Special Thanks

Participants:
Red River Women’s Clinic
Planned Parenthood
NARAL Pro-Choice MN
Gender and Sexuality Center
Student Wellness Associates
Women and Gender Studies Department
Pro-Choice MN @ Carleton College

Planning Team:
Kaaren Williamsen
Chloe Zelkah
Amelia Schlossberg
Catherine Berman
Elena Ondich

Sponsors:
Carleton Students Association (CSA)
Gender and Sexuality Center (GSC)
Carleton Women and Gender Studies Dept.
Student Wellness Associates (SWA)*
St. Olaf GLOW!

Smitten Kitten
Target
Bon Appetit

*Donation went specifically to the purchase of Smitten Kitten giveaways
Welcome!

Pro-Choice MN @ Carleton College would like to thank you all for coming today to participate in Sex Saturday. We began working on Carleton’s campus this past fall and have received wonderful support and encouragement from our student body and student government for our work this year. We are proud to bring you Sex Saturday as our closing program for 2012-2013.

The women’s health movement seeks to reclaim the female body from institutions of medicine and sexism in order to restructure our understanding of the female form based on their own experiences with their bodies. Over the last hundreds of years women’s bodies have been misused and maltreated due to an inability to listen or trust a woman’s knowledge of herself.

Today we gather to learn from some of the best. Planned Parenthood has worked for nearly 100 years to improve women’s health and put decisions back into the hands of the entire family, women particularly. NARAL Pro-Choice America was born in 1969 and has fought for the last 44 years for a woman’s right to choose, have comprehensive care, and be entitled to honest information. Laura Rademacher, a resident of the Twin Cities for the last decade, and a sex educator born from the Smitten Kitten family, joins us to develop our knowledge of healthy and exciting sex. We are so grateful for everyone’s official involvement in today’s series.

As last, but certainly not least, we thank the individuals who present today on behalf of the GSC, their own work, and the College. We know that joining together with others dedicated to promoting truth and advocacy for women’s health can truly make a difference. We invite you, the audience, to become, or continue being, one of those people from here forward.

We hope you enjoy the day and leave with a greater understanding of sex, activism and women’s health.

Thank you,

Pro-Choice MN @ Carleton College

Guest Contact Information

Planned Parenthood – Minneapolis Clinic
1200 Lagoon Avenue
Minneapolis, MN 55408
p: 612.823.6300 | f: 612.821.0273

NARAL Pro-Choice Minnesota
2300 Myrtle Avenue, Suite 120
St. Paul, MN 55114
p: 612.602.7655

Laura Rademacher, MA, LAMFT
5871 Cedar Lake Road
St. Louis Park, MN 55416
p: 612.460.0828

Gender and Sexuality Center
Kaaren Williamsen
1 N. College St. 5-Gender
Northfield, MN 55057
p: 507.222.7179

Giveaway Items

Smitten Kitten
3010 Lyndale Ave. S.
Minneapolis, MN 55408
p: 612.721.6088
Program Descriptions

Keynote Speaker
Tammi Kromenaker serves as Clinic Director at Fargo’s Red River Women’s Clinic. On March 26, 2013 North Dakota Governor Jack Dalrymple (R) signed into law three different abortion restrictions (TRAP laws), which women’s health advocates say will effectively ban abortion in the state. One of these is a “fetal heartbeat” restriction that forbids abortion after six weeks. North Dakota currently stands as the state with the most restrictive abortion laws in the country. The clinic has firmly acknowledged that they are still open and receiving patients.

Location: Great Hall

ABCs: Abstinence, Birth Control, and Condoms
Planned Parenthood’s Teen Council representatives Ehryn Barthelme and Zoey Gold provide education about abstinence and methods of birth control, including, but not limited to: the existence of, the proper use of, and effectiveness of hormonal birth control methods, male condoms, and female condoms. This program intends to increase awareness of and access to birth control in our community.

Location: Sayles 251

Sex Toys: Increasing Pleasure and Intimacy
Laura Rademacher (MA, LAMFT), sex therapist, sex educator and former sex toy salesperson, will introduce the basics of sex toys. With body safe toys supplied by The Smitten Kitten you can experience vibration in your hand, test the lube for slickness and view a wide range of toys in person. This class is full of sex positive fun for people of all genders and orientations, partnered and solo!

Location: Sayles-Hill Lounge

NARAL Activism: Past and Present
Although its specific goals and tactics have changed with the continually evolving political climate, throughout its history NARAL Pro-Choice MN has remained dedicated to its fundamental ideals of reproductive freedom and choice, ranging from abortion to comprehensive sex-ed to contraception to fighting for honest reproductive health information. Their newest program, the Trust Project, focuses on bridging the gap between reproductive rights and reproductive justice by making our movement more reflective of the face of Choice in Minnesota and working to meet the needs of women of color as well as GLBTQ people and others who have historically fallen through the cracks of their movement.

