



**Messaging Guide:**  
**Impact of Mandated Parental Involvement Policies**  
**on Family Planning Access**

**We all want young people to be healthy, safe, and respected.**

- Young people should have the care, support and information they need to make important decisions about their health, lives, and future from family planning providers they know and trust.
- Most young people do involve their parent or guardian in their health care decisions; however, we recognize that there are situations where young people cannot turn to a parent or guardian for support.
- Not all young people have a relationship with a parent or guardian in which they feel safe to disclose or discuss their sexual health needs. Some patients seeking Title X-funded care are experiencing abuse, violence and/or coercion and need confidential sexual health services from a trusted provider.
- It is important that young people have access to highly qualified health care providers who are committed to their patients' health and safety and can share the information they need to make safe and healthy decisions.
- The right to confidential care is particularly important for marginalized groups, including people with low incomes, people of color, LGBTQ+, and adolescents who are disproportionately targeted by harmful barriers to health care and experience difficulties accessing birth control.

**Certain politicians and judges are trying to control our bodies and our lives and take away our freedom to make our own decisions about our future**

- Everyone should have the ability and right to make decisions about their health, lives, and future and control their own body without political influence.
- This isn't about protecting access to care. Instead, this is a clear move in opponents' playbook to curtail people's reproductive rights and control of their own bodies, and they will use every opportunity they have to be successful.
- Some politicians and judges have a clear agenda to further restrict sexual and reproductive health care and are forcing these medically unnecessary laws that have nothing to do with young people's health and safety. These efforts are politically motivated, nor are they based on scientific evidence or best medical practice.

**District court judge's ruling in *Deanda v. Becerra* threatens access to care nationwide.**

- A legal challenge making its way through the courts, *Deanda v. Becerra*, could ultimately eviscerate the Title X program's longstanding statutory protection of minors' ability to seek contraceptive care without parental consent.
- Under a judgment issued by a district court judge in Texas in this case, and despite decades of practice and legal precedent, young people in Texas can no longer rely on Title X-funded health centers to meet their contraceptive needs without this consent.

- This ruling has been appealed to the US Court of Appeals for the Fifth Circuit. If the court rules in favor of Deanda, it could lead to access to care problems among young people across the country.
- Other state efforts could replicate this harmful policy and undermine access to contraceptive care for everyone.
- Efforts to erase longstanding confidentiality protections in the Title X program could lead to dangerous health consequences for people and undermine the integrity of the Title X program.

**Instead of laws that hurt our families, let's invest in solutions that work for every young person, family, and community.**

- Research has shown that privacy concerns can influence whether or not young people seek family planning care, which services they accept, and how candid they are with their health care providers.
- Mandated parental involvement policies are contrary to the purpose of the Title X family planning program and block access to care for young people seeking confidential health care services.
- Parental involvement mandates disregard the unique health care needs of people seeking care in a Title X setting, compromise patients' ability to make fully informed decisions, and discourage young people from trusting their provider and accessing the health care they need.
- Parental involvement laws do not guarantee that a young person will talk to their parents or guardian about their family planning needs. Instead, it can make it harder for young people to access the health care they need. See more on parental notification and involvement from the [COMS Project](#).

**Title X plays a unique role in safety-net health care, including allowing young people to access health care and information they need to stay healthy.**

- Title X guarantees comprehensive, voluntary, non-directive family planning care and counseling. Title X-funded services must be made available to all people in need of care, including young people.
- Confidentiality for all patients receiving care through Title X is a bedrock protection unique to the Title X program.
- Title X-funded health centers represent a place of safety and trust for millions of people across the country, many of whom rely on their local family planning health center as their main source of health care.