

# YOUTH REPRODUCTIVE EQUITY

**#TrustTeens Campaign, May 27 - May 31, 2024**

## Why #TrustTeens?

We call for policies and practices that **#TrustTeens** with their bodies and respect their bodily autonomy. We see an alarming increase in threats to adolescents' bodily autonomy, including denying teens comprehensive sex education, barriers to confidential contraceptive services, and heightened restrictions on abortion access for minors. Restrictions on abortion access, like recent [abortion trafficking](#) laws, are specifically targeting teens and their ability to exercise reproductive autonomy.

Decades of research have demonstrated that teens are capable of making their own decisions about their bodies. Narratives that young people are immature and incapable of making responsible decisions fuel restrictive policies and stand in opposition to the human rights that young people deserve.

The goal of **#TrustTeens** is to flip this narrative and share many perspectives on why we as a nation should trust teens with their bodies and how this should influence policies and clinical practice. **We want to call in advocates working with and for teens to join us and tell the world why they should #TrustTeens.**

## How to Use the Toolkit

There are a few ways that you can participate in the #TrustTeens social media campaign:

1. **Share a tweet** telling the world why you #TrustTeens and encourage others to join the movement. Create your own message or borrow one from our [Tweet Bank](#).
2. **Post to Instagram** (or any other social media) with one of our [digital graphics](#). Graphics include caption ideas that you can copy or use for inspiration.
3. **Create and share a video** about why you #TrustTeens and why others should too! Check out our example and instructions on [how to record a #TrustTeens video](#).

Please contact [youthrepro@umich.edu](mailto:youthrepro@umich.edu) with any questions or comments.

**Bonus: Uplift and empower teen voices!** As important as advocacy for teens is, we want to hear directly from teens, too. Let's use this campaign to center, amplify, and highlight teen voices on social media.

In the toolkit, you can also find gifs for social media, an infographic on adolescent abortion barriers, and suggestions for creating relevant and impactful content.

## Important Links

Instagram and Twitter: @YouthRepro

[Youth Reproductive Equity Website](#)

[Youth Repro Equity Merch Store](#)

## Tweet Bank

### Statistics/Information to Uplift

With Roe v. Wade overturned, 54% of US adolescents live in states that are hostile to abortion access. That's nearly 8 million adolescents who have lost bodily autonomy, reproductive freedom, and control of their futures. #AbortionIsHealthcare #TrustTeens ([Youth Reproductive Equity Key Messages](#))

Teens under 20 make up 12% of individuals who have abortions nationally; minors under 18 account for about 4% of all abortions in the U.S. This means at least 50,000 adolescents need abortion care each year in the United States. #TrustTeens ([Jerman et al., 2016](#))

Too many teens get too little sex education. In 2015-19, only about 50% of adolescents reported that they received sex ed that meets the minimum standard articulated in Healthy People 2030. Comprehensive sex education is essential for adolescent reproductive autonomy. #TrustTeens ([Lindberg & Kantor, 2021](#))

In addition to the 12 states where abortion is banned entirely, only 13 states allow minors access to abortion without parental consent or notification. We must #TrustTeens to make decisions about their own bodies by advocating for state policies that support bodily autonomy. . ([Guttmacher, 2023](#))

Access to confidential contraception is crucial for adolescent reproductive autonomy, but only 23 states and the District of Columbia explicitly allow all minors to consent to contraceptive services. #TrustTeens ([Guttmacher, 2023](#))

Teens' birth control access is under threat. A recent court decision in Texas means Title X Family Planning programs are no longer required to provide confidential care for minors,

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removing an important safety net for access to care. #TrustTeens ([Johnson and Lindberg, 2023](#)).

Depictions of the teen "abortion road trip" in the media pale in comparison to the harsh reality post-Dobbs. Legal barriers like parental involvement laws force teens to travel farther to access abortion. It's time to #TrustTeens and remove unnecessary obstacles to healthcare.

\*\*Feel free to include this image from the 2020 film "[Unpregnant](#)"

## General Tweets

We #TrustTeens to make decisions about their bodies that are best for them including if and how to have an abortion.

Teens 🙌 Deserve 🙌 Bodily 🙌 Autonomy 🙌 #TrustTeens

Say it with us 📶📶📶 Teens deserve access to confidential abortion and contraceptive care! #TrustTeens

I #TrustTeens Because....

*Examples:*

I #TrustTeens because they are experts in their own bodies!

I #TrustTeens because that is how you model respect.

I #TrustTeens by listening more than I talk.

I #TrustTeens by sharing teens' expertise when I teach

4 reasons we #TrustTeens

- ✅ Teens deserve bodily autonomy
- ✅ Teens are experts in their own bodies
- ✅ Teens are worthy of respect
- ✅ Teens deserve human rights

What is #TrustTeens?

