

Our Bodies Ourselves Today Launch Celebration  
October 4, 2022

Transcript:

00:04 Welcome to the celebration of the launch of our bodies ourselves today at Suffolk University.

00:13 We did it. We did it.

00:16 And here we are to celebrate it. I know that you all took time out of your very busy schedules, and it is so much appreciated.

00:26 When I say that we did it, I mean all the many people who made this possible that our bodies, ourselves,

00:35 founders and board, all the contributors and this don't worry, this is not going to turn into like a an acceptance speech.

00:44 But there are a lot of people to thank. And I want to thank the Obas Founders Board contributors.

00:49 I want to thank Suffolk University, which is home to our bodies ourselves today, including my colleagues, staff, students and alumni.

01:00 I want to thank our over 100 volunteers who are and also our partners and co collaborators,

01:10 and most notably, Sinead KENNEALLY, our program director, and also our incredibly generous donors.

01:19 So it really has taken there's an ecosystem of people who have worked together to support this and and get us to this point.

01:30 So here you're going to at this celebration today, you're going to hear briefly from a number of people,

01:36 a handful of people who will maybe more than a handful of people who have been major participants in our bodies ourselves today and in creating it.

01:47 And then we'll have a little time for Q&A, and then we will end the hybrid portion of the event,

01:53 and we'll go out and eat and schmooze and in the interests of concision.

02:00 I will now hand it over to Suffolk University President Marissa Kelly.

02:04 Thank you. Thank you, Amy.

02:12 And and thank you all for being with us.

02:15 Whether you're here in the room or joining us from all over the region, the nation, the world, perhaps by Zoom.

02:24 It is really exciting to be here today, exciting to to be at this point and most of all,

02:32 exciting to have our bodies ourselves today as part of Suffolk University.

02:39 You know, I was talking this morning, my wife was remembering, as you know, as a young child woman just getting into her teenage years,

02:48 her mother bringing the bringing the book home and introducing it to her and her older sister.

02:55 And, you know, what a what a important resource it has been for generations of of women now and for me, both personally and professionally,

03:06 is exciting to to think about our bodies ourselves today continuing that on so that future generations of women will be looking back and saying,

03:16 you know, I remember when my mom introduced me to that website and and to the resources that it it provides.

03:23 So really, really an important step forward and way to ensure that this important resource continues to be available for for generations to come.

03:38 And it's especially, I think, appropriate that our bodies ourselves today is now a part of Suffolk University.

03:45 I mean, it makes sense from my perspective. And so if you'll allow me, I'd like to say why we think it makes such great sense.

03:51 First, this is even going back to, you know, its early years.

03:57 There are lots of intersections between, between Suffolk and our bodies ourselves today.

04:03 First of all of course as a, as a book and as the board has always been, Boston based and Suffolk was founded here in Boston in 1906.

04:12 And while we now have global reach as our bodies ourselves does,

04:17 we are still grounded in the city of Boston, and we have a lot of other intersections.

04:24 One of the founders, Paula Dress Orders, is a Suffolk alum, class of 1964.

04:32 But not too many of you knew that another Wendy Sandford served as Suffolk's campus minister and also taught a class here on sex and society.

04:45 And in fact, over the years, we have had many other founders who taught here, who were part of advisory boards,

04:53 who sponsored events here, came and used our facilities and intersected with their faculty and our students.

05:01 So a lot of really important connections over over time.

05:06 And as important as all that is,

05:08 I think actually what we share in common is a much more important reason that this is really a logical home for this incredible resource.

05:18 Suffolk was founded in 1906 as an educational institution, obviously initially as a law school,

05:24 and grew from there and founded as on a mission of access and opportunity.

05:29 And that has been true at core to our mission as an educational institution from day one.

05:37 What that means, of course, has evolved as the world has evolved.

05:40 And so I'm very proud that we are now, you know, an institution committed to education,

05:47 to committed to access and opportunity for people of all races, socioeconomic backgrounds,

05:53 face gender identity, sexual orientations, while we, you know,

06:00 always have more to do to be an inclusive community, we're really committed to to education for all.

06:07 And, of course, our bodies,

06:09 ourselves and our bodies ourselves today is first and foremost an educational resource committed to ensuring that all people,

06:18 in this case women specifically have access to the resources that they need to make their

06:27 choices in the way that they want for their goals and the way they choose to live their lives.

06:34 And that is absolutely in alignment with Suffolk's mission.

06:38 So we're very excited to be at this point, again, to be part of this launch, excited for all that is to come.

06:47 Great appreciation for Amy as the director of our Center for Women's Health and Human Rights.

06:53 And on behalf of the university, I want to thank the our bodies ourselves today community for bringing this resource to to Suffolk,

07:01 letting us partner with you and again to do our work together to ensure that this resources of.

