

ANNUAL REPORT 2016

Planned
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Ottawa



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ABOUT PLANNED PARENTHOOD OTTAWA

Planned Parenthood Ottawa (PPO) is a non-for-profit organization that provides a range of services and information for people in the Ottawa area to help them make healthy decisions about their sexual health and relationships. We offer **education, counselling, information, and referral services** in a safe environment, free of judgment, with a full understanding of options and choices that best suit you.

PPO's funding is provided by a combination of public and private sources, as well as the individual donations of members of our community. PPO's Ottawa business number (BN) is 123987430RR0001.

Planned Parenthood Ottawa is a long-standing, trusted organization with roots dating back to 1961. We're part of a global movement to empower people with information and access to services supporting sexual health. To learn more about PPO and to get involved visit us at: www.ppottawa.ca.

We **envision** a community where accurate sexual and reproductive health supports and services are comprehensive, accessible, and delivered equitably.

Our **values** we:

Non-judgmental: We are committed to creating a space where personal beliefs, attitudes and values are recognized; a space where clients' perspectives and decisions are validated.

Evidence-informed: We are committed to providing accurate, up-to-date information on sexual and reproductive health topics, services and practices.

Inclusive: We are dedicated to supporting any individual regardless of age, sexual orientation, gender identity, ability, religion, race, ethnicity, financial circumstance or the language they speak.

Community-oriented: We are dedicated to involving community members in our programming and ensuring our programs and services are accessible to everyone. **Sex-positive:** We believe healthy sexuality can be a positive, pleasurable and dynamic force in a person's life and are committed to embracing the unique ways people choose to express this aspect of their lives.

Pro-choice: We respect the right of every individual to make their own decisions about their sexual and reproductive health.

MESSAGE FROM THE EXECUTIVE DIRECTOR

July 2017 marks year three for me as Executive Director of Planned Parenthood Ottawa (PPO). On reflection, it seems I have passed through three separate organizations to arrive here.

Year one (2014) was about learning a new organization and working to stabilize PPO's leadership after several years of transitions.

Year two (2015) was characterized by the struggle to stabilize funding in an uncertain climate and downsizing the team and the budget for survival.

Year three (2016) was characterized by growth, renewal and optimism. For example:

- We started 2016 with two staff and finished with seven (now we are 11).
- We faced the expiry of our unaffordable lease and found a perfect new location in Centretown that we share with Kind since April 2016.
- We launched two new Trillium-funded programs for Community Outreach and for Immigrant parents.
- We stepped up our work on anti-oppression and anti-racism to identify and dismantle the barriers we create for people to access services.

After a year and a half of uncertainty about the future of funding for our **Options program**, we reconfirmed our partnership with Ottawa Public Health and hired a full time counselling coordinator again at the end of 2016. Among all the transformations of 2016, we continued to serve the community, reaching almost 1000 people who called or came into PPO for information, support, and one-on-one counselling.

Our **Community Education** program has been without core funding since losing United Way funds, but with support from the Crabtree Foundation, we were able to focus on priority communities and provided accurate youth-centred sexual health education to 1835 students and youth.

After 34 years of educating and entertaining the Ottawa community with by-youth for-youth sexual health educational theatre, **Insight Theatre** had a final curtain call at the end of the 2015-2016 school year when Ottawa Public Health ceased its funding. With OPH support, we will be conducting an evaluation to propose a redevelopment plan to revamp Insight to reach more youth with even more effective programming.

Catherine Macnab

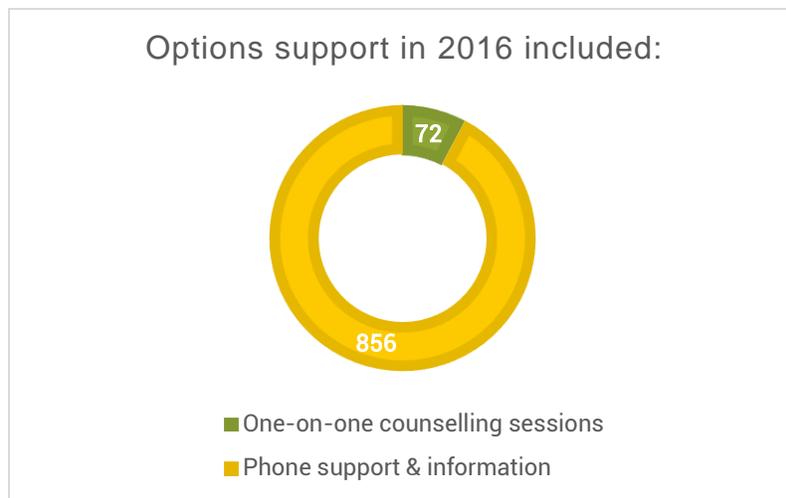
OPTIONS SUPPORT

Options is a crisis counselling program that provides **individual counselling support, information, and referrals** to people facing unplanned pregnancies and other sexual and reproductive health crisis. Options also distributes free condoms and trains community volunteers as peer counsellors and sexual health educators.

