

YOUTH  
HEALTH  
PULSE



Introducing your new fave newsletter – Youth Health Pulse, your source for all things Planned Parenthood Toronto, reproductive justice, queer liberation, and youth advocacy.

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## **Together We Can Protect Trans Youth Rights**

Later today, for the second horrific year in a row, trans students in Ontario will be targeted by a hateful protest aimed at attacking their very right to exist. These children are being forced to defend their right to be themselves.

Planned Parenthood Toronto is one of the few places in Canada providing gender-affirming care and vital mental health support services for 2SLGBTQ+ youth. We are calling on all Ontarians to rise up and demand better for queer and trans youth.

**[Read Our Urgent Letter and Call to Action](#)**

Trans youth, queer youth, and all youth need — and deserve — our support. Together, we can make sure Ontario remains a place where all students — no matter who they are — are respected for their authentic selves.

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## World Contraception Day

World Contraception Day is September 26 and on that day we will join the Council of Canadians, Action Canada, and other friends to demand universal pharmacare and free contraceptives. [Sign the petition](#) or attend an event in your area! You can find us at the Union Station Front Street West entrance at 4pm on September 26!



## Grassy Narrows River Run

On Wednesday, Planned Parenthood Toronto was honoured to be invited to participate in the Grassy Narrows River Run Rally, in solidarity with [Grassy Narrows First Nation](#) and their long fight for mercury poisoning justice. An estimated 8,000 supporters, from members of the Grassy Narrows, to children and youth from schools, to environmental justice and land defense organizations, to healthcare service providers and unions, took to the streets to draw attention to this half-century long

injustice. Mining, logging, and pollution have had devastating impacts on the water, land, and lives of the people of Grassy Narrows. PPT stands in firm solidarity with Indigenous peoples' rights to make autonomous decisions about what happens to their land, and is grateful to all those who made yesterday's powerful rally and protest possible.

**Indigenous Justice is Climate Justice is Reproductive Justice.  
Youth Futures Now.**



**Join us as we fangirl over these amazing groups doing  
incredible work in our community!**

UofT Students for Choice is a pro-choice club at the University of Toronto, advocating for an individual's right to make autonomous decisions about their own body. Their Rapid Response Team helps keep students safe by mobilizing against graphic imagery on campus. They also table at club fairs, attend protests, and share information about reproductive justice and abortion rights. UofT Students for Choice was a 2022 recipient

of Planned Parenthood Toronto's Choice Awards and is a phenomenal example of the work young people are doing in our sector!

Toronto Indigenous Harm Reduction (TIHR) is a queer and Two-Spirit run initiative supported by countless volunteers which fills a gap left by a lack of frontline services that meet the basic needs for Indigenous folks in Toronto. TIHR provides access to critical health support and COVID-19 testing, harm reduction supplies, sexual, reproductive health and prenatal support, traditional medicines, traditional food, expressive arts, and ceremony to vulnerable Indigenous folks in Tkaronto (Toronto). PPT has profound gratitude for the community care work TIHR does.

Cover ContraceptiON is a grassroots campaign which has a goal of providing universal, no-cost contraception to all those in Ontario. The Cover ContraceptiON campaign started at the beginning of the pandemic, when a group of doctors at the University of Toronto recognised that the COVID-19 pandemic was intensifying pre-existing inequities among marginalized populations – those of low socioeconomic status, cultural minorities, Black and Indigenous peoples, and residents of rural communities. We love the advocacy and resource-sharing work they do!



Looking for ways to make a difference? We've got you covered! Whether you're passionate about giving back to your community or eager to join a youth-centred health organization, Planned Parenthood Toronto has a place for you. Here's how you can get involved and create meaningful change!

### **Work with Us!**

We're hiring! If you're a creative thinker committed to community organizing and activism, and you're passionate about art, digital media, and the political and social issues impacting youth in Toronto, apply for our Youth Futures Coordinator position!

Or maybe championing health equity through needs assessments, community outreach, and resource creation is more up your speed? Then, apply to be our Health Equity Promoter!

Both of these unique roles are a chance to take your passion for change and put it into action at one of the city's most impactful

youth health organizations. Apply today by visiting our careers page on our website: [www.ppt.on.ca/jobs](http://www.ppt.on.ca/jobs)

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## **Volunteer with Us**

**Volunteers are at the heart of Planned Parenthood Toronto, and we're looking for amazing youth volunteers for two positions!**

Youth ages 16-19 can apply to join our Teen Health Source team. As a volunteer, you'll create new sexual health resources for [www.teenhealthsource.com](http://www.teenhealthsource.com) and answer questions from other youth through text, email, or online chat. Whether you're into writing, design, or public health education, this is a fantastic opportunity to build skills while making a difference! The deadline to apply is October 1.

**Share the Application with a Youth in Your Life!**

Eager to learn more about sexual health? Want to support folks with their questions about birth control, sexually transmitted infections, pleasure, or pregnancy? PPT is recruiting folks age 18-29 to join our team of in-clinic Health Services Peer Educators. You'll get all the training you need to clients one-on-one over the phone, in person, or over a video call. The deadline to apply is October 4.

**Apply Today!**

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## **Book a TEACH Workshop: Empower Youth to Challenge Homophobia!**

Calling all educators, students, and youth workers! Want to bring real, impactful conversations about homophobia and cisheteronormativity to your classroom or community? TEACH (Teens Educating and Confronting Homophobia) is offering FREE peer-led workshops that encourage youth to think critically, bust myths, and create safer, more inclusive spaces for the 2SLGBTQIA+ community.

Our workshops, led by trained youth (ages 16-25), are perfect for schools, youth shelters, group homes, community centres, and more. Whether you're an educator, guardian, or student, now's the time to start the conversation. Email us at [earth@ppt.on.ca](mailto:earth@ppt.on.ca) to book a workshop that will make a real difference!

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**[Donate to PPT](#)**