07:08 Valuable for generations to come. Thank you very much for joining us today.

07:24 Well, hello and welcome. I'm Judy Nursey and.

07:28 I'm one of the co-founders of Our Bodies ourselves. I'm also the current chair of the board.

07:33 That will be changing next year, which is exciting.

07:37 I have to say, this is a very emotional moment because it represents such hard work and commitment on the part of a large group of individuals.

07:47 It's the culmination of a lot of thinking,  
07:50 visioning and dreaming of a way to make our bodies ourselves live on this beautiful, wonderful digital platform.  
08:00 It is a work in progress, as you will see the groups that are curating some of the best content that's out there,  
08:09 either being created now or on the Internet and bringing it to this platform are amazing.  
08:16 It's such a talented group and I encourage all of you to go and look at who those folks are.  
08:22 I have a special personal thank you to Suffolk University.  
08:27 I taught here for two years in the Master of Arts in Women's Health Program, and I taught women's health advocacy.  
08:34 I probably would call that reproductive health and justice advocacy now if I were to rename that course.  
08:41 And I was so impressed with the students and the other faculty and the commitment to focusing on community needs.  
08:49 It wasn't just about building an institution that would be famous.  
08:52 It was about what does our immediate community need? And this institution has always thought about that.  
08:58 So for me, Suffolk is a perfect home for our bodies ourselves today.  
09:02 And even as I step down as chair,  
09:04 I'm going to stay active in all the ways that I hope to bringing the vision and the excitement and the talents of so many people hundreds,  
09:13 if not thousands in the Our Bodies Ourselves community, which is now a global community.  
09:19 I'm not going to say more about the website. You're going to be walked through that,  
09:22 but I do want to say that it's so inspiring and encouraging for me to see the kind of activism and thinking and  
09:32 the ways in which we're making this website even better than the book was by using gender inclusive language,  
09:39 by reaching out to groups of individuals that often don't have a voice.  
09:43 Women who are incarcerated. Women with disabilities. We tried our best.  
09:47 We did some of that. But this opportunity with the digital platform is going to enable us to expand that vision,  
09:54 that content and that ability for this website to be a useful resource to an ever growing audience.  
10:01 So special thanks to you, Amy, and to you, Sonia, and to Kiki.  
10:07 Zelda's, who is the web manager for our bodies herself, as you'll hear from her in a minute,  
10:11 because working with you over the last year and a half and watching what the three of you have done in particular has been overwhelming,  
10:18 gratifying and immensely satisfying. So a special thank you from the.  
10:30 Yes. That's right. Yeah. Me again.  
10:36 So I want to just talk for 2 minutes.  
10:40 We'll see if I can do it. See if I can keep it to 2 minutes about why I wanted to create our bodies ourselves today here at Suffolk.  
10:50 And any of you who know me know that I can talk about this for a long time, so see how concise I can be.  
10:59 There are personal reasons for me to want to continue our bodies ourselves into the future.  
11:07 It was also in my household when I was growing up.

11:11 My mom kept it in the bathroom so me and my sister could, you know, learn what we needed to learn and be amazed.

11:19 And it's also been an important part of my professional life.

11:24 It's so important for all of us to have access to the information and resources we need,

11:31 as President Kelly said, to make the choices that we need to make.

11:36 And, you know, we're living in so I'll just briefly point out that we are living in an era

11:43 where our our civil rights and our human rights are being taken away from us.

11:48 Right. Not only the right to abortion in many states, but also the right to talk about it.

11:56 So my colleagues in Idaho this week got a memo from their administration saying that they are not allowed to talk about reproductive rights,

12:08 about abortion or about contraception. Okay.

12:11 They're coming for our contraception, too. Make no mistake.

12:14 I've been saying this for years, but now maybe people believe me a little bit more.

12:20 So there's the don't say gay bill. There's the all the anti-trans laws.

12:25 There's so much all the, you know, don't teach black history.

12:28 And, you know, all this clampdown on our free speech.

12:33 And I really see our bodies ourselves today as such among everything else that

12:38 it is as a real antidote to that constriction on our rights and our freedoms,

12:47 including freedom of speech, freedom to say what we need to say.

12:52 I'm so glad I'm living in Massachusetts right now, so I'm not in danger as my colleagues in Idaho or Texas would be.

13:01 Of being charged with a felony for saying these words. And same for everybody else speaking today.

13:08 So we want to be the trustworthy resource, bringing together all the amazing work being done by activist organizations,

13:19 by scholarly organizations, etc. on the internet.

13:22 The one stop shop and to at the same time to lift up the work that's being done by all these incredible groups.

13:34 So that's all I'm going to say for now. I handed over to Sonya to do the walk through.

13:40 Thank you. Hello, everyone.

