



Newsletter

Volume 5, 2016

Be healthy. Be You.

Sex Education That Works in a FLASH

You're changing sex education across the country, while giving our youth skills to change their lives and positively impact our communities.

Thirty five years. That's how long the federal government has been funding abstinence education, even though it has never been shown to substantially lower teen pregnancy rates or prevent the spread of sexually transmitted infections.

Despite the ineffectiveness, half of all states use abstinence-only education and some states legally require abstinence-only or abstinence-plus curricula (stresses abstinence but also teaches contraception).

Minnesota is one of 19 states that require "districts to have a program that has technically accurate information and curriculum."

But if a state receives federal funding for sex education (Minnesota does), **school districts are required to choose curriculum from a federally approved list – most of which haven't been updated since the 1980s.**

Because of your support, Family Tree is gearing up to change that. Starting this fall, we will be part of a national research project to test the Family Life and Sexual Health (FLASH) curriculum.

Most federally approved sex education curricula available rely on outdated education strategies (and sometimes data), promote biases and stereotypes about gender, family structure and sexual orientation, are not LGBTQ accessible, and are not easily translatable across different communities.

The FLASH curriculum is about to change all of that.

The FLASH curriculum is different because it's designed to support young people in making healthy choices: abstain from sex, use protection when they do have sex, seek health care when they need it, communicate effectively with their

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Check out the list and mark your calendar!

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We see about 4,000 patients a year. Learn about who you help.

4 Free walk-in pregnancy testing

Now offering free walk-in pregnancy testing and all options counseling.



"FLASH is inclusive, skills based, affordable, and created in such a way that any teacher can pick it up and teach it effectively."

**- Tatum Bishop,
Community Health Educator**
(pictured above)

UPCOMING EVENTS



APR
12

WALK-IN STI TESTING DAY

All day, Family Tree Clinic

April is STI Awareness Month! Get tested. We offer STI testing every day, but we're partnering with 42 clinics around the state on April 12.

MAY
19

GIVE OUT DAY

All day, online

We have a goal of raising \$5,000 in 24 hours to support our LGBTQ Health Access Initiative. Learn more at FamilyTreeClinic.org.

JUNE
25-26

PRIDE TWIN CITIES

All weekend

Join us as we march in the parade on Sunday and hang out in Loring Park all weekend long. We'll be selling sex positivity t-shirts and celebrating community.

OCT
6

SPELLING BEE FOR CHEATERS

Our third annual fundraiser

It's team-based spelling. And the more your team raises, the more you can cheat!

Excellent care, a safe

Sex Education That Works in a FLASH *continued from page 1*

families, and respect decisions not to have sex.

Not only does it incorporate the values of students, but it also focuses on building skills and self-efficacy so students feel like their bodies and lives are worth protecting.

Plus, it's LGBTQ inclusive, and our educators are working with the curriculum creators and trans folks to make it trans inclusive.

Lessons include a variety of strategies designed to create positive attitudes, beliefs and norms and to build skills in order to reduce rates of pregnancy, sexually transmitted infections and sexual violence.

**With your support and grant funding,
we have an incredible opportunity to
lead a national research project to test
the efficacy of the FLASH curriculum.**

We will be formally partnering with the St. Paul Public School District to implement the FLASH curriculum. Half of the schools will receive the lessons from our educators and half will receive a standard five lesson sexuality education course.

At the end of the year, the program will receive a multi-faceted evaluation to measure how it reduces rates of unplanned pregnancy and sexual violence.

Even though we've been working with the St Paul School District for decades, we have done it with no compensation. **It's people like you who make evidence-based sex education available to our youth. And together, we will be on the forefront of making FLASH the evidence-based curriculum districts turn to nationally.**

