





## WHO ARE WE?

GET SMART B4U GET SEXY IS A PROGRAM THAT REVOLVES AROUND SUPPORTING BLACK AND BROWN TEENS THROUGH EDUCATION ON SEXUALITY, SEXUAL HEALTH, & MORE. WE PROVIDE RESOURCES FOR THE YOUTH WHO MAY FEEL VULNERABLE, INTIMIDATED, OR AFRAID TO ASK FOR HELP OR MORE INFORMATION ABOUT SEXUAL HEALTH. WE FOCUS ON SUPPORTING OUR COMMUNITY THROUGH THE STI HEALTH CRISIS IN LA COUNTY.

GSB4UGS AIMS TO PREVENT REPRODUCTIVE HEALTH ISSUES THAT OUR YOUTH MAY FACE BY PROVIDING PEER-TO-PEER COMPREHENSIVE REPRODUCTIVE HEALTH EDUCATION. OUR GOAL IS TO ENSURE THAT TEENS IN THE BLACK AND BROWN COMMUNITY GAIN AWARENESS AND EDUCATION TO MAKE HEALTHY AND INFORMED HEALTH DECISIONS. LOS ANGELES HAS ONE OF THE HIGHEST STD RATES IN TEENS, AND WE MUST DEVELOP STRATEGIES TO MAKE A CHANGE IN OUR COMMUNITY!

**1**



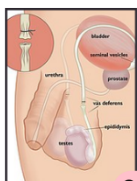
## Contraception Methods:

### 5 most common methods in California

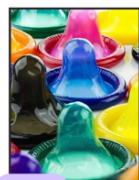
The following are a few of the more common types of contraceptives. These can be used to avoid ovulation and pregnancy; some are reversible while others aren't. Some can also help prevent STD's/STI's.

#### 5. Male Sterilization

An estimated 6% of women in the US rely on partner sterilization as a contraceptive. Vasectomies permanently block the tubes that carry sperm to the penis.



99% effective



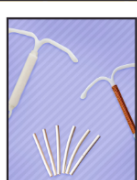
98% effective

#### 4. Condom

A condom is a thin covering worn on the penis during sex to prevent pregnancy. Condoms are the only method of birth control that prevents sexually transmitted infections.

#### 3. LARCS

Long-acting reversible contraception, are methods that last longer in between treatments or checkups. An IUD or implant are examples of LARC. These can last anywhere between 3-10 years depending on which method you choose.



99% effective



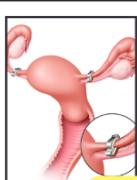
99% effective

#### 2. Pill

A pill you take orally everyday to help prevent pregnancy. Combination birth control pills are a daily medication that contains 2 hormones.

#### 1. Female Sterilization

An operation to permanently prevent pregnancy. The fallopian tubes are blocked or sealed to prevent the eggs reaching the sperm and becoming fertilised.



99% effective

#### References:

[https://www.cdc.gov/nchs/products/databriefs/db327.htm#:~:text=The%20most%20common%20contraceptive%20methods,and%20male%20condom%20\(8.7%25\).](https://www.cdc.gov/nchs/products/databriefs/db327.htm#:~:text=The%20most%20common%20contraceptive%20methods,and%20male%20condom%20(8.7%25).)

<https://www.nytimes.com/2018/12/21/health/women-contraceptives.html>

These are not the ONLY types of contraceptive methods! Consult with your medical care provider for more information on the method right for your body.



## LOS ANGELES SAFE HAVENS

Feeling overwhelmed or over stimulated? Well, here are some spots you can visit to clear your mind!



### INGLEWOOD LIBRARY

The Inglewood Public library is a quiet and calm place that includes many areas such as the teen/young adult section, as well as a kids and adult section. The Library could be used as a study hall, to read, or just a quiet place to disconnect and relax.

Free after 3pm on weekdays, this is a popular art museum located by the La Brea tar pits and outdoor urban lights. Enjoy beautiful exhibits, sculptures, and artifacts from centuries ago in a quiet and peaceful setting.



### LACMA



### SANTA MONICA PIER

Santa Monica Pier is an eventful spot always filled with laughter and fun. Located right on the beach, you can enjoy a nice stroll, enjoy the fresh ocean breeze, and the calming sound of the waves crashing on the shore.