Due to uncertain funding, we did not have a dedicated Options Coordinator until December 2016. Nevertheless, we strived and were able to offer options support to Ottawa communities.

Counselling, Information and Referrals

In 2016 we booked 96 one-on-one counselling sessions, 72 sessions were completed (twenty were no-shows). We serving a total of 109 clients including partners. We offered phone support and referral to 856 callers.



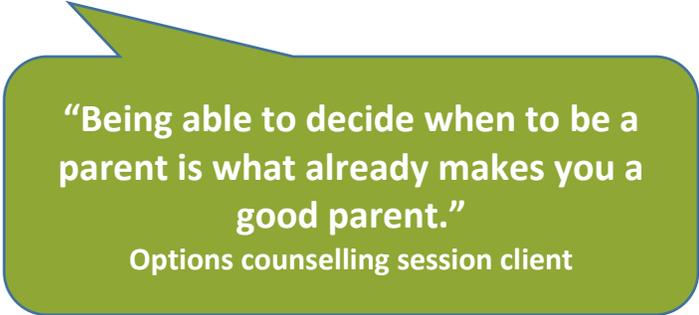
Options Support Training

We delivered our four-day Sexual & Reproductive Health Training for 28 new volunteers. Following is the breakdown:

1. Telephone Counselling training: 12 participants
2. Options Counselling training: 8 participants
3. Sexual Health Educator training: 8 participants

Condom Distribution

In 2016 we distributed 32,667 condoms plus 6825 lube packets. PPO provided 4500 wrapped condoms to OPH for distribution.



“Being able to decide when to be a parent is what already makes you a good parent.”

Options counselling session client

INSIGHT THEATRE

For 34 years we ran Insight Theatre, PPO's **by-youth for-youth** sexual health educational theatre initiative. The show was written by and for high school students and contained drama and song to help **educate the youth about sexual health**. During the existence of the program every year PPO trained a new troupe in theatre and sexual health to be peer educators.

This report covers Insight Theatre for the period of January to June 2016.

Shows: Insight Theatre presented 16 shows during the reporting period. This included 12 school shows, three community organizations, and our annual community show on June 30th.

Social Media: There were seven posts to the Insight Theatre WordPress blog. It proved more successful than in past years, receiving 1000 unique visitors and over 1400 views in 2016. Additionally, Insight Theatre had an active presence on Twitter and began a Facebook page.

2016 was a difficult year for Insight Theatre. The end of 2015 left the program mid-season with no assurance of funding for 2016 and result in challenges of no staff and no bookings into the New Year.

When OPH bridged funding until June 2016, our troupe (youth volunteers) worked hard under the supervision of staff, volunteers and Insight Alumni to build momentum through to the culmination of our season. Collectively, our troupe volunteered almost 500 hours to the program in 2016.

The show was modified and consisted of 12 scenes covering core topics including consent and sexual readiness, pregnancy options, sexually transmitted infections and safer sex practices, contraception, and sexual orientation/gender identity.

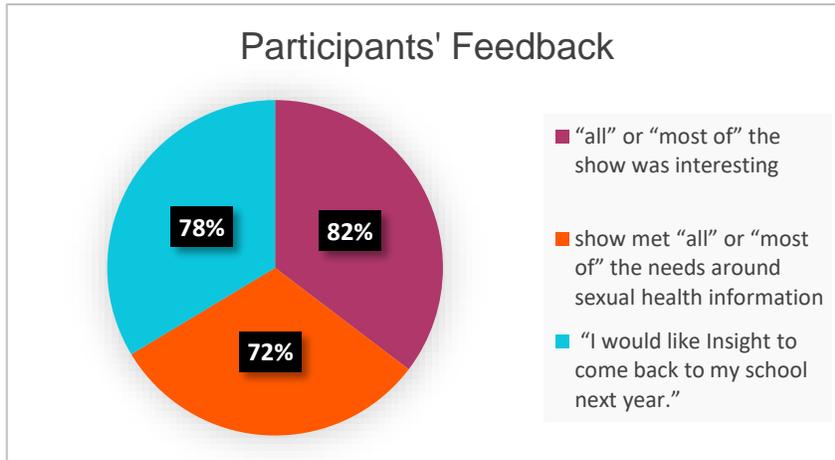
“I liked the information on where to go when I need to be tested.”

