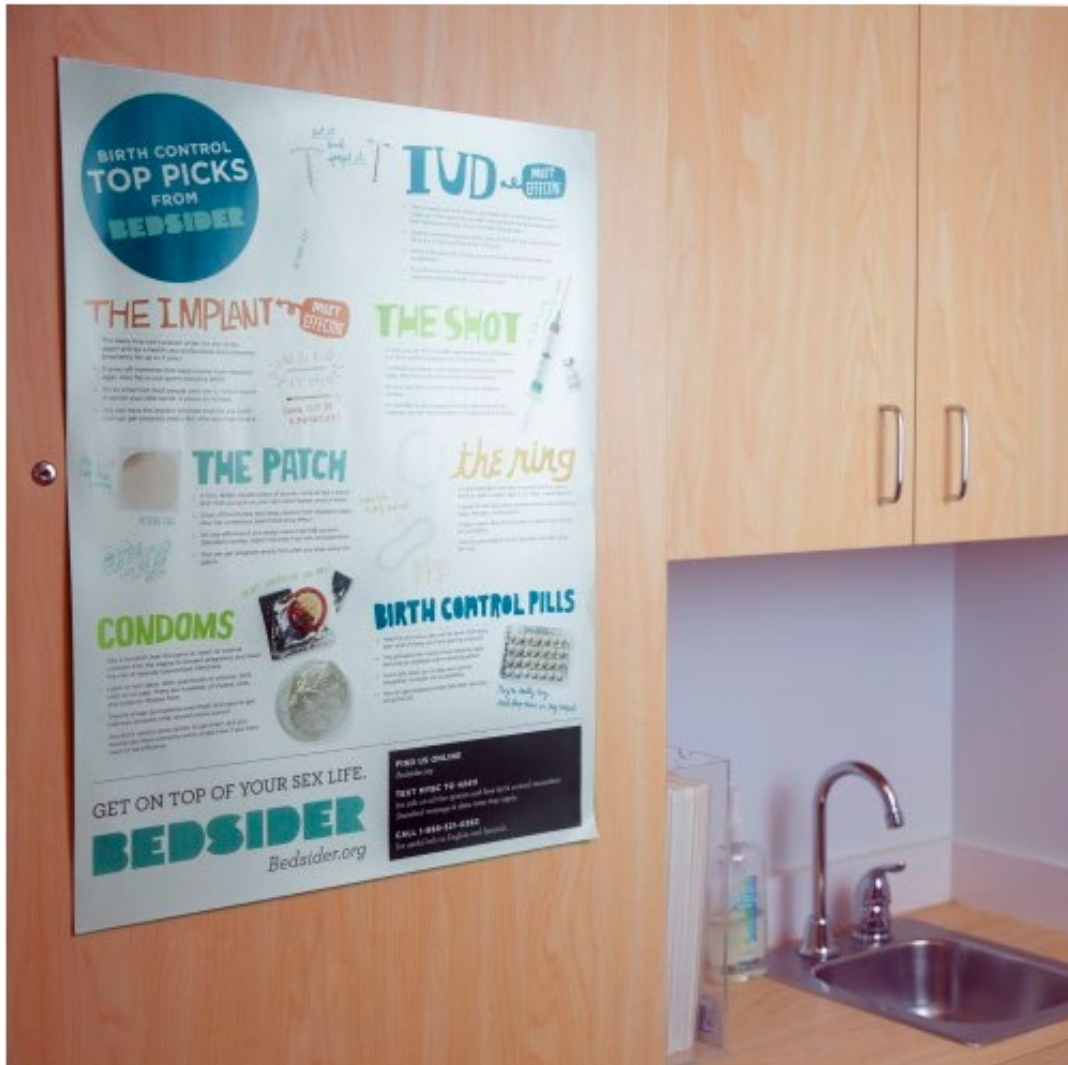


SHOP TALK
How to Help People Get the Emergency Contraception (EC) Pills They Need
Barriers to getting EC pills and how you can help.
3 months ago



SHOP TALK
No more fainting in your practice
How to prevent vasovagal syncope in your patients, your friends, your family, and yourself in one simple step.