#TrustTeens = Respect Teens

#TrustTeens = Care about Teens

#TrustTeens = Support Teens

#TrustTeens = Listen to Teens

#TrustTeens = Uplift Teen Voices


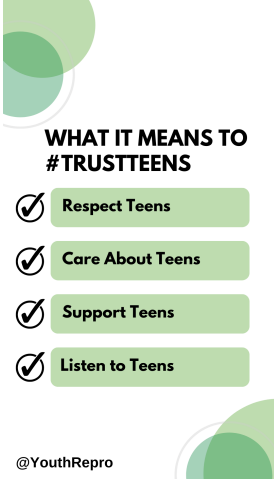
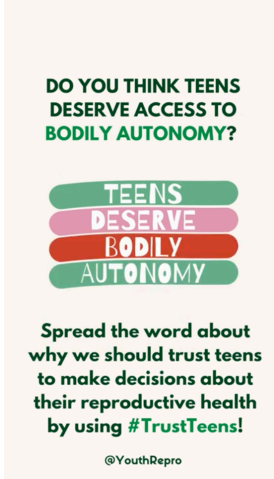
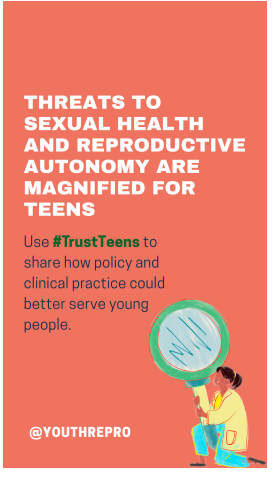


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## Trust Teens Digital Graphics

**Important Note:** Each graphic below has a preview image for your reference. If you would like to post a graphic, please use the “Click Here to Download” link to open a high-quality downloadable version of each image/video.

### Instagram Stories

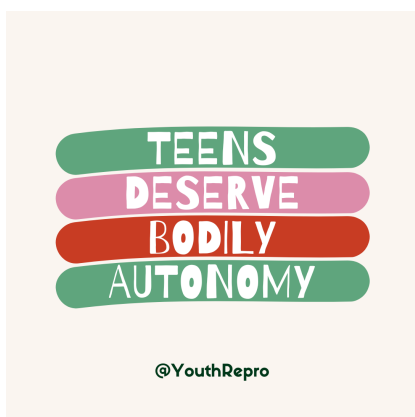
**How to Use Instagram Stories:** These posts are designed to be used as an Instagram story. Some posts are multi-part, so make sure to download each slide. Please, don't forget to caption each post with the tag #TrustTeens!

 <p><b>54%</b> OF US ADOLESCENTS LIVE IN STATES HOSTILE TO ABORTION ACCESS</p> <p>That's nearly 8 million adolescents who have lost bodily autonomy, reproductive freedom, and control of their futures</p> <p>@YOUTHREPRO</p>	 <p><b>WHAT IT MEANS TO #TRUSTTEENS</b></p> <ul style="list-style-type: none"><li>✓ Respect Teens</li><li>✓ Care About Teens</li><li>✓ Support Teens</li><li>✓ Listen to Teens</li></ul> <p>@YouthRepro</p>	 <p><b>DO YOU THINK TEENS DESERVE ACCESS TO BODILY AUTONOMY?</b></p> <p><b>TEENS DESERVE BODILY AUTONOMY</b></p> <p>Spread the word about why we should trust teens to make decisions about their reproductive health by using #TrustTeens!</p> <p>@YouthRepro</p>
<a href="#">Click Here for Download</a>	<a href="#">Click Here for Download</a>	<a href="#">Click Here for Download</a>
 <p><b>THREATS TO SEXUAL HEALTH AND REPRODUCTIVE AUTONOMY ARE MAGNIFIED FOR TEENS</b></p> <p>Use #TrustTeens to share how policy and clinical practice could better serve young people.</p> <p>@YOUTHREPRO</p>	 <p><b>ONLY 13 STATES ALLOW MINORS ACCESS TO ABORTION WITHOUT PARENTAL CONSENT OR NOTIFICATION</b></p> <p>@YouthRepro</p>	 <p><b>WHY WE TRUST TEENS</b></p> <p>JOIN US IN SHARING WHY YOU THINK THE WORLD SHOULD #TRUSTTEENS TO MAKE DECISIONS ABOUT THEIR SEXUAL AND REPRODUCTIVE HEALTH</p> <p>@YOUTHREPRO</p>
<a href="#">Click Here for Download</a>	3 part series - <a href="#">Download 1</a> <a href="#">Download 2</a> <a href="#">Download 3</a>	<a href="#">Click Here for Download</a>

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## General Graphics

**How to Use Graphics:** These graphics are great as an Instagram grid post or Twitter image. Feel free to pair them with the suggested caption or come up with your own! Don't forget to tag #TrustTeens!



