

EXHIBIT P
DATE 3/10/11
BY HB PSC

**Exhibit from Donna Miller,
Outreach Educator, Planned
Parenthood of Montana. A
series of Planned Parenthood
brochures**

101

WAYS TO

Say NO to Sex



Ideas for being firm
about saying no

- 92 Let's wait
- 93 I'm not looking for this
- 94 I need more time
- 95 It might ruin our friendship
- 96 I want to stop now
- 97 Please respect my wishes
- 98 I'm afraid of HIV
- 99 I love someone else
- 100 I want to know you better
- 101 I'd be sorry later

High school students in Kansas and California were asked to come up with ways to say no when someone asked them to have sex when they didn't want to. This pamphlet is the result of their responses.



Extended Parenthood®
of Montana

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656-9980
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A nonprofit organization

Title No. H102

Your Contraceptive Choices

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America's most trusted name in women's health.®



You May Want

EMERGENCY CONTRACEPTION IF ...

His condom broke. You forgot to take your pill. He didn't pull out in time. You weren't using any birth control. He forced you to have unprotected sex.

Emergency contraception (EC) is designed to prevent pregnancy after unprotected vaginal intercourse.

EC can reduce the risk of pregnancy if started within 120 hours after unprotected vaginal intercourse. The sooner it's taken, the better. If started within 72 hours, it can reduce the risk of pregnancy by **75 to 89%**. Nausea, vomiting, and cramping are common side effects when combined hormones — estrogen and progestin — are used.

EC is available over the counter to women and men 18 and older. It is available by prescription to women under 18.

IUDs can also be used as back-up birth control. When inserted within five days of unprotected intercourse, they are 99.9% effective.



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Other publications —

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Your Contraceptive Choices

2012 12-02-110 2-1

ISBN 0-934586-84-5





This leaflet explains how to use fc female condom and answers some questions women often ask about its use.

Please read this leaflet CAREFULLY BEFORE you use fc female condom for the first time.

The fc female condom is intended to be worn by women during sex. It can help prevent pregnancy and sexually transmitted diseases, including AIDS (HIV infection).

Can Spermicide be used with fc female condom?

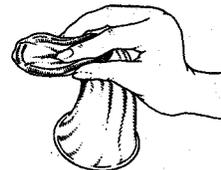
Yes, extra lubricant containing the spermicide, nonoxynol-9 can be used with fc female condom. No clinical studies have been completed to demonstrate whether or not use of a spermicide will increase the contraceptive efficacy of fc female condom. If a spermicide is used with fc female condom, it is recommended that the spermicide be inserted into the vagina prior to inserting fc female condom.

Some features of using fc female condom

- You can insert fc female condom yourself. It gives you a way to protect *yourself*.
- The fc female condom warms up as soon as you insert it. It is both strong and soft.

DO YOU HAVE A QUESTION ON HOW TO FC FEMALE CONDOM?

CALL your doctor or Family Planning
Clinic or CALL 1-800-274-6601



**FC FEMALE
CONDOM**

Manufactured by:
The Female Health Company
Chicago IL / London UK,

515 North State Street
Suite 2225
Chicago, IL 60610

www.femalehealth.com

This product protected by
U.S. Patent 4,735,621 & others.

G0016

HIV, STDS AND PREGNANCY

50 Things You Should Know About Condoms



PROTECT YOURSELF

Get the facts about condoms.

For people who are sexually active, using condoms correctly and every time you have sex will lower the risk of unplanned pregnancy and sexually transmitted infections. Look inside for more facts about condoms. To get more information about how condoms help protect you from sexually transmitted infections, contact the CDC National HIV and STD hotline, toll free:
1-800-342-AIDS (English)
1-800-344-SIDA (Spanish)

This pamphlet is not a substitute for professional medical care. If you have questions or concerns, please talk with a health care provider.

Written by Mardi Richmond.

Designed by Eva Bernstein. Illustrated by Meg Biddle.
Special thanks to our peer reviewers from YAC and the Drop-In Center.

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P.O. Box 8466 • Santa Cruz • CA 95061
800 • 775 • 1998 www.journeyworks.com

Abstinence

ABC's

A is for **Abstinence**. Which means not having sexual intercourse. In other words, waiting to have sex until you're ready.

B is for **Birth Control**. That's what to use if you decide to say yes—things like the pill, condoms and spermicides. If you make the personal decision to have intercourse, then you need to make the responsible decision to use birth control.

C is for **Communication**. Some teenagers think it's easier to "do it" than it is to talk about it. Maybe that's true. But, hey, if you can't talk to your partner about sex, then you probably shouldn't be having it.