A youth participant

Anonymous evaluations were given to audience members during the post-show workshop.

Key findings from the performance evaluations:

- 82% found “all” or “most of” the show interesting
- 72% stated that the show met “all” or “most of” their needs around sexual health information
- 78% agreed with the statement “I would like Insight to come back to my school next year.”



INSIGHT THEATRE SCENE DESCRIPTIONS

1. Opening Scene

Students by day, Captain Consent, Barrier Boy, and the rest of the Sexual Health Superheroes are called upon to fight the ignorance, shame, and stigma that's ravaging sexual health education.

2. The Forest of Knowledge

Little Red Riding Hood explores her pregnancy options in the Forest of Knowledge. Other characters from this well-known fairytale explain each choice to Little Red and discuss what resources are available to youth in Ottawa who wish to choose parenting, abortion, or adoption.

3. Consent: It's as Simple as Dance

In this parody of a well-known Youtube video that compares consent to tea, dancing is used as a metaphor for consent. Examples of bad consent are modelled with explanations of why they need some work. Then our dancers use what they've learned to enjoy some consensual Macarena!

4. Infomercial A: Hormonal Contraception

"We'll return to your regularly scheduled Insight show in just a moment, folks!" So begins the first 'commercial break' of the show, where our infomercial stars pitch the birth control pill, ring, and patch in an energetic style reminiscent of the Shamwow. This scene describes how hormonal contraception works to prevent unintended pregnancy as well as the pros and cons of each option.

5. Sexual Readiness Sleepover

A group of friends talk about sex at a sleepover, but not all is as it seems! In a freeze-frame each teen explains to the audience the real story of their sexual experience (or lack thereof). Their monologues touch on personal readiness, family expectations and gender identity, with an emphasis on setting and respecting boundaries.

6. Private S-T-Eye: The Case of the Serial Bacterial Infector

Private S-T-Eye investigates a suspicious infection. Was it caused by the Criminal Chlamydia or the Gangster Gonorrhoea? While tracking down clues the detective shares information about the symptoms, transmission, and treatment of chlamydia and gonorrhoea. He also comments on the prevalence of these infections among youth aged 15-25 in Ottawa.

7. Infomercial B: IUD/IUS

In our second brief 'commercial break', we pitch two more contraception choices: the IUD and IUS. Our tag-teaming duo bust myths about these long-acting forms of birth control and explain their differences and similarities.

8. Sexting Assembly

Informed students debunk the myths perpetuated by a misinformed police officer at an internet safety assembly. By adapting the hit song "Uptown Funk" they are able to educate their peers on the laws that govern sexting in Canada, including the private use exception established by

the Supreme Court in its R v. Sharpe decision. They also demonstrate assertive refusal skills when one student tries to share their partner's intimate image with another.

9. Mission Possible: Quest for the Test

Two youth are tasked with the mission of practicing safer sex. They adopt code names in order to be tested for STIs at the Sexual Health Centre, where they discover that testing is actually free and confidential for youth. Next they go to great lengths to acquire condoms without attracting attention, only to learn about sexitsmart.ca and other community resources where condoms can be acquired for free! Finally, our 'agents' practice putting condoms on a giant cucumber. Laughter ensues as the audience learns about how to use a condom correctly and why that's important!

10. Infomercial C: Emergency Contraceptive Pill (ECP)

In our final 'commercial', ECP is pitched to the audience as a last line of defence in preventing unintended pregnancy. A disclaimer character lists side effects, mechanisms of action, and clarifies that ECP is not an abortion pill.

11. Disney Rainbow Medley

Disney characters including Mulan, Queen Elsa, and the Genie attend a drop in night at KIND (a LGBTQ community centre in Ottawa.) Each sings a parody of a well-known Disney song and shares information about their gender identity or sexual orientation. Audience members learn about what it means to be lesbian, gay, bisexual, transgender, questioning, non-binary, two-spirited, and asexual.