13:48 Thank you for joining us today. My name is Sonia Gannaway. I'm the program director for Our Bodies Ourselves today.

13:55 I just want to take a brief moment to basically thank everyone who has already been thanked.

13:58 But I will do it as well as, again, from myself.

14:01 It's been an extraordinary experience and I'm so thrilled to share the website with you, which is what I'm going to do.

14:07 So I'm going to take you through a quick walk through of the website.

14:10 You're just going to see some screenshots today. So, you know, they're not very interactive.

14:14 Please go to the site, explore the site, dig into it. We want you.

14:18 We built this for you and we want you to experience it. But with that, let's do a little walk through.

14:25 So this is a screenshot of our home page.

14:27 And when we designed the site, we really wanted it to be as welcoming and fun as inviting for as many people as possible.

14:34 And I'm going to talk a little bit about some of those elements. But one thing we just did with that is through the use of color.

14:39 And so we use a lot of dual tones and different subject areas have a distinct color.

14:45 And we wanted this to, like I said, be really fun for our users.

14:49 It was critical that we also had different ways of folks who could get at the resources.

14:54 And so we have numerous avenues of searching.

14:57 You can see the search bar here and you can also see in the upper right hand corner our menu, which appears on every single page.

15:03 As you scroll down, you can actually see some of our featured health and sexuality info posts.

15:08 We have the ability to change that and we will. As you know, life changes and stories change.

15:13 We can feature different resources on the home page.

15:16 You continue to scroll down, you can see the nine subject areas with which we launched.

15:20 We will grow and add to that as the years, as the years, come on.

15:24 And we we grow as an organization. You continue further down the Web on the homepage.

15:30 Excuse me. You can see a little bit about the history of oboes.

15:33 We have global translations, the history and legacy and activism and advocacy that you can explore at your leisure as well.

15:40 And then finally, at the bottom of the page, we have news and press. Given that we launched just a few weeks ago,

15:45 we actually received some wonderful news coverage and we can change that and feature that on the home page as well.

15:52 Now, taking you to what is colloquially called the hamburger menu, you can find this in the upper right hand corner.

15:58 This is kind of your toolkit or your guide for the entire site.

16:01 You can access this at any time by clicking that hamburger icon in the upper right hand corner.

16:06 And you can see almost every aspect of the site, including our health and sexuality info the about us and the other aspects of the site as well.

16:16 We also, like I said, really wanted to make sure that folks had access, easy access to the subject areas.

16:21 So we included the dropdown menu from any page. You can actually go and see the different subject areas and you can click on them if you're, you know,

16:29 happened to just want to learn something about pregnancy and childbirth, you can click directly on that.

16:34 And when you go to our Health and Sexuality Info homepage, this is what you're greeted with.

16:38 We have our subject areas in alphabetical order. Order that you can scroll through.

16:43 And as I mentioned earlier, with the use of color, we actually assigned each subject area with a specific color scheme.

16:50 So it's kind of a road map for you as you explore the site.

16:54 This, for example, is gender based violence, heart health, and you can also see mental health as well.

16:59 So it's really just a way to kind of a visual a visual guide for users of the site.

17:06 When you click into one of the subject areas, in this case, contraception and abortion,

17:10 you can see we have a short intro that really provides wonderful contextual information for folks as they explore that particular subject area.

17:18 And as you scroll down, you can see the specific themes within each subject area.

17:22 In this case, you're seeing access to contraception and abortion.

17:26 Again, we did this to kind of create a road map for folks.

17:30 Some people to go to the site, they don't actually know what they want, what they're looking for.

17:34 And so this road map helps folks there. And you can also see we have you can identify how many individual resources are in that theme.

17:42 You can view all of them. Or you can see just a teaser of a couple of a couple here.

17:48 This is just one example of a resource. I wanted to show you what happens when you click into it.

17:52 This is a brief history of birth control in the U.S. It's one of our most read resources, actually.

17:57 As you scroll down the page, you can just see the text in a very clear way.

18:01 We also have numerous links that we provided there to provide more contextual understanding.

18:09 This site would not exist without our experts, there's no doubt about that.

18:13 We have over 100 folks who have been working with us to curate the resources, and I don't have time to go through 100 people today.

18:20 So I am encouraging you to go to the site and explore the experts on your own.

18:24 You can read their bios and things like that, but I just wanted to show you and kind of walk you through on the left hand side,

18:30 you can see the menu and you can click on a particular subject area.

18:33 You can also go into each of the individual experts, like I said, to read about their bio and learn more about them.

18:39 And but I did want to highlight a few of those today. Again, don't have time for all 100.

18:45 The last thing I wanted to bring your attention to was our topic section.

18:49 Our bodies, our souls. Today is a comprehensive resource and we have a lot of material in there.