Location: Sayles-Hill Lounge

H.O.T.S.E.X.
Sex can be complicated. The movies ask us to instinctively know what to do or how to do it. But let’s be real, communication is key! This workshop focuses on communication and sex: saying what you feel, meaning what you say, and asking for what you want.

Location: Sayles 251

Women’s Health Panel: Now vs. Then
How did the women’s health movement happen in legislature? What’s happening now? What happened to minority women in health care, past and present women’s health movements? What is the government currently pushing for regarding women’s health? Is the MN Health Exchange good or bad? Come have these questions and more answered at our panel and don’t forget to bring your own!

Location: Sayles 251

Gender 101
Explore differences between sex, gender, and sexual orientation as well as discuss the stories of people whose identities challenge "the gender binary." Through interactive exercises and discussion, we start an inclusive conversation about what gender means to us individually and collectively!

Location: Sayles-Hill Lounge

Sexcapades
Sexcapades is hands-on and competitive for constructive learning. Learn how to sort through condoms, put on a condom, and make a dental dam in this Olympic-style program. We will divide into teams and start competing for our own “Olympic” prizes!

Location: Great Hall
Pro-Choice MN @ Carleton College

Wondering where you might have seen us this year? Here's a list of our programs – there will be some repeats next year!

Did you love something in particular? Wish you had seen something else? Interested in escorting? Want to help us plan? Contact fraserd@carleton.edu with suggestions for 2013-2014!

2012-2013 Events

- Women's Health and the Elections 101
- Repeal Hyde Art Project
- Get Out the Vote Door-Knocking
- Not a Father's Day
- Roe v. Wade Coat Hanger Project
- The Coat Hanger Project Screening with WHOA
- Valentine's Day Condomgrams
- Pro-Choice Lobby Day 2013
- Reproductive Health Information Petitioning
- Faith and Choice
- The Clothesline Project

For more information, visit http://apps.carleton.edu/student/orgs/pcmn/.

Program Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30</td>
<td>Registration</td>
</tr>
<tr>
<td>9:00</td>
<td>Keynote Speech: Tammi Kromenaker</td>
</tr>
<tr>
<td></td>
<td>Director of Red River Women's Clinic, Fargo, ND</td>
</tr>
<tr>
<td>10:00</td>
<td>Workshops</td>
</tr>
<tr>
<td></td>
<td>ABCs: Abstinence, Birth Control, and Condoms</td>
</tr>
<tr>
<td></td>
<td>Planned Parenthood Teen Council</td>
</tr>
<tr>
<td></td>
<td>Sex Toys: Increasing Pleasure and Intimacy</td>
</tr>
<tr>
<td></td>
<td>Laura Rademacher, Sex Educator</td>
</tr>
<tr>
<td>11:00</td>
<td>Workshops</td>
</tr>
<tr>
<td></td>
<td>NARAL Activism: Past and Present</td>
</tr>
<tr>
<td></td>
<td>NARAL Pro-Choice MN, Dan Buck</td>
</tr>
<tr>
<td></td>
<td>H.O.T.S.E.X.</td>
</tr>
<tr>
<td></td>
<td>Michael McClellan, Carleton GSCA</td>
</tr>
<tr>
<td></td>
<td>Jordan Stevens, Carleton GSCA</td>
</tr>
<tr>
<td>12:00</td>
<td>Lunch Break</td>
</tr>
<tr>
<td></td>
<td>Downtown, Burton Dining Hall, Sayles-Hill Café</td>
</tr>
<tr>
<td>1:00</td>
<td>Workshops</td>
</tr>
<tr>
<td></td>
<td>Women's Health Panel “Now vs. Then”</td>
</tr>
<tr>
<td></td>
<td>Nicole Juan, NARAL Pro-Choice MN</td>
</tr>
<tr>
<td></td>
<td>Anahi Russo Garrido, Carleton WGST Dept.</td>
</tr>
<tr>
<td></td>
<td>Gender 101</td>
</tr>
<tr>
<td></td>
<td>Lauren Chow, Carleton GSCA</td>
</tr>
<tr>
<td></td>
<td>Caitlin Wood, Carleton GSCA</td>
</tr>
<tr>
<td>2:00</td>
<td>Sexcapades</td>
</tr>
<tr>
<td></td>
<td>Led by Carleton Student Wellness Associates</td>
</tr>
<tr>
<td>2:45</td>
<td>Closing</td>
</tr>
<tr>
<td></td>
<td>Diana Fraser, Pro-Choice MN @ Carleton College President</td>
</tr>
<tr>
<td>3:00</td>
<td>Open Tabling</td>
</tr>
</tbody>
</table>

*Each session will last fifty minutes with a ten minute break before the next one begins. (10:00-10:50, 11:00-11:50, etc.)