Z is for Zillion. There are probably a zillion (maybe more) good reasons not to have sex if you're a teenager. Because you feel like waiting. Because you're just not ready. Because your parents wouldn't like it. Because it's against your values. Because you have a headache.

Whichever ones make sense to you are the reasons that are right! Remember, it's OK not to be having sex! It really is!

Written by Brian Adams.

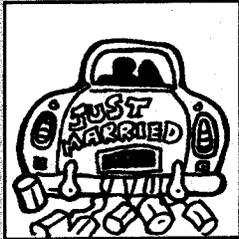
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Title No. 067

Sex: Ten Best Reasons to Wait



SEX, TEENS AND ABSTINENCE



10. Everyone Is NOT Doing It

- ✓ I have the right to say no and do what's best for me!
- ✓ Over 50 percent of young people are still virgins when they turn 17.
- ✓ I know I'm not the only one deciding to wait.
- ✓ I'm proud of my decision.

TEN BEST REASONS TO WAIT

Written by Mardi Richmond.

Designed by Eva Bernstein. Illustrated by Jeff Hüch.
Special thanks to the students at Mission Hill Junior High School.

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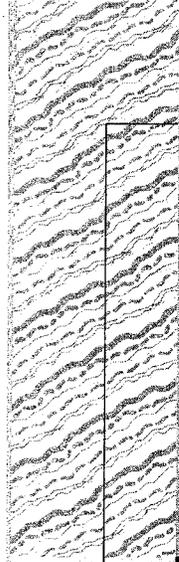
Teensex?
It's okay to say
no way!

Sexual Health Series



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name in sexual health.®*



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www.plannedparenthood.org
www.teenwire.com

Teensex?

It's Okay to Say No Way!

1592

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ISBN 0 934586 79-9

Printed in the U.S.A.

SEXUAL ABSTINENCE

How Abstinence Protects You From HIV and Other STDs



GET THE FACTS

Abstinence is good protection.
HIV and other sexually transmitted diseases are a real and serious risk.
Choosing sexual abstinence is a good way to protect your health.
Look inside this pamphlet to get the facts about how abstinence will protect you. For more information about STDs you can call the National HIV and STD hotline at:
1-800-342-2437 (English)
1-800-344-7432 (Spanish)
This call is free and confidential.

for ordering information contact

Total Access Group, Inc.

Newport Beach • CA 92663

Tel: 800-320-3716

Your one-stop resource for prevention materials!
www.totalaccessgroup.com

Written by Janet Gellman.

Designed by Eva Bernstein. Illustrated by Meg Biddle.
Special thanks to our peer reviewers from Aptos High.

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Incredible Puberty Facts



**Puberty is
when boys and girls
develop secondary
sexual traits, such as
breasts, full-sized
genitals, and pubic hair,
and become sexually
able to produce
a baby.**



Caring, affordable, confidential.

**InterMountain
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This pamphlet is designed to trigger discussion and is not intended to serve as a comprehensive health message.

Facts compiled by Linda Proudfoot.

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Title No. R739

Human Sexuality

What Children
Need To Know
And When They
Need To Know It

Family Communication Series



 **Planned Parenthood®**

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name in sexual health*



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Most parents want their children to grow up to have healthy sex lives. Providing children and adolescents with the information contained in this brochure will help them grow up following these important guidelines for sex partners:

- * Have each other's consent.
- * Never use pressure to get consent.
- * Be honest with each other.
- * Treat each other as equals.
- * Be attentive to each other's pleasure.
- * Protect each other against physical and emotional harm.
- * Guard against unintended pregnancy and sexually transmitted infection.
- * Be clear with each other about what you want to do and don't want to do.
- * Respect each other's limits.
- * Accept responsibility for your actions.



www.plannedparenthood.org
www.teenwire.com

*Human Sexuality
What Children Need To Know
and When They Need To Know It*

1700

2/02-75

7.32.2

ISBN 1-930996-35-7

STD

**Talking with
Your Teen**

What Is Safer Sex?

The following safer sex guidelines can help protect against STD:

- **Don't allow any of your partner's body fluids to enter your body.** These include semen, blood, menstrual blood and vaginal secretions.
- **Always use a latex condom with a water-based lubricant** for vaginal, anal and oral sex. Both men and women should carry condoms and insist that they be used.
- **Don't use oil-based lubricants.** Hand creams, massage oils, Vaseline, etc., can cause the condom to leak or break.
- **Don't have sex when you're drunk or high.** Drinking or using other drugs makes it harder to follow safer sex guidelines.

Written by Leslie Connor.