18:55 And as I said, not everyone goes to the site knowing exactly what they want to want to look for, what they're looking for.

19:01 And so we created this topics A to Z section to really highlight the vastness of the resource.

19:07 So on the left hand side, you can see you can search by subject area again, you can also search by content type.

19:14 This is not you know, the book is a text format.

19:17 We're not doing that anymore. We have a lot more freedom to play with resources and including videos, audio and so forth.

19:25 And then you can actually click on the different topics and you can see it's a very long list.

19:29 I'm not going to show all of them today, but you'll be able to see a good number of them.

19:33 And the other thing we've done is created a filter option.

19:36 So if you go up, you can actually start to search for something.

19:39 So in this case, if you're searching for menstruation, you can start to type in E and S and it will actually filter the topics for you.

19:47 So this is a great resource. If you're not if you're a user to the site and you're actually not sure what language to use,

19:53 you can play around with that and really be greeted with a good number of topics then that you can explore.

20:00 And then I will conclude by just saying, if you like what you saw today, you're welcome to donate to our bodies ourselves.

20:06 Today we are. We really appreciate all your support and the support of those who have worked with us in the past.

20:13 So with that, we actually have a small video presentation we want to share with you from Kiki,

20:18 who is one of the original Our Bodies Ourselves founders that will take you through a little bit more of the site.

20:24 Hi, my name is Kiki about this and I work for our bodies ourselves.

20:28 So I just gave you a brief overview of the heart of the new website, which is in health and sexuality resources.

20:37 And I want to give you just a brief overview of some other sections that are on the website.

20:43 The History and Legacy Section tells the story of the founders of our bodies ourselves,

20:49 who first met more than 50 years ago at a female liberation conference in Boston.

20:56 On the site, you can find the newspaper announcement of that conference, the entire first edition,

21:04 which was published in 1970, and details about each of the following eight US editions.

21:12 You can also find materials on the history of the early women's health movement

21:16 and learn about what has changed and what hasn't changed since those early years.

21:24 The next area of the site is the Global Projects section.

21:29 This features the work of the women's groups from around the world who have translated, adapted our bodies ourselves into 34 different languages.

21:40 Most of these books are available on the site, either as excerpts or as a full downloadable edition.

21:47 You can also find information about the global groups that produced these adaptations and

21:54 the challenges they faced as they adapted the book for women in their own countries.

22:00 The translations and adaptations projects continue today with a group of women in Brazil about to publish a Portuguese

22:08 adaptation and a grassroots feminist organization in Morocco who is about to release Arabic and French adaptation.

22:19 Finally, I want to point out the section on the site that highlights the activism and advocacy that our bodies ourselves is currently involved in,

22:28 from increasing access to midwifery care to spreading the word about self-managed abortion.

22:36 I want to end by saying that all of us at our bodies ourselves are thrilled to be collaborating with Suffolk,

22:42 with the center, and with the whole team at Opus today.

22:45 We are just delighted that so many of you at this gathering are contributing your energy,

22:51 your expertise and your wisdom to our work today so that the work of us began more than 50 years.

22:58 Okay. So next we are actually going to hear from several members, some expert members of our panel.

23:03 So we are actually going to start with Pamela merritt, who is chair of our contraception and abortion panel.

23:08 And I will leave it up to the individual experts to introduce themselves more fully if they should choose to.

23:13 Pamela.

23:15 Thank you so much, Sonia, and thank you and congratulations to you, to Amy, to Suffolk, into the world of reproductive health rights and justice.

23:28 So excited about this launch.

23:31 And I want to speak just briefly about why I decided to be a content chair, a vertical chair.

23:40 So I am the executive director of Medical Students for Choice,

23:46 which is a global nonprofit that basically supports medical students and physicians in training as they seek a

23:57 modern and comprehensive medical education in abortion and family planning all over the world in 28 countries.

24:07 To me, getting being asked to chair this vertical was a tremendous honor.

24:13 And my decision to join was based in a just tremendous respect I have for our bodies ourselves,

24:24 for its incredible role in the movement for reproductive health rights and justice, but also for the reality that I knew we were going to be facing.

24:37 It wasn't a matter of if it was really going to happen soon.

24:44 So to my knowledge and my value system.

24:49 Knowledge is power in every way, shape and form.

24:54 Learning keeps knowledge alive, and particularly the knowledge of abortion and contraception across multiple cultures.

25:05 Education is in a time of great oppression, is revolutionary, and it's fundamental no matter what.

25:16 But right now, with the threats to access and to education and to facts that we currently face in the United States and all over the world,

25:29 sites like our bodies ourselves today provide an opportunity to to keep this knowledge

25:37 and expand this knowledge so that we can build towards liberation in the future.

