

Frequently Asked Questions

Q: How to support YES!?

A: The most direct way of support is [donating to YES!](#) with a one-time or monthly donation.

- Ask your community to donate or become a monthly supporter.
- Buy and promote our [greeting cards](#).
- Buy and promote our [merchandise](#).
- Support our podcast through [Patreon](#).

A: If you cannot donate money, here are some ways to offer support:

- Follow our [Instagram](#) and [Facebook](#) accounts.
 - Invite your friends to like our pages.
 - Share/repost our posts.
- Listen to, share, rate and review our [podcast](#).
- Attend our [events!](#)
- Become a [volunteer](#).
- Talk about us!

Q: How can I sign up for upcoming events?

A: To see all the upcoming events and sign up, complete this [Google Form](#).

Q: How do I stay informed?

A: If you would like to stay up-to-date, you can sign up to join our email newsletter [here](#).

Q: How can I become a volunteer?

A: If you would like to become a volunteer, please email us at contact@yestoconsent.org or fill out the [contact form](#).

Q: Are donations and gifts tax-deductible?

A: As a 501(c)(3) charity, donations and gifts are tax-deductible.

Q: Where does my donation go?

A: All donations directly benefit the people that YES! aims to help: the biggest part of donations go toward funding facilitator labor and materials for our workshops and events.

Q: How can I partner with YES?

A: YES! has a number of partnerships with the community and we are always excited to welcome organizations that wish to cooperate on any projects. The best way to reach us is to fill out the [contact form](#).

Q: Can YES! create a program or workshop for my school or organization?

A: Yes, we create personalized programs to fit everyone's needs. If you would like YES! to come to your school, work or organization, fill out [this form](#) explaining what you're looking for. Then, one of the YES! staff members will contact you to figure out the details!

Q: Are you available for one-on-one consulting?

A: Yes, we are. If you want to discuss the details of one-on-one consulting, please fill out the [contact form](#).

Q: Do you work with kids of young age? What does it mean that you teach sex ed to small kids?

A: Yes, we provide sexuality education and workshops for people of all ages. Those for young children focus on consent education, respecting other people and discussing gender roles and body parts. To learn more about it watch [this video](#).

Q: Didn't answer your question?

A: Email us at contact@yestoconsent.org or fill out the [contact form](#).

Coming Soon!

A coloring book about abortion!

YES! Is happy to announce that Isy Abraham–Raveson and Rebecca Klein received a grant to partner with YES! and create a coloring book focusing on abortion.

The Grant

[Leeway Foundation Art and Change Grant](#) provides grants of up to \$2,500 to fund art for social change projects by women, trans*, and/or gender nonconforming artists and cultural producers living in Greater Philadelphia.

The Artists

Isy Abraham–Raveson is the author (with input and support from abortion experts and others) and Rebecca Klein is the artist/illustrator.

The Audience

The book is created to serve as a tool for children (ages ~4-10) to open discussions with their families and teachers about this important topic.

The Choice to Color

The author and artist chose a coloring book because it is for young children, and it allows them to engage with the topic of abortion through a modality that they are accustomed to hearing stories and learning.

The format also makes it more accessible – anyone can access it through the YES! website and print it out.

The Content

It's a story of a Philadelphia child asking questions and learning about what abortion really is. The book features community members' real abortion stories and accurate, destigmatizing, age-appropriate information. The stories come from various

perspectives, including members of the transgender community who receive abortion care. The child and parent also visit an abortion clinic where they (and the reader) can learn about different abortion procedures. The stories are accompanied by images of familiar Philadelphia neighborhoods and community members.

The Importance

“I have dreamt of this project for a long time, because I know how much parents and families in my community are looking for resources to support their discussions of bodily autonomy, sexuality, and current events with their children,” said Isy Abraham-Raveson.

Abortion is a topic that many people find difficult to talk to children about, but it doesn't have to be that way. We want to provide examples of child-appropriate language that people can use to have straightforward, accurate conversations with young people (or anyone) about what abortion is.

This project has only felt more urgent, given the reversal of Roe v. Wade and the rapidly shrinking reproductive freedom in this country, and in Pennsylvania in particular. The anti-abortion movement does an impressive job of controlling the narrative about abortion and spreading misinformation. This coloring book would be one step in reclaiming the narrative and spreading access to the truth.

“I want young people to know they have the right to be in charge of their own bodies, and I want the grownups in their lives to be equipped to support them in making sense of the news bombarding us from all angles,” said Isy.

The Debut

The coloring book is set for publication in Spring 2023. It'll be available in print and distributed to partner organizations, as well as on YES! website where it'll be available to download.

Tiptoeing around puberty.