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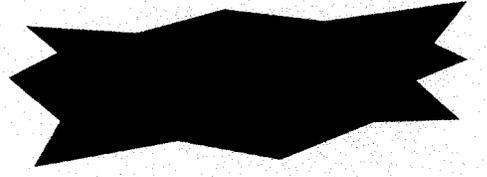
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Title No. R796

Menstruation



This brochure is not intended as a substitute for your health professional's opinion or care.

Written by Jane Hiatt.

Illustrations by Mott Jordan.

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Title No. 181

*Learn
the Facts
About
Chlamydia*

ChlamydiaALERT

• Halting a Silent Epidemic •

Planned Parenthood® supports
sexual and reproductive health
worldwide. Through 900 health
centers nationwide,

Planned Parenthood affiliates
provide sexuality education and
a wide range of medical services
for millions of women and men.

For an appointment at the
Planned Parenthood health center
nearest you, call toll free
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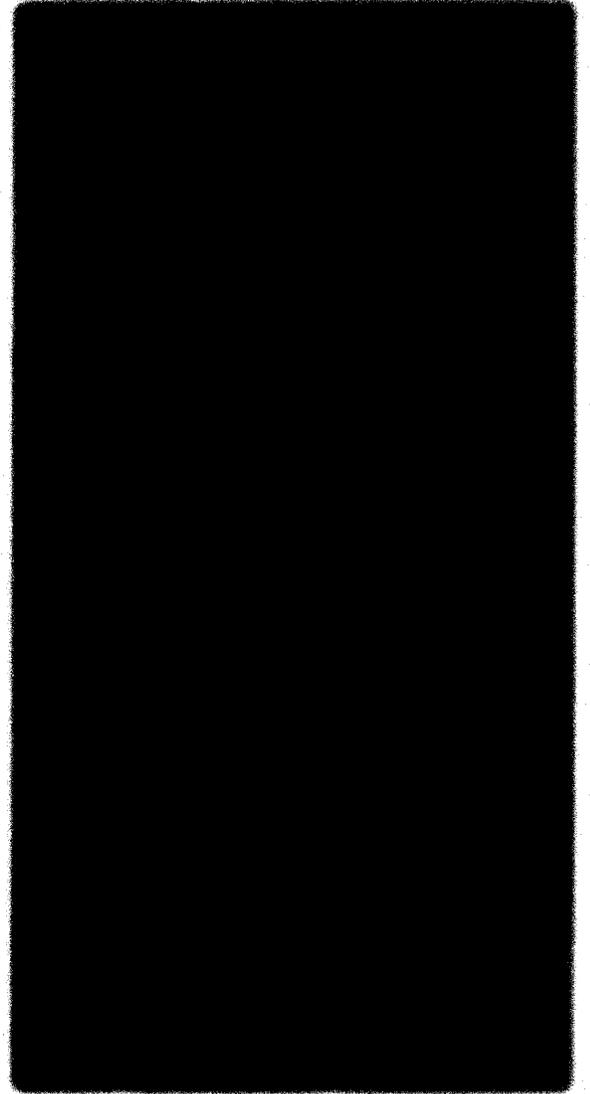
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STD **Facts**

Sexually Transmitted Disease



To Learn More

Call the CDC National STD and
AIDS Hotline 1-800-227-8922



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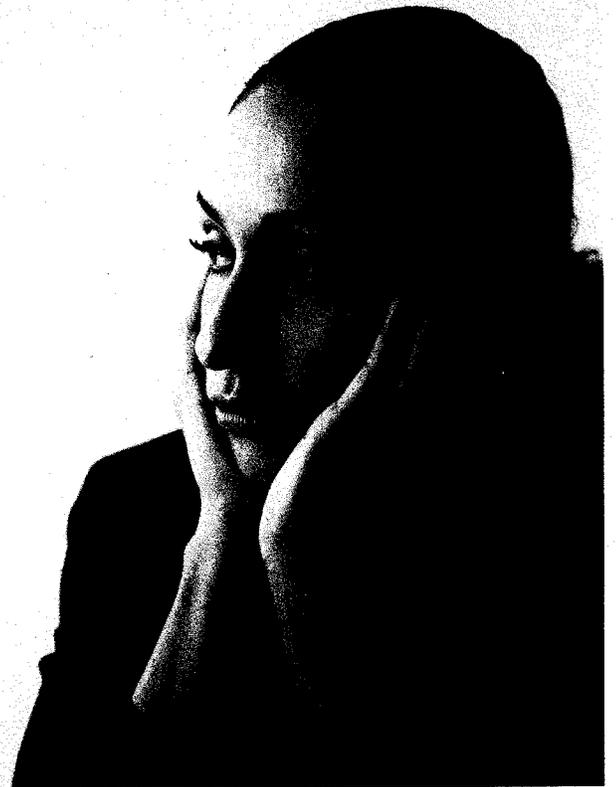
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Title No. 153

Are You Safe in Your Relationship?