25:43 So thank you so much for the opportunity to speak, and I hope that you get a chance to check out the abortion and contraceptive that vertical.

25:56 Thank you. So next we have Janie Ward, who's chair of our mental health panel.

26:06 Hello, everyone. I am Jenny Victoria Ward.

26:09 I am professor emerita of from Simmons University.

26:16 I just recently stepped away from my teaching and caring responsibilities and actually retired.

26:26 And it's great. And like many of you here, I saw my very first version of our bodies ourselves when I was in high school.

26:39 I had just begun high school.

26:41 And I remember that that copy, I think it was sort of mimeographed, if any of you here remember mimeograph with the staples on the side.

26:52 And it was distributed clandestinely in this high school in Watertown.

26:58 And what I remember is that a lot of the women in the school were just totally blown away by this document.

27:07 And I think that the younger women were like, you know, oh, okay.

27:13 You know, so you've never seen that. And I tell you that story because I think that one of the things that young people

27:22 learn by watching older young girls learn by watching older women is that,

27:28 you know, they become used to things.

27:31 And I think that our generation learned to expect explicit, honest, gender relevant health related information because of our bodies ourselves.

27:45 Right. Of course. Now, when we got a little bit older and hit the real world and said, doesn't quite work that way, but that was our expectation.

27:54 And of course, over the years, additional editions of the book, it got bigger, it got better, it became more inclusive and more up to date.

28:04 But something else happened, and that is the Internet.

28:08 The proliferation of information on women's health, on the Web just exploded.

28:15 There was a lot of good stuff. There is a lot of good stuff. But we also know there's a lot of not so good stuff, you know.

28:23 So when I received the call that our bodies ourselves today was about to start a new project that would shift from print to a digital format.

28:35 I thought, Wow, that's really kind of cool.

28:39 And then I thought, How are you going to do that, Cynthia?

28:47 Thank God. I mean, I have to give so many shout outs to this woman.



28:52 She helped to assemble an incredible group of intrepid curators in mental health.  
29:01 Our group consisted of clinicians, researchers, professors, activists.  
29:08 It was a multicultural group of women who came together to discuss what we feel is really important information to disseminate about  
29:18 women and mental health in these times that we are living in and to go through the very many resources that exist on the web and,  
29:29 you know, really think about what is what's a value that we should be directing people towards.  
29:36 It was truly a daunting task and continues to be kind of daunting.  
29:41 There's an awful lot that's out there, but we did our best to get some really good mental health resources up and ready for the launch.  
29:54 I want to first I want to just say thank you to the women who were the mental health experts who were in my group who generously gave their time.  
30:07 We had great conversations. I mean, really interesting conversations that pushed a lot of us beyond what we were comfortable with, frankly.  
30:19 And we learned so much. And thanks once again to Cynthia and to Amy and to everybody at our bodies ourselves.  
30:28 You guys are problem solvers, you know, are of the highest caliber.  
30:36 And your calm, decisive demeanor helped us to get to where we are today.  
30:44 And you and I are more organized than I will ever be.  
30:49 So I want to encourage everyone here to go online, play around with what's there.  
30:54 If there are things that you think are missing, get in touch with us because we are still working on this baby.  
31:03 And it's very exciting. And I'm. Glad you're all here.  
31:11 Thank you. So next we have Noel Spencer, who is a member of our Menstruation through Menopause panel.  
31:17 Noel Thank you, Sonia. Hello, everyone.  
31:20 It's so great to see you all here. My name is Noel Elizabeth.  
31:24 I'm a member of the Menstruation Through Menopause panel and I'm really excited to just talk to you  
31:28 a little bit about why I wanted to be part of the panel and what that experience has been like.  
31:33 So when you asked that question of, you know, why did you want to be part of the panel?  
31:37 I initially listed out about five main reasons.  
31:41 I would say. The first would be just personal interest and investment.  
31:44 As a woman living with PCOS, I really understand how difficult it can be to find accurate,  
31:49 relevant and timely health information that felt accessible and interesting to me,  
31:56 especially for our health conditions that are considered to be women's reproductive health.  
32:00 I think a lot of us in this room know that those conditions are not often given the same attention as others.  
32:07 So I was really appreciative first to hear of a resource that was going to focus on more of those types of conditions and thoughts.  
32:15 Secondly, as a public health,  
32:16 professional mental health is an important part of the overall health and well-being of more than half of the global population.  
32:24 And access to resources, including medicinal products and educational resources like those offered by our bodies ourselves today,  
32:31 are key to really starting to advance human rights and to address some issues of gender equity.