By: Barbara Stachurska

“I will call my mom to bring me a change of clothes, or I’ll just go home and hide.”

This is what Isy (she/they) was thinking when she bled through her clothes at school as a teen. She felt like she had no one to talk to about that, and it was something that needed to be kept secret. There was shame about asking someone for a pad or tampon. Girls would hide them in their sleeves when going to the bathroom and there were no free menstrual products provided by the school. Isy just felt embarrassed and wanted to hide.

Ever since she first learned about what a period was, she asked herself, “Why does this have to happen?” It didn’t seem right, and they didn’t understand why it had to happen. She felt too young and not ready for such changes. But now she was living it and inevitably moving toward being a grown-up.

Even though she was still confused about puberty, the shame around it made her not want to talk about it, even with their mom. A lot of that shame came from a lack of familiarity with those topics and the secrecy around them. Her mom tried to make the topic more approachable by getting her a book she could read in private. Yet, Isy still felt very uncomfortable and left the book almost untouched. She navigated puberty on her own, with scraps of information from books and her peers and some adults.

Now, 15 years later, she is sitting in a studio recording podcast about sex and discussing a question: “Why is puberty a thing?”

Being on the “opposite” side, she teaches that even though puberty might seem scary, it’s not shameful. She carries that message through sharing her experiences with Leela, 8, and Indu, 11, and talks to them about how they first learned about puberty and what feelings were associated with it.

When Indu was 9 and her body started to change, she asked her mom about it. “It was kind of awkward because I’ve never thought about that before,” she said. But

she appreciated how her mom, a doctor, was able to answer all of her questions. She also said she is not comfortable with some topics or words because she is not familiar with them. "I guess I just haven't heard [the word sex] enough," said Indu. "Words like 'I' are totally comfortable because I heard it a billion times, but it's very rare for me to hear that word."

Topics related to puberty can be uncomfortable to talk about. Adults often tiptoe around children trying to explain sexual health-related topics and don't introduce those topics early enough. Isy's story shows that avoiding those conversations only creates shame and embarrassment around puberty because of the lack of familiarity with certain words and concepts. But it doesn't have to be this way; kids can understand much more than we think and they are curious about how their bodies are going to be changing. Creating a dialogue about it, just like Isy does on the podcast, can make those topics more familiar and not at all embarrassing.

Do they know my body better than me?

By: Barbara Stachurska

"I logged into Zoom not really knowing what to expect... I have been to hundreds of doctors, who mostly disregarded my symptoms and didn't listen to what I had to say. The title of the workshop: 'You know your body best' seemed right but I was always taught that it's the doctors who actually know best. They are the experts, right?" said Maya, one of the workshop participants.

As the hosts went through different checklists and discussed the healthcare system, her mind kept going back to all the awful healthcare experiences she had. All the doctors that didn't believe her, who prescribed dozens of medicines that didn't work without any explanations and refused to give her more tests. "I felt like I was constantly fighting to be heard," said Maya. "The doctors were passively nodding their heads just to later downplay my symptoms and fail to provide me with adequate treatment." This is the reality of living with a chronic illness, and the huge space between what she felt and what the doctors were saying.

The doctor-patient relationship has a big power imbalance. We are taught that doctors and other healthcare providers are the experts in health and our bodies, so we should do what they say.

"I always felt intimidated by doctor's visits, like a child not having a say in anything, having to comply with whatever adults say," Maya continued. As the workshop went on, she realized other people felt a similar way. Participants slowly opened up about their experiences and reflected on the adversities or discrimination they faced during healthcare visits. "I knew that other individuals also had negative experiences in the healthcare system but it wasn't until I heard all of the participants' stories that I truly understood I'm not alone."

The conversation led to the healthcare visit checklist and advice on how to set those boundaries. Even though the system has pre-established options and recommendations, you can ask questions about alternatives. You can ask the provider to clarify the information and take all the time you need to make any decisions. You can let the provider know if you have any special needs to be more

comfortable. It seemed simple. The hosts described ways and conversation starters that we likely use in other life situations... but it doesn't occur to people that they can do the same during a healthcare visit.

"I didn't know I was ALLOWED to have boundaries; to say no, to take more time when I needed it, or to advocate for my needs," said Maya. "And I think other participants felt the same. This was the first time someone told us that healthcare providers might not always know what's best for us and we have the right to set boundaries, just like we do in other aspects of our lives."

Maya's story is not uncommon; many people feel that consent is not something that could belong in healthcare spaces. They let the providers make all of the decisions, even when they experience adversaries in the healthcare system and don't receive the care they expect. While healthcare providers are the experts, there is still space to make sure you feel comfortable and have enough information and time to consider your options.

Note, Maya is a "standin" name for the real focus of the story.