BEDSIDER



BIRTH CONTROL TOP PICKS FROM BEDSIDER



IUD MOST EFFECTIVE

- This T-shaped piece of plastic—available with or without hormones—is placed in the uterus by a health care professional and keeps sperm from doing their thing. (As in not fertilizing an egg.)
- Trouble remembering your birth control? The IUD just may be for you. Once it's in, you can keep it for 3-12 years.
- Some IUDs allow you to skip your period altogether. Consider the possibilities!
- You can have the IUD removed anytime you want and can get pregnant pretty fast after you stop using it.

THE IMPLANT MOST EFFECTIVE

- This teeny tiny rod is placed under the skin in the upper arm by a health care professional and it prevents pregnancy for up to 4 years.
- It gives off hormones that keep ovaries from releasing eggs. Also has a cool sperm-blocking effect.
- It's so small that most people can't see it—which means it can be your little secret, if you're so inclined.
- You can have the implant removed anytime you want and can get pregnant pretty fast after you stop using it.



THE SHOT

- A shot you get from a health care professional that keeps you from getting pregnant for 3 months at a time.
- It contains progestin, which keeps ovaries from producing eggs. Also has an awesome sperm-blocking effect.
- No one can tell you're on it, so it gives you complete privacy.
- It's possible to get pregnant 12 weeks following the last injection, but for some women it can take around 9 months.



THE PATCH

- A thin, beige, square piece of plastic—kind of like a Band-Aid—that you put on your skin and change once a week.
- Gives off hormones that keep ovaries from releasing eggs. Also has a fabulous sperm-blocking effect.
- It's less effective if you weigh more than 198 pounds. (Random number, right?) So take that into consideration.
- You can get pregnant pretty fast after you stop using the patch.



the ring

- A small, bendable ring that's inserted into the vagina. Put it in. Wait 3 weeks. Take it out. Wait 1 week. Repeat.
- It gives off hormones that prevent ovaries from releasing eggs. No eggs, no pregnancy.
- It uses a lower dose of hormones, so there's less chance of side effects.
- You can get pregnant pretty fast after you stop using the ring.



CONDOMS

- Slip a condom over the penis or insert an internal condom into the vagina to prevent pregnancy and lower the risk of sexually transmitted infections.
- Latex or non-latex. With spermicide or without. With lube or no lube. There are hundreds of shapes, sizes, and types to choose from.
- They're cheap (sometimes even free!) and easy to get. Internal condoms offer women more control.
- You don't need a prescription to get them, but you should use them correctly every single time if you want them to be effective.



BIRTH CONTROL PILLS

- Take the pill once a day—at the same time every day—and it'll keep you from getting pregnant.
- The pill keeps the ovaries from releasing eggs. Also has an excellent sperm-blocking effect.
- Some pills allow you to skip your period altogether. Consider the possibilities.
- You can get pregnant pretty fast after you stop using the pill.



GET ON TOP OF YOUR SEX LIFE.

BEDSIDER

Bedsider.org

FIND US ONLINE
Bedsider.org

DOWNLOAD OUR FREE REMINDERS APP
Remember your pill, patch, ring, or shot.
Learn more at Bedsider.org/reminders_app.

CALL 1-888-321-0383
Get useful info in English and Spanish.

Beyond the Pill

Beyond the Pill *Bringing the best science to contraceptive care*

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Tools & Materials

HOW WELL DOES BIRTH CONTROL

Almost 100% effective

Really, really well

Works, hassle-free, for up to...

Contraceptive Method	Duration
The Implant (Nexplanon)	3 years
IUD (Skyla)	3 years
IUD (Mirena)	5 years
IUD (ParaGard)	

NEED BIRTH CONTROL THAT WORKS AFTER UNPROTECTED SEX?

HAVE YOU CONSIDERED AN IUD?

IT'S THE MOST EFFECTIVE EMERGENCY CONTRACEPTION (EC).

AN IUD WORKS 100% OF THE TIME. EC PILLS WORK 85-95% OF THE TIME.

KEEP USING IT AS SUPER-EFFECTIVE BIRTH CONTROL.

★ NO HORMONES & TOTALLY PRIVATE ★

YOU MAY BE ABLE TO GET ONE FOR FREE

YOUR DOCTOR OR NURSE PLACES AN IUD INSIDE THE UTERUS. IT'S QUICK—LESS THAN 10 MINUTES.

INTERESTED? Ask your Healthcare Provider for details.

RESIDEE