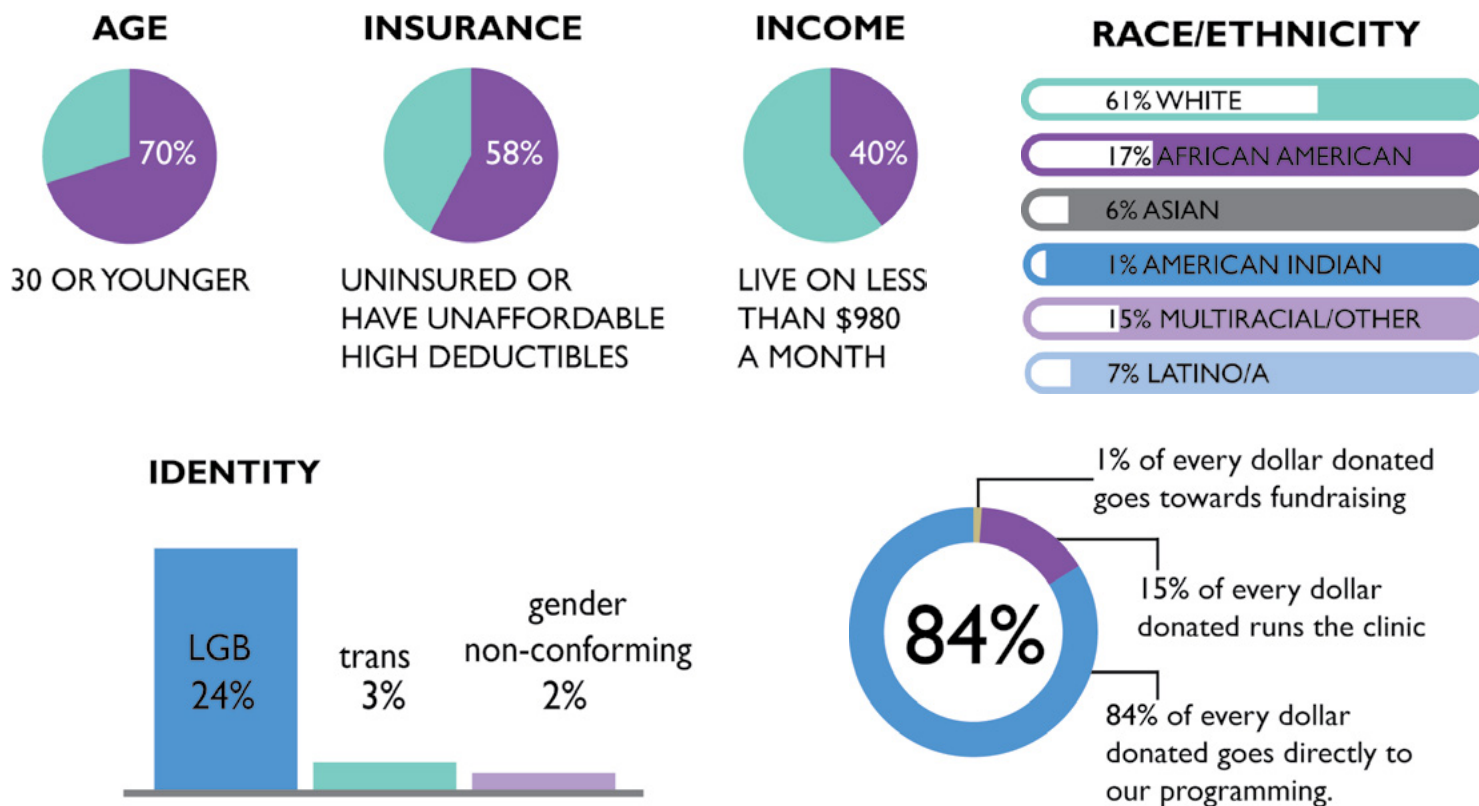
We firmly believe that this is one of the best curricula available to students, and we are very excited to back up our beliefs with this research. And you have made this possible by supporting Family Tree.

To learn more about FLASH or our upcoming research project, contact Tatum Bishop, Community Health Educator at tbishop@familytreeclinic.org.

space, a healthier life because of you.

Who You Help When You Support Family Tree

As a supporter of Family Tree Clinic, you already know that we are an agent of social change cleverly disguised as a community clinic and education center. We have a long history of serving people left behind by larger medical systems. In fact, our clinic sees approximately 4,000 patients a year. Below is a snapshot of the patients you help when you donate to Family Tree.



We KISS and Tell to Stay Healthy. You Can Too!

Thanks to you, we're teaching teens about consent, sexual health, and safer sex, while they develop leadership and communication skills. We are now accepting applications for our summer peer education program!

Keeping It Safe and Sexy (KISS) is our peer sex education summer program for LGBTQ youth and allies. Peer educators can earn money by teaching what they have learned to friends and family!

KISS is open to youth ages 14-18, and runs June 21st through August 11th. Registration and more information can be found at bit.ly/kissftc.



The 2015 KISS peer educators. You or someone you know interested in participating? Visit bit.ly/kissftc to apply!

Your Support Has Global Reach

Last fall we hosted a delegation of international visitors from the Department of State's International Visitor Leadership Program (IVLP). Family Tree was one location in the Twin Cities delegates visited to learn about LGBTQ health disparities and how our programming works.

IVLP is the U.S. Department of State's premier professional exchange program. Through short-term visits to the United States, current and emerging foreign leaders in a variety of fields experience our country firsthand, while cultivating lasting relationships with their American counterparts.

Last August, we hosted 24 delegates from countries such as Malaysia, Tanzania, China, and Lebanon for a day long meeting discussing our LGBTQ programming and health disparities in the United States. It was a wonderful opportunity to connect with health workers from around the world.



Jerome Kugan (Malaysia) and Pade Mwaikambo (Tanzania) pausing for a photo with Family Tree Clinic's former medical assistant Dinesh Rathakrishnan.



Family Tree provider Yukiko Nakajima, Diana Abouabbas (Lebanon) our Executive Director, Alissa Light, our Director of Clinical Programs, Erin Wilkins and Kris Cordova Duran (Chile).

Walk-In Pregnancy Testing and All Options Counseling

We're thrilled to offer walk-in pregnancy testing and all options counseling. Your support provides folks a place to turn for medically accurate information – especially when they need it most.

We've all seen the ads. They read something like, "Pregnant? We can help," and they usually have a picture of a woman looking sad or worried.

This is a typical advertisement for crisis pregnancy centers (CPCs). CPCs are facilities that exist to prevent people facing unintended pregnancies from accessing abortion services. They have a long history of giving people wrong and biased information. And they lure people through their doors with the promise of free pregnancy tests.

We thought it was time to offer an alternative.

Thanks to supporters like you, and in partnership with the Spiral Collective, we are offering free, walk-in pregnancy testing and all options counseling for anyone who wants it. Thank you for making this possible and for helping us spread the word!

Why is free, walk-in pregnancy testing and all options counseling at Family Tree different?

- ✓ Medically accurate and unbiased information
- ✓ We're an actual clinic
- ✓ We're supportive of abortion, adoption and parenting