12. Finale

In our concluding scene, our troupe reintroduces themselves to the audience and lists some of the information they learned in their time with Insight. This provides a transition to the post-show discussion period.

COMMUNITY EDUCATION

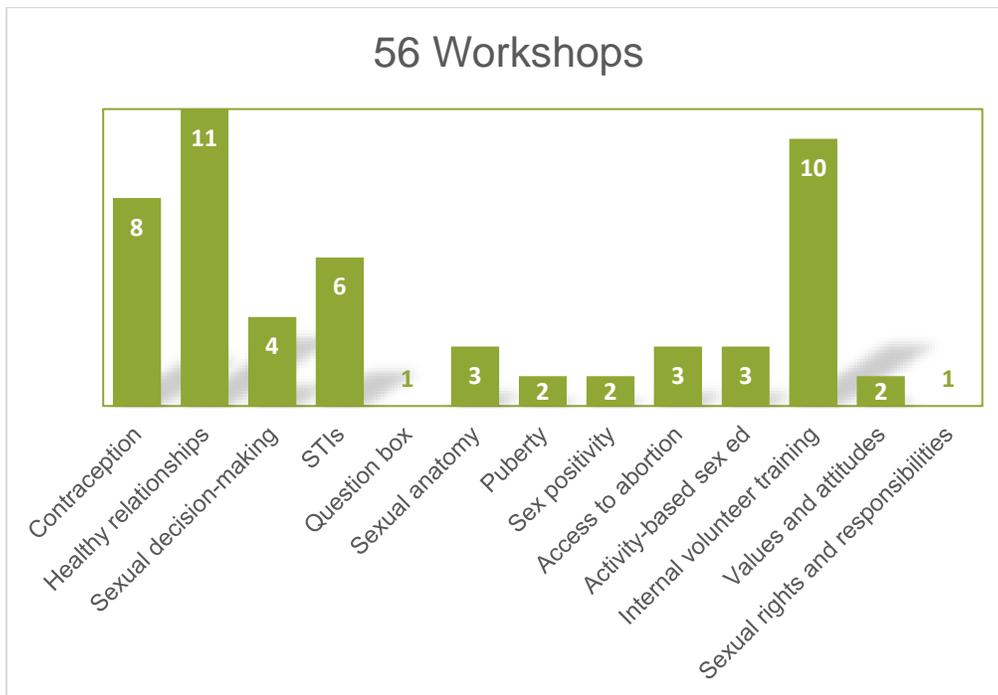
The Education program offers sexual health education to people aged 12 and above. The program's school-based workshops deliver the Ontario sexual health curriculum using innovative and participatory teaching methods.

We offer workshops and kiosks to youth and adults in community settings such as shelters drop-in centers. In 2016, the Education program facilitated **56 workshops** and **20 kiosks** to a total of **2665 participants**.

One of the program's strengths in 2016 was its professional training. The Education program has long been offering training to PPO volunteers on topics such as sexual anatomy, birth control, and sexually transmitted infections.

This year the program supported nurses, medical students, social service workers and teachers from agencies to develop their sexual health information and education skills. The coordinator of the program delivered workshop on participatory sexual health education at the local, provincial, and national level at forums such as the Ontario Secondary School Teacher's Federation professional development day, the Ontario's Physical Health Association's annual conference, and the Guelph Sexuality Conference.

All this was accomplished with the support of 10 dedicated volunteer educators. Below is a breakdown of 56 workshops we delivered to 1311 participants.