# ABORTIONS WITHIN CALIFORNIA

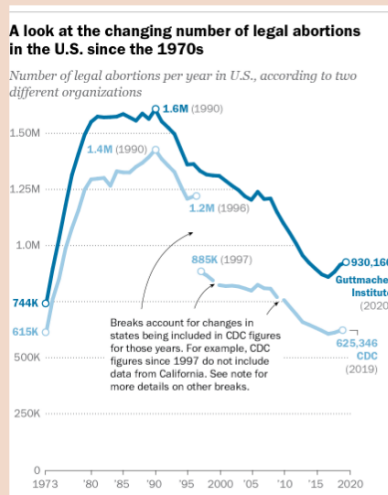


Abortions are one of the most controversial subjects in America. Discussions on whether it should be legalized across the country have been heavily debated for decades and recent political decisions have stirred the hypothetical political pot significantly.

With the recent overturning of *Roe v. Wade* by the Supreme Court in July, abortion rights have become a relevant campaign topic all around the nation. Uncertainty around abortion “laws-by-state” have alarmed millions and without a doubt spurred conflict within ‘Pro-Choice America’.

Although abortions are heavily discussed, there is very little educational resources nationwide regarding the topic. Although scarce, reports of abortion procedures over the years have provided crucial information to the public.

Abortion rates in the US have gone from 916,460 in 2019, to over 930,000 in 2020, and are consistently rising according to on-going reports. **Although rates are rising, access to facilities providing abortion procedures have gone down.** For instance, there was roughly a 5% decrease in abortion clinics between 2014 and 2017.



To give a better understanding of the crisis we are in, it would be helpful to consider that in 2017, 89% of US counties had no clinics that provided abortion. This meant that at least 38% of young women were unable to get access to an abortion. This forced them to have to travel to different cities or even states where they could get one. Luckily now, it is likely that laws will continue to be restricted within different states, which will result in a high number of abortions performed to non-state residents.

As of 2017, California alone accounted for 132,680 abortions or at least 15.4% of all abortions in the United States. However, because of how inaccessible abortions are to out of state residents, this number also accounted for 1/3 of California to have the procedure done. On the other hand, there have been instances of some women who have also traveled out of California to get one because of state-level restrictions. On the other hand, California is not the only state to have this. Most states have state level restrictions which include parental notification/consent requirements for minors, limitations on public funding, mandated counseling developed to persuade individuals from acquiring an abortion, mandated waiting periods, and numerous other unnecessary regulations on abortion facilities. This proves that recent restrictions and bans are neither fair or convenient, which sparked The Turnaway Study to further prove the unconventional effects that abortion restrictions have had on women.

Following the U.S. Supreme court overturning people’s access to abortions, they turned over the issue to the states to further determine their laws and state restrictions on the matter. As of now, people in California still remain access to abortions. Facilities that provide care are seen as an “abortion sanctuary” with the ultimate goal of providing safe and legal care for women who need it regardless of their state residency.

Abortion is a health care option that should be accessed to anyone despite their residency, age, gender, or sexuality and denying a person of that leads to hardship in many different ways. Denial to abortions allows unfair opportunities of health, disproportionate economic resources, and supports racial disparities within the health care system.

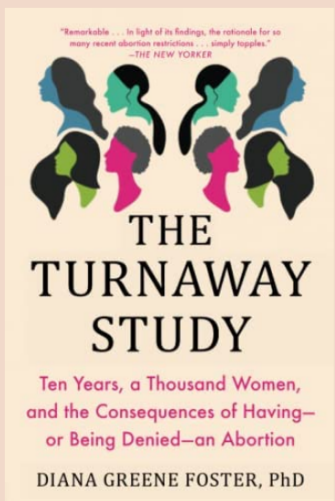
75% of US abortion patients live at or below 250% of federal poverty level. In the study, women who were turned away and were obligated to give birth experienced an increase in household poverty, which lasted for a number of years. Being denied an abortion lowered these women’s credit score, increased their amount of debt and other negative public financial records, like evictions or bankruptcies.

More than 50% of abortion patients are women of color. Statistically, black women are over three times likely to die from a pregnancy related cause than women of other races. Racism within the healthcare system towards minority ethnic groups truly does exist and without awareness of it, there will be no change.