32:37 Again, with that mentioned education piece, access to information that is diverse in its content, whether that's with age, race, ethnicity,  
32:45 gender and any other identity category as well as looking across the lifespan,  
32:50 is key to really addressing menstrual stigma and having comprehensive answers to any questions.  
32:58 And information about menstruation can really reduce internalized stigma and hesitancy to discussing menstruation and a societal level.  
33:06 And finally, it was really just excitement from the people around me.  
33:11 So everyone that I've spoken to about our bodies ourselves today, whether that's my peers, my friends, my great aunt,  
33:15 my mom, everyone's been incredibly excited about this new era and the newest era of our bodies ourselves.  
33:23 And we are just I'm just so excited to be able to be a part of that.  
33:28 And now just thinking about the experience very briefly and I'm running out of time.  
33:32 It's overall but an amazing experience. It's been fun and exciting.  
33:36 Our discussions, it sounds like, have been similar to the mental health discussions that have been complex at times and really pushed boundaries and,  
33:43 you know, asked all of us to share our expertise,  
33:46 but also make space for others and for all diverse perspectives and really encouraged all of us to think about the content that's out  
33:54 there on the Internet in diverse ways and think through lenses that are really going to bring as many voices into the room as possible.  
34:01 And I'll just close a little anecdote.  
34:03 I've been very excited by the menstruation through menopause team, how we've been able to identify and fill our own gaps.  
34:11 So one gap that came up right before we launched was you realize even though we're menstruation through menopause,  
34:16 we did not have as many menopause resources as we would have liked.  
34:20 And so instead of waiting for after launch or just sort of resting on our laurels, we got together over those, I think, two weeks.  
34:26 And we're able to curate some really engaging, quality,  
34:30 quality resources that reinforce the focus of our bodies ourselves today on the life span approach, not just on any one part of the life.  
34:39 So I just want to echo my colleague here by encouraging you to go online and to check everything out,  
34:45 because our bodies ourselves today really highlight the importance of mental health,  
34:48 education, health, education overall for anyone who wants to learn more.  
34:52 Thank you. Thank you.  
34:58 And next, we have Pablo Jamal Santiago, who is actually a Suffolk student and was one of our great interns.  
35:04 And she will talk about her experience as well. Hello, everyone.  
35:07 I just wanted to thank you all for coming to celebrate all the hard work we've done these past few months for our bodies ourselves.  
35:13 Today, as Sonia mentioned. My name is Bella Santiago and I'm a senior here at Suffolk University, majoring in sociology.  
35:22 This summer, I had the amazing opportunity to work with a wonderful group of people, an intern with us today.

35:28 Our common goal was to prepare for the launch of the website so that women,  
35:31 girls and gender expansive people could have a platform to search for accurate and reliable  
information regarding health and sexuality.  
35:39 As someone who is about to begin her career in sociology, I have decided that whatever I choose  
to do with my career,  
35:45 my main goal is to help make this world a better place to live.  
35:48 And since we all know how hard life can be, at times,  
35:52 this means helping people understand others and showing them how to be inclusive and  
empathetic towards all kinds of people and society.  
35:59 So when I heard about the opportunity to intern for our bodies ourselves today,  
36:03 I recognized how I could impact the lives of those who don't feel as included in society.  
36:08 Throughout my journey with all of us today, I was able to learn so much not only about myself  
and my body,  
36:15 but about I'm sorry, but about those around me as well.  
36:21 Sometimes it's easy to get caught up in our lives and disregard other people's lived  
36:25 experiences just because we don't personally go through the same things others go through.  
36:30 But with this internship,  
36:31 I was able to take a step back and learn about other people's experiences and understand how the  
things we go through in life shape our past,  
36:38 present and future.  
36:39 One of my favorite things about working with our bodies ourselves today was a variety of tasks  
that I got to work on based on my interests.  
36:47 During my experience with OCD, I was able to become a better interviewer and a better writer.  
36:52 My second favorite thing about interning with a boss today was that I shared the same values as  
organization.  
36:58 I strongly believe that we all deserve to know about our bodies.  
37:02 In fact, I believe that learning about your body should be a basic human right.  
37:05 Our bodies ourselves today shares this belief and ensures that those who want to learn more about  
themselves are being provided with accurate,  
37:12 reliable and up to date information.  
37:14 If you agree with or relate to anything I said, I think you should definitely try interning for our  
bodies, ourselves, souls today,  
37:21 and experience working with people who share your values and who want to see you succeed in  
whatever it is you choose to do.  
37:28 If you enjoy helping other people and want to make this world a better place for all, then I suggest  
volunteering with our bodies ourselves today.  
37:36 Thank you. Thank you. Let the record reflect.  
37:44 We did not ask her to say that. I promised. No. Okay. And lastly, we will hear from one of our  
leadership council members, Jaclyn Friedman.  
37:53 Hi, everyone. Congratulations, everyone.  
37:56 This has just been honestly incredible to hear from everyone to be with you, at least virtually, to  
celebrate.  
38:02 What an incredible accomplishment. At a time when we are being reduced and put in narrower  
and narrower boxes,  
38:11 our bodies ourselves today is here to help us understand ourselves as a whole, get what we need to  
stay that way and connect us to a larger whole.