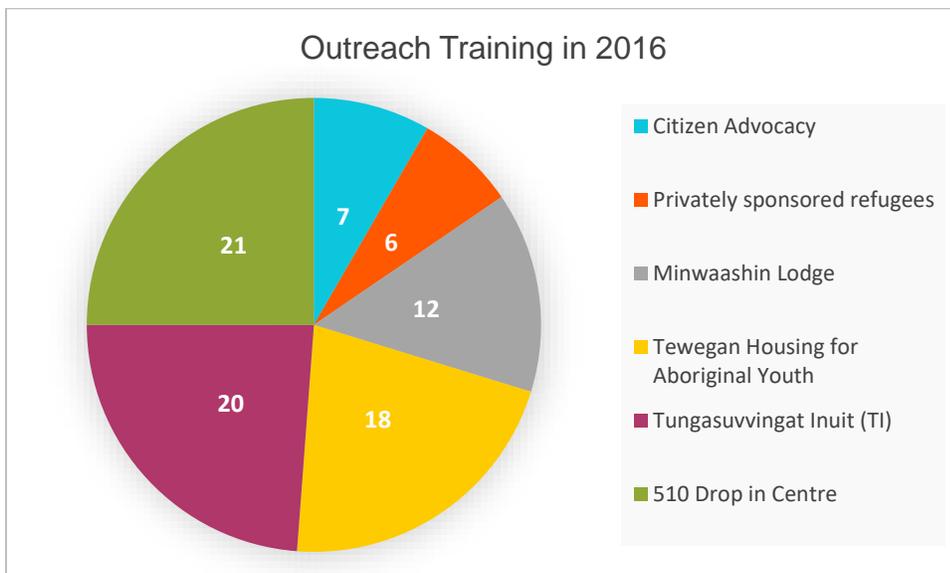


OUTREACH PROGRAM

The goal of Outreach program is to improve the sexual and reproductive health (SRH) outcomes of five different groups: homeless and under-housed, new Canadians, Indigenous communities, youth, and people with disabilities.

PPO began its Outreach program in January 2016 with a three-year funding from Ontario Trillium Foundation. The initial phase included development of the program and creating connections with the agencies that serve the target populations. We conducted a baseline survey/research on the SRH needs of Indigenous communities and people with disabilities to identify the needs and barriers they face towards accessing the SRH services.

Part of the program's focus has been on creating awareness and training the frontline workers of agencies that serve these five populations. We trained 10 frontline workers in agencies that serve new Canadians. As part of building the internal capacity at PPO to better serve our clients the Program Coordinator trained staff and volunteers and continues on building the organizational knowledge and resources. The following chart illustrates the training sessions we conducted in 2016 in the Outreach program.



Some of the key lessons we learned during the first year of the launch of the program is that there are cultural barriers unique to different communities in accessing SRH information and services. It is important for PPO and the staff to become aware of those barriers in reaching out to the intended communities and develop sustainable partnerships. Accessibility of services goes beyond physical accessibility of the space. Thus, the adoption of inclusive and non-judgmental language in internal and external communications is crucial.

PARENT PEER LEADERSHIP (PPL)

School teaches facts; parents teach values.

Parent Peer Leadership (PPL) project started in August 2016 with the funding by the Ontario Trillium Foundation's Seed grant, a funding stream for projects at the idea or conceptual stage.

We modelled PPL after the Raising Sexually Healthy Children (RSHC) Peer Parent Leadership Training Project run by Toronto Public Health. Parent Peer Leadership similar to RSHC has as its aim is to enhance family sex education and parent-child communication on issues of sexuality.

The program provides support to immigrant parents with contextual knowledge on children's sexual health, by developing effective communication skills and creating a peer support network among parents, grandparents and child caregivers.

PPO's engagement with immigrant parents and research showed that parents wish to raise sexually healthy children while **preserving their religious, family and cultural values** intact. PPO believes that immigrant parents (indeed, all parents) need to be involved in their children's growth and sexual development. This is the reason PPO decided to support immigrant parents and youth by starting the PPL program.

In 2016 we built the program and hired a program coordinator and community developer to create a team. The PPL team initiated contacts with potential stakeholders and created a database of the stakeholders. Planned Parenthood Toronto conducted the first PPL training for our staff and a number of participants from outside the organization.

The prospect for PPL is to grow its reach to diverse immigrant communities and through conducting workshops increase awareness on raising sexually healthy children in the Canadian culture.

FINANCES

PLANNED PARENTHOOD OTTAWA

Statement of Operations

For the year ended December 31

Revenue	2016	2015
Program and grants (Note 6)	\$ 179,771	\$ 98,431
Fundraising and donations	\$134,360	\$100,071
	\$314,131	\$198,502
Expenses		
Advertising and promotion	\$971	\$1,118
Amortization	\$242	\$274
Bank charges and interest	\$434	\$1,010
Fundraising	\$1,505	1,902
Honorarium and outside service	\$365	\$1,015
Insurance	\$2,927	\$3,172
Moving	\$9,725	-
Office	\$10,018	\$14,988
Professional fees	\$3,782	\$3,158
Program contracts	\$5,373	\$6,808
Program supplies	\$2,686	-
Rent	\$25,763	\$26,370
Salaries and related benefits	\$206,757	\$128,357
Training	\$1,353	\$1,259
Transportation	\$1,622	\$655
	\$273,064	\$190,086
Excess of revenue over expenses	\$ 41,067	\$ 8,416