



Youth Health Pulse is your source for all things Planned Parenthood Toronto, reproductive justice, queer liberation, and youth advocacy.

Marking Black History Month with Commitment and Action

If you live downtown, sexual and reproductive health care might feel easy to access. You book an appointment, hop on transit, and you're there. But for young people in North York and North Etobicoke, it might be a different story:

- A two-hour round trip just to see a doctor
- Clinics that aren't sex positive or youth-centred
- Health care providers who don't understand the realities of Black youth and who make uncomfortable or inaccurate assumptions

Over the years, the youth we serve at PPT have told us that making the trip downtown for health services can take hours — time they often don't have. And nobody should have to jump through hoops to access birth control, STI testing, information about pregnancy options, mental health supports, or gender-affirming care.

PPT is unique as a Community Health Centre (CHC) because of our mandate to serve young people across the entire city! And yet, we see much smaller numbers of youth from the north or east ends of the city, even though youth from these neighbourhoods experience high levels of

health disparities.

In response, and thanks to a deep and meaningful collaboration with Black Creek Community Health Centre and North York Women's Shelter, we are thrilled to share some very important programming that kicks off on February 13, 2025 to address some of these disparities.

Situated in the Anne Marie D'Amico Community Collective at Sheppard Ave West near Dufferin, this one-of-a-kind collaboration consists of clinical services and group programming, designed to help ensure that young people in the city's north end can access PPT's sex-positive, gender-affirming, sexual and reproductive health services much closer to home.

As we celebrate Black History Month, PPT wants to recognize the ongoing work needed to ensure that Black youth have access to culturally responsive, affirming, and accessible care. We are proud to work alongside our partners in North York to create spaces where young people feel safe, seen, and supported. Black youth specifically face very high and persistent levels of health inequity due to ongoing barriers and anti-Black racism within healthcare. We are especially proud to bring PPT closer to one of Toronto's most vibrant Black and racially diverse neighbourhoods and to do it in partnership with our sibling organizations!



Volunteer Appreciation Event

Youth volunteers are at the heart of our work here at PPT. And on Thursday, January 30, we gathered with these young leaders from across our programs to honour and recognize their contributions to our organization and to our city. Here is just a snapshot of what these incredible young people do for their peers and their communities:

- They form our youth advisory committees which consult and co-design our programs and services
- They research and write vital articles on sexual and reproductive health, intimate relationships, consent and more on TeenHealthSource.com.
- They facilitate inclusive and empowering workshops on homophobia and transphobia in schools.
- They provide their peers with information, resources and support so they can make the right decisions for their bodies.

We simply could not do the work we do without them, and we are so grateful to be able to honour their leadership, vision and incredible commitment.



Volunteer With Us

Planned Parenthood Toronto is recruiting new volunteers for many of our programs! Our volunteer programs provide training, skill development, and a crash course on sexual health education. Together, the program allows youth to help create safer spaces for 2SLGBTQIA+ youth, and expand their access to vital information and resources.

Our trained volunteers are community health champions -- empowering their peers to make informed choices about their bodies, their health and their lives by providing them with the information they need. Sounds pretty cool, right? Well, whether you want to join an advisory board, help write articles on sex, consent, STI's or mental health, or develop your public speaking skills, there is an opportunity for everyone!

Join us on February 26 as we host a volunteer information and recruitment fair.

Wednesday February 26
4:00pm - 8:00pm
230 College Street
5th Floor Student's Lounge
University of Toronto Student Union Building

Can't make the fair? No worries, the link below has all the information you need to apply!

[**Become a Community Health Champion! Apply Here**](#)

Teens Educating and Confronting Homophobia (T.E.A.C.H.)

TEACH trains youth 16 – 25 to co-facilitate workshops tackling homophobia, biphobia, transphobia, and hetero-cissexism in schools and community spaces. These workshops encourage youth to challenge

stereotypes and confront prejudice and discrimination in their communities.

If you're looking to build your public speaking, facilitation, and collaboration skills, while inspiring powerful change in schools, universities, and community spaces across the GTA, this program is for you!

Teen Health Source

TeenHealthSource.com is an award-winning resource that offers relevant and medically-accurate sexual and reproductive health information to youth. Written by youth for youth.

If you or someone you know is between the ages of 16 and 19 with an interest in research, writing and creating cool content we'd love to hear from you!

Peer Education

Peer Educators are in-clinic volunteers who provide support around birth control, STIs, pregnancy options or questions around pleasure and consent. Volunteers help create a supportive environment where individuals can discuss their health concerns openly. They also assist with administrative tasks and train new volunteers. The program is open to youth 18 to 29, who will receive comprehensive training to help their peers feel more empowered to make decisions about their bodies and their lives!

Youth Futures

The Youth Futures Project is a new program for 2SLGBTQ+ leaders, artists, and advocates who are Black, Indigenous, or from another racialized community. Through community-building and leadership development workshops, youth participants can learn more about them-

selves in solidarity with each other and collaborate on ways to nourish their collective futures.

We are currently recruiting youth aged 18 to 29 who are 2SLGBTQ+ and BIPOC to join our project

Health Promotion

Are you passionate about workshop planning, community outreach and engagement, and health communications? Are you looking for a casual volunteer opportunity that will provide vital support to Planned Parenthood Toronto's Health Promoters? We are looking for casual support at our health promotion workshops. Working alongside our community health promoters, you would help with:

- simplifying medical or unfamiliar language for workshop participants
- supporting staff with planning, outreach or workshop engagement
- acting more generally as an important and valuable health champion and sidekick.

This opportunity is open to folks 18 – 29.



SexPlus Week!

Valentine's Day is near and love is in the air! And at Planned Parenthood Toronto we love when love and sex go hand in hand!

From February 10th to 16th join us as we celebrate SexPlus Week, an annual awareness campaign dedicated to creating a future where sexual health is part of every conversation when it comes to your health. SexPlus Week calls on us to challenge misinformation, encourage curiosity, and dismantle barriers that keep people from accessing the knowledge, care, pleasure and freedom they deserve.

You can check it out [here!](#) And stay connected with us on socials as we share more about all the sweet and safe ways love and sex intersect.

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