38:19 Having this reliable one stop shop on the Internet for trusted information is especially  
38:27 important right now as public education itself is under attack around the country,  
38:32 especially education about race, gender and sex and sexuality.  
38:37 They're calling for public education. They're on record.  
38:40 Greg Abbott is on record saying he'd like to undermine the Supreme Court case that set a right to  
universal public education.  
38:46 So please be aware they're doing it because they know knowledge is power and they know that  
what Janie Ward just referred to,  
38:55 that once people learn that they're entitled to information about themselves in their lives,  
38:59 you can't take that knowledge away from us about what we're entitled to.  
39:03 Once we know that we have that entitlement. So, you know, there are lots of folks, including  
myself, fighting back against this extremism.  
39:11 But people that need this information now and it is more important than ever in  
39:15 2022 that this resource has come roaring back to life in such an incredible way.  
39:21 I'm just thrilled about it. Building movement power is what this is really doing.  
39:26 And, you know, in addition to increasing individual access to information, connection and  
education,  
39:33 our bodies ourselves today is bringing attention and power to the trusted sites that our experts are  
lifting up and curating.  
39:40 So we're creating a network of resources on the Web that we are saying, here's where you can get  
the information you need.  
39:48 Right. That links out to Scarlet Teen. That's also a way that somebody might learn about the great  
other resources you can read at Scarlet Teen.  
39:55 And I love the way that this project not only is building out the information that's on the site itself,  
40:01 but building up the movement resources that we know that we can trust that are experts say that  
we can trust.  
40:07 It's also, as we heard today, building communities and connections among our experts,  
40:12 which we hope like I love hearing these stories about what the conversations are like in the expert  
panel rooms and what's happening.  
40:19 And I'm very hopeful that people getting to engage with each other on these expert panels will  
foster all kinds of fruitful collaborations.  
40:26 And I'm excited to see where that goes. And in the very design of the new our bodies ourselves  
today as a constantly updated and evolving resource.  
40:35 Right the website is not a fixed thing like a book. It's a it's a different kind of a thing.  
40:40 It models that our understanding of our bodies and ourselves are constantly evolving,  
40:46 building our own resilience and adaptability in a time when we could not need it.  
40:49 More on a personal note, I first came to this project in 2018 when I ran to Amy outside the Boston  
Book Festival,  
41:00 and she was like, I think that I'm going to reboot our bodies ourselves as a website.  
41:05 And I was like, Do you know how to do that? She was like, Yeah, I'm fine, and we can do that.  
41:11 And I had the honor of coming on in the early couple of years of the incubation of the project as a  
consultant,  
41:18 and for a year at Suffolk as an activist and residents also helping to foster this project and now on  
the Leadership Council.  
41:25 And I just want to say, I mean, I we owe a debt of gratitude to everybody on this project.  
41:30 But I just want to say one more thanks to Amy for just making the impossible possible.

41:37 And and I want to end on that note, because I think that producing hope at a time of such loss and such difficulty and fear,  
41:48 a game like this, this incredible thing, you know, this is a thing that we didn't think we would have anymore or bodies ourselves.  
41:55 And to bring it roaring back into life is a demonstration of what's possible when we work together for justice and liberation.  
42:02 And I can't wait to see what more continues to come of it for years and decades to come.  
42:09 So everyone, please share this resource.  
42:13 Let everybody know our bodies ourselves is back and it's online.  
42:17 Donate and volunteer. If you've got gifts, we can use them.  
42:21 And also, please join me in giving a huge round of thanks to everyone who brought this project to life.  
42:28 Thank you. So that is the conclusion of our presentations.  
42:38 But we do want to allow a few moments for Q&A.  
42:40 If there's Q&A, either from our online audience or an in-person audience, we are really here to open the discussion.  
42:47 So do we have any from the online audience munchkins? We do not yet.  
42:52 So anyone online, feel free to pop in your questions.  
42:58 Any improvement in my. It's a question.  
43:04 So the question should go in the Q&A, not in the chat.  
43:09 We have the chat closed down for this, but it looks like we have two questions in Q&A, I think, and is going to tell us what those are.  
43:19 Yes. So we have one. How are you getting the information out to a giant audience?  
43:25 Well. That's where you come in.  
43:30 You know, I think we we have a wonderful and difficult problem, which is we want to reach as many people as possible.  
43:38 But that also means then you have to go very specific and you have to, you know, really reach specific and target audiences.  
43:43 And so this is an ongoing thing. You know, we launched several weeks ago, we hit some mainstream news publications,  
43:51 but now we're actually refocusing and target and targeting audiences.  
43:54 So, for example, we're speaking with different college newspapers across the country to get stories written in student newspapers.  
44:01 We're targeting or not Target, I should say, but we're reaching out to LGBT, LGBTQ youth groups to share the site with them as well.  
44:10 So that is an ongoing process that involves thinking both big and small so that they work together.  
44:18 Judy. Yes, I can add a little to that.  
44:21 Many of us have media contacts, and we're just starting that process of reaching out to old interested contacts.  
44:28 There was this wonderful teen Vogue feature when the the website went live.  
44:33 We're also reaching out to colleagues, both in universities and in organizations.  
44:38 But one thing that excites me a lot is the opportunity to use social media like Tik Tok, for example, to reach a very large, younger audience.  
44:50 And we're experimenting with that right now with a wonderful film produced in 1970, 71.  
44:57 It's called Abortion and Women's Rights. One of the co-founders of Our Bodies or selves, Jane Pincus, produced that film with three other women.