[Click Here for Download](#)

Caption Suggestion:

4 reasons we #TrustTeens with decisions about their reproductive health:

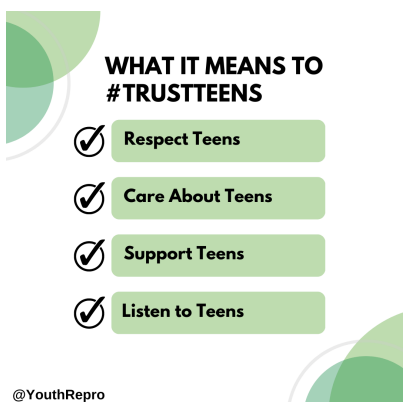
- ✓ Teens deserve bodily autonomy
- ✓ Teens are experts in their own bodies
- ✓ Teens are worthy of respect
- ✓ Teens deserve human rights



[Click Here for Download](#)

Caption Suggestion:

We #TrustTeens to make decisions about their bodies that are best for them including if and how to have an abortion.



[Click Here for Download](#)

Caption Suggestion:

Wondering what it means to #TrustTeens to make decisions about contraception and abortion?

Trusting teens means giving teens the respect they deserve, caring about their health and wellbeing, supporting them in their decision making, and listening to their experiences.



2 Part Series: Click Here for [Download 1](#) [Download 2](#)

Caption Suggestion:

Confidential care is essential for adolescent reproductive autonomy. Therefore, we must #TrustTeens to make decisions about their own bodies.

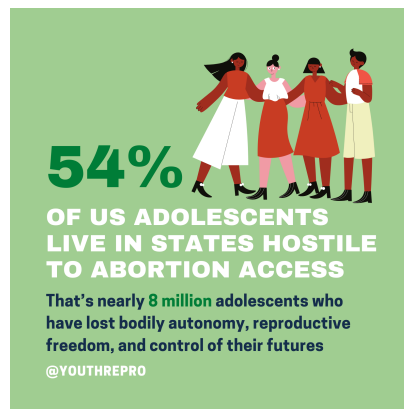


[Click Here for Download](#)

Caption Suggestion:

Teens face magnified barriers to health care and reproductive autonomy including lack of confidential care, transportation challenges, financial barriers, lack of access to information, and mounting legal threats.

Join us in advocating for policies and practice that #TrustTeens to make decisions about their bodies.



[Click Here for Download](#)

Caption Suggestion:

Barriers to teens' access to abortion are increasing across the country. At a time when teen's reproductive autonomy is being threatened, it is essential that we #TrustTeens to make decisions about their own bodies.



[Click Here for Download](#)

Caption Suggestion:

Comprehensive sex education is essential for teens' bodily autonomy and decision-making. We must #TrustTeens with the knowledge and resources they need to make informed choices about their health.