The alternative to abortion, which is childbirth, has a 14 times higher risk than an abortion. Without quality healthcare, pregnancy related complications cannot be efficiently taken care of. This may lead to long term health problems whether it be physical or mental. Women who were denied an abortion and gave birth reported more life-threatening health risks than those who received abortions. It is reported that they experience eclampsia, postpartum hemorrhage, more chronic headaches or migraines, joint pain and numerous other effects.

The reasons why people choose to have abortions is quite varied, but even then, their reasoning shouldn’t need to be considered or defended. A person should be able to determine their own choices despite negative connotation towards abortions or without the pressure of the world, especially if it heavily affects their own health or well-being and potentially their life.

- Jana Craig  
PHA Intern  
Black Women for Wellness



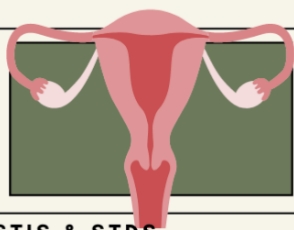


# What Is Reproductive Health?

& how does it relate to STIs



## LET'S TALK ABOUT SEXUAL HEALTH!!

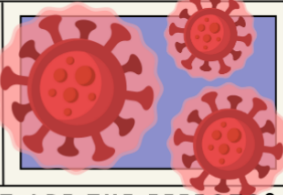


### REPRODUCTION

Reproduction is a person's ability to conceive. The reproductive system is the organs, tissues, and muscles that allow someone to reproduce. These organs are very important especially for someone who plans to have children in the future.

### STIS & STDs

STIs & STDs are sexually transmitted diseases that anyone who is sexually active could contract. Some of these diseases include: Chlamydia, gonorrhea, HIV, etc. Contracting STIs can damage someone's reproductive organs.



### WHAT ARE THE EFFECTS?

STIs such as gonorrhea, and chlamydia can lead to a disease called PID, if left untreated. PID is a pelvic inflammatory disease that can cause cervical cancer, and even infertility.

### CAN WE PREVENT THIS??

Yes these STIs can lead to many harmful effects to the body but, catching them can be easily prevented. The use of condoms is the only contraceptive that 100% protects you from pregnancy and sexually transmitted disease, if used properly.



### WHAT IS ABSTINENCE?

Although safe sex is important, there is only one practice that can protect you from unwanted pregnancy and STIs. Abstinence! This is refraining from any sexual acts what so ever. If you are to engage in sex and sexual acts be sure to be safe and protected.

### TEEN PREGNANCY

Did you know that teen pregnancy has substantial health, economic, and social effects. Pregnant teenagers are more likely to experience miscarriages, maternal illness (preeclampsia, hypertension, etc.), stillbirth, and neonatal death.



### HIV IN THE COMMUNITY

Black people account for a higher proportion of HIV infections compared to other races. Black people accounted for 13% of the U.S. population, but 40% of people with HIV in 2019, according to CDC estimates.

### GET SMART B4 U GET SEXY

It is important to maintain a healthy body. To do so you should maintain a healthy lifestyle and stay educated. Safe sex is always important so, remember to always stay protected to keep your body healthy and to prevent unwanted pregnancies and STIs/STDs.

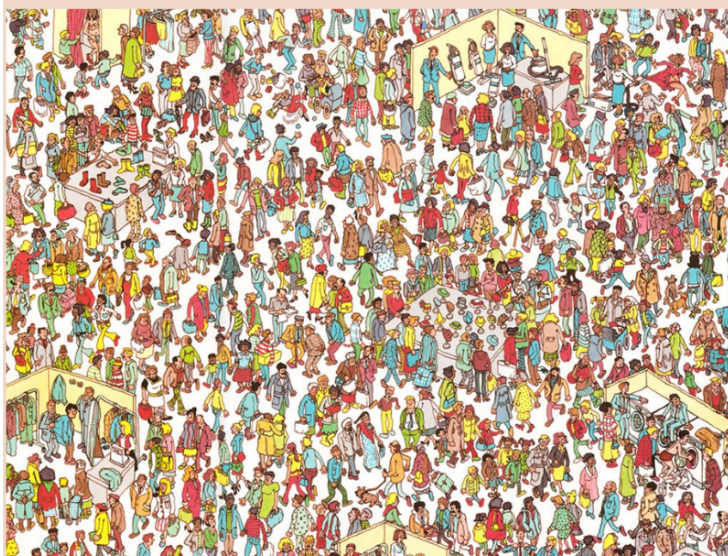


6



## WHERE'S WALDO??

## FIND WALDO IN THE IMAGE



## GET INVOLVED

SHARE WITH US FACTS YOU  
LEARNED OR FACTS WE SHOULD  
INCLUDE!!