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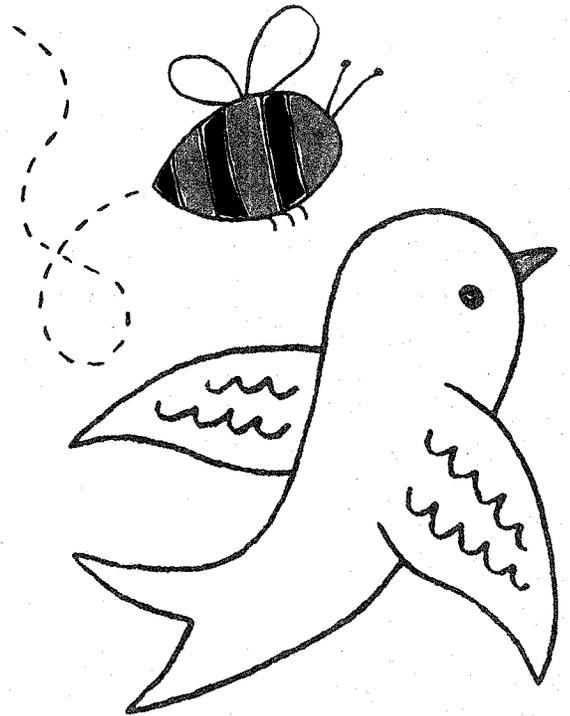
1-800-775-7273

1-800-775-7273

1-800-775-7273

How To Talk With Your Child About Sexuality —A Parent's Guide

 **Planned Parenthood**
America's most trusted name in sexual health.



Most parents want their children to grow up to have healthy sex lives. Providing children and adolescents with the information contained in this brochure will help them grow up following these important guidelines for sex partners —

- Have each other's consent.
- Never use pressure to get consent.
- Be honest with each other.
- Treat each other as equals.
- Be attentive to each other's pleasure.
- Protect each other against physical and emotional harm.
- Guard against unintended pregnancy and sexually transmitted infection.
- Be clear with each other about what you want to do and don't want to do.
- Respect each other's limits.
- Accept responsibility for your actions.



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How to Talk with Your Child About Sexuality

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ISBN 1-930996-12-8

Printed in the U.S.A.

Is This Love? Evaluate Your Relationship

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Guidelines for Sex Partners

- Have each other's consent.
- Never use pressure to get consent.
- Be honest with each other.
- Treat each other as equals.
- Be attentive to each other's pleasure.
- Protect each other against physical and emotional harm.
- Guard against unintended pregnancy and sexually transmitted infection.
- Be clear with each other about what you want to do and don't want to do.
- Respect each other's limits.
- Accept responsibility for your actions.



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Is This Love? Evaluate Your Relationship

199c 1/09-06 0.0

ISBN 1-931090-02-5

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025

QUESTIONS and ANSWERS
ABOUT

HPV



asha 

*American Social Health Association
America's trusted authority on
sexually transmitted infections
since 1914*

www.ASHAstd.org

Where can you get more information about HPV?

**Call ASHA's STI Resource Center,
(800) 227-8922 or (919) 361-8488
Monday - Friday, 9 am to 6 pm ET
Pre-Recorded Messages about STIs
(919) 361-4848**

**Visit ASHA's HPV / STI Discussion Board at
<http://www.ashastd.org/phpbb/index.php>**

Contact the STD/STI clinic at your local health department.

Latex condoms, when used consistently and correctly, are effective at reducing the risk of transmission of sexually transmitted infections, including HIV, if the condom covers the affected area or site of potential exposure. To reduce risk of transmission of herpes, couples should abstain from sexual intercourse during an outbreak.

Since 1914, the American Social Health Association (ASHA) has been dedicated to improving the health of individuals, families, and communities, with a focus on preventing sexually transmitted infections (STIs) and their harmful consequences. ASHA has pursued its mission through education, communication, advocacy and policy analysis activities. These are designed to heighten public, patient, provider, policymaker and media awareness of STI prevention, screening, diagnosis and treatment strategies.

ASHA publishes this and other materials to provide a valuable resource for accurate medical information and emotional support for those affected by sexually transmitted infections.

www.ASHAstD.org

www.iwannaknow.org (*for teens*)

www.quierosaber.org (*en español*)

If you are a healthcare provider and wish to order a free catalog of patient education materials, please call 1-800-783-9877.



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