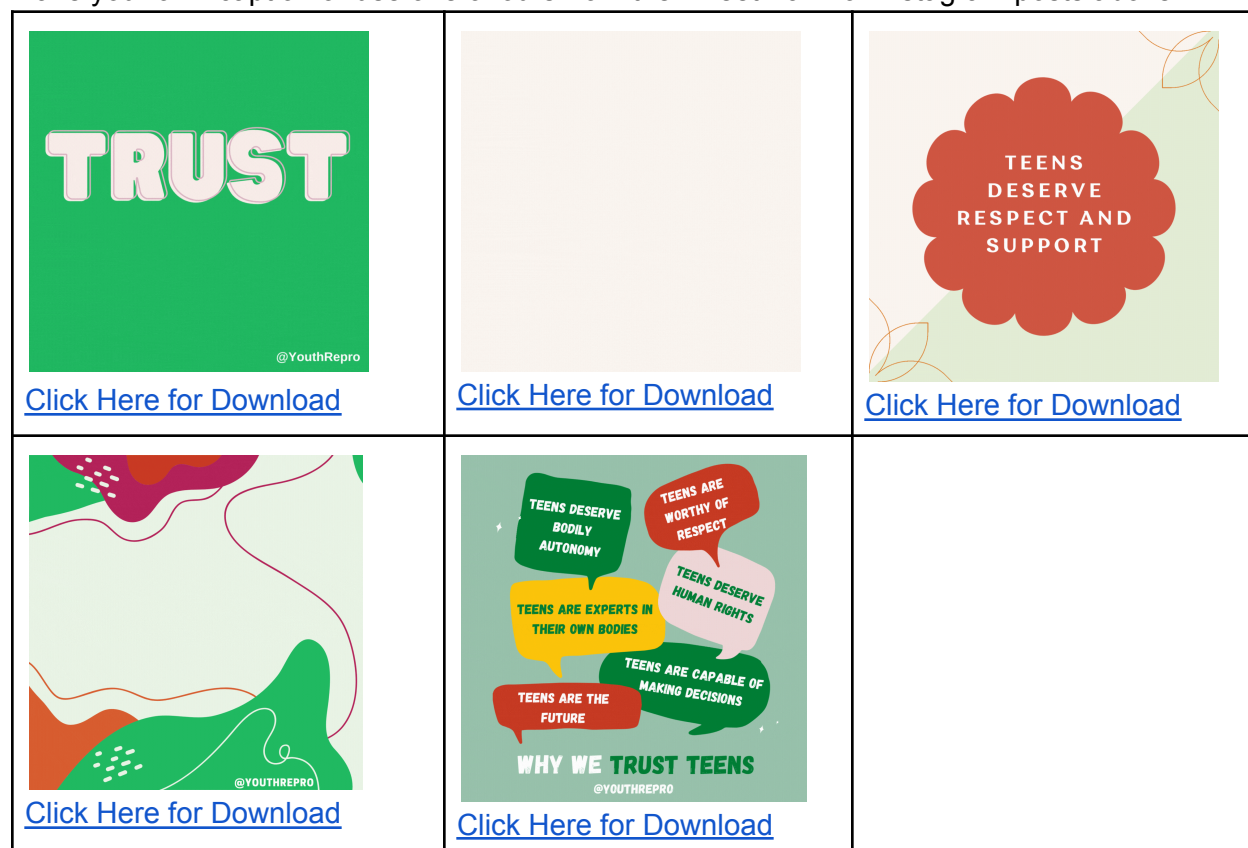
**Adolescent Abortion Infographic**

(For use generally, not limited to Instagram/Twitter)

[Click Here for Download](#)

## Gifs

**How to Use Gifs:** Gifs are a great way to add eye-catching visuals to your social media post! When using our gifs, make sure to pair them with a caption using the #TrustTeens hashtag. Make your own caption or use one of ours from the Tweet Bank or Instagram posts above!



## How to Record a Trust Teens Video

**Step 1:** Introduce yourself and your relationship to adolescent health or reproductive justice

- “Hi, my name is \_\_\_\_\_. I work with teens in [x capacity].”
- “Hi, I am \_\_\_\_\_, I am \_\_\_\_\_ years old from \_\_\_\_\_.”

**Step 2:** Share why you trust teens, why others should trust teens, or a personal experience related to adolescent reproductive health.

- “I trust teens because...”
- “I’m fired up about #TrustTeens because...”
- “I’ve had the personal experience of \_\_\_\_\_. We need to trust teens because...”
- “I think teens should be able to make decisions about their bodies because...”
- “I think adults should trust teens to make decisions because....”
- “As a young person, I think teens need ....”

[Check out this example video](#) of Dr. Krishna White sharing why she trusts teens from the 2023 Society for Adolescent Health and Medicine (SAHM) conference!

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## Content Guidelines/Suggestions

Goal	Do	Don't
<b>Use inclusive, gender-neutral language</b>	"Abortion is a human right"	"Abortion is a woman's choice"
	"We support a pregnant teen in however they choose to manage their pregnancy"	"We support a pregnant girl in however she chooses to manage her pregnancy"
	Reproductive health/equity	Women's health
<b>Sexual and Reproductive Health focus</b> (rather than political or abortion-only)	Focus on policy	Focus on the party/affiliations putting forth the policy
	"Opponents of abortion" and "opponents of contraceptive access"	Republicans, GOP, conservatives, etc.
	"Advocates for..." or "supporters of abortion access"	Democrats, DNC, liberals, etc.
	"Anti-abortion"	"Pro-life"
<b>Adolescent centered</b>	Uplift youth voices	Sensationalize youth trauma (e.g. Ohio 10-year old rape victim)
<b>Reproductive justice</b>	Center access	Center choice
	Focus on SRH comprehensively	Focus on abortion only
	Center the most marginalized	Ignore intersecting identities and those who face the most oppression

Further reading/sources for above language:

- [Using Inclusive Language in Abortion Care is Essential](#) by Aspen Ruhlin
- [For Journalists \(on Abortion and Beyond\)](#) by Jocelyn at the Womxn Project
- [Resources for Journalists Reporting on Abortion](#) by Physicians for Reproductive Health
- [Reproductive Justice](#) by SisterSong

**THANK YOU FOR PARTICIPATING IN THE #TRUSTTEENS CAMPAIGN**

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