@GSB4UGS



@getsmartb4ugetsexy



@GSB4UGS

7

# WELCOME TO THE TEAM MIYANA!!!



**WE ARE SO EXCITED TO HAVE A  
NEW PROGRAM COORDINATOR JOIN  
THE GET SMART TEAM. WE ARE  
LOOKING FORWARD TO YOUR  
GUIDANCE AND SUPPORT!**

Miyana Evans is one of two Program Coordinators for Get Smart B4 U Get Sexy. She is also a recent UCLA graduate with two degrees in African American Studies and Sociology and extensive experience in working with teenagers and young adults. Miyana is also a former College Advisor and has worked 5 years in strategic partnerships and community engagement in low income communities. Her passions outside of working for Black Women for Wellness include working to even educational playing fields and increase access to higher education in underserved communities.

## UPCOMING EVENTS



Food Distribution located in South Los Angeles at the NDICA Headquarters. Open from 2:00pm - 4:00pm every Tuesday.

You don't have to fly alone!  
In this FREE therapeutic space for new and expecting Black/African American moms. Virtual & In Person.

### Grow your Village



BLACK/AFRICAN AMERICAN MATERNAL MENTAL HEALTH GROUP

register at <https://intakeq.com/new/pnztnty>,

## Happy Holidays



10:00 AM – 5:00 PM  
1201 South Figueroa Street Los Angeles

# RESOURCES

## Contraceptives

[https://www.nichd.nih.gov/health/topics/contraception/more\\_information/resources](https://www.nichd.nih.gov/health/topics/contraception/more_information/resources)

<https://www.cdc.gov/reproductivehealth/contraception/index.htm>

## Abortion & Reproductive Health

<https://hersmartchoice.com/>

[https://www.fpawomenshealth.com/abortion?gclid=CjwKCAiA-dCcBhBQEiwAeWidtSGrH5XRUPGtuv3A69QjQpsvPURVC0jQ90XuENbutBVDz25Y8qGP9RoCIT8QAvD\\_BwE](https://www.fpawomenshealth.com/abortion?gclid=CjwKCAiA-dCcBhBQEiwAeWidtSGrH5XRUPGtuv3A69QjQpsvPURVC0jQ90XuENbutBVDz25Y8qGP9RoCIT8QAvD_BwE)

## STI/STDs

<https://www.freestdcheck.org/>

<https://dontthinkknow.org/>

[https://www.plannedparenthood.org/blog/what-should-i-do-if-i-get-an-sti?gclid=CjwKCAiA-dCcBhBQEiwAeWidtRSTBwBCZMYMJt2u\\_cgIUxbxo5a8MJvJMYeUPSA-Y8qotTa1zPMILRoCQoYQAvD\\_BwE](https://www.plannedparenthood.org/blog/what-should-i-do-if-i-get-an-sti?gclid=CjwKCAiA-dCcBhBQEiwAeWidtRSTBwBCZMYMJt2u_cgIUxbxo5a8MJvJMYeUPSA-Y8qotTa1zPMILRoCQoYQAvD_BwE)

[https://s.healthnwell.com/serp?q=sti%20and%20hiv&segment=healthnwell.g002&s1aid=7870290392&s1cid=11801629876&s1agid=112592184177&s1kid=kwd-302405714159&utm\\_source=adwords&gclid=CjwKCAiA-dCcBhBQEiwAeWidteaQ0Bd3HYM0CRrbhOOxycwMoSvaktCv\\_0ypBjjai6PudVr9CJ-nBoChRIQAvD\\_BwE](https://s.healthnwell.com/serp?q=sti%20and%20hiv&segment=healthnwell.g002&s1aid=7870290392&s1cid=11801629876&s1agid=112592184177&s1kid=kwd-302405714159&utm_source=adwords&gclid=CjwKCAiA-dCcBhBQEiwAeWidteaQ0Bd3HYM0CRrbhOOxycwMoSvaktCv_0ypBjjai6PudVr9CJ-nBoChRIQAvD_BwE)