45:04 None of them were real filmmakers, but one of them had some film making experience,  
45:09 and that is an important film to watch now, especially as we see all these attacks on reproductive  
justice.  
45:16 And there is a very large PR firm that is donating its time to help a younger audience find out  
about that 1970 black and white 22 minute documentary,  
45:28 which is phenomenal. And it's not the kind of thing you would easily reach an audience with.  
45:33 And this is when we find good resources like that,  
45:36 we are going to be creative about reaching out to particular people who care  
45:40 about that topic and ask them to move the information out into their world,  
45:46 into their networks, because going viral is really what we're after right now.  
45:50 And it's going to take everybody using their personal and collegial networks to make it happen.  
45:55 So thank you for all your contributions. I think Mindy has Mindy has a question and I can share  
something.  
46:02 Yeah. So. Oh, okay.  
46:05 Can you hear me now? Even through the mask. So I chair the growing older vertical.  
46:10 And one thing that our group is doing is writing an op ed piece that looks at issues of economic  
inequity  
46:16 for older women and tying it into current prescient issues related to Social Security and so on.  
46:24 And that's something that we are writing as a collective of experts on the panel, and then we'll run  
it by the both folks,  
46:33 Amy and Sonia, and hopefully get it out there and use our vast geographical locations to try and  
pitch it locally around the country.  
46:44 And we just really encourage other other verticals to try and do the same thing because it's another  
way of reaching folks.  
46:53 And we have another question. We do.  
46:57 We've had a couple people ask about sort of the restrictive legislation going across the country.  
47:03 And so just to read one of those questions about that, given the issues of restrictive legislation,  
even with seeking information,  
47:12 how are you dealing with information about privacy of visitors or participants or possible tracking  
or considerations like that?  
47:21 You want to take that? Sure. We are very aware of it.  
47:26 And we're doing everything that we can that we know of to be able to protect our users.  
47:34 You know, unfortunately. So we have things like we don't take we don't collect personal  
information.  
47:41 You know, we have a really good privacy policy that that you can read.  
47:47 But it's really on some level, it's really beyond what any one website can do.  
47:54 It has to do with how the industry is regulated or not.  
47:59 And that's something that, you know, we all have to do collectively.  
48:04 You know, that's a political question. So, you know, we're trying we're we're on the side of of  
people having privacy and as well as free speech.  
48:15 But we're kind of limited in what we can do. So if I could just.  
48:22 Sorry. Yes. Sorry to interrupt you, Amy, but I just wanted to add that, you know, in my day job,  
we are dealing with this as well.  
48:33 And so I think it's important to remember that knowledge is still until somebody takes a case up to  
the Supreme Court,  
48:43 protected under the First Amendment.

48:45 The other issue is that this is actually a great resource for folks who want to know about or get the language of talking about,  
48:58 you know, reproductive health rights and justice in a way that is sharing information and not encouraging behavior.  
49:07 And even though we know that there are states like Texas that could care less about the difference between those two things, we have to operate,  
49:19 you know, kind of pushing that a little bit with the fact that people are seeking knowledge and people are seeking information.  
49:27 And, you know, at a certain point,  
49:31 we're going to have to see the courts weigh in on whether or not seeking information and getting education is is not protected.  
49:40 But we are we have not seen that yet.  
49:42 And as somebody who runs a global organization seeking to educate people about abortion and family planning, I can say that,  
49:52 you know, we are not we're not going to stop in our bodies ourselves, is not going to stop sharing facts, knowledge and information.  
50:01 And even if people try to define that as aiding and abetting.  
50:07 So we've we've gone longer than we planned to go for this part of it.  
50:14 For the hybrid part, I want to just thank everybody who joined us online for taking time out of your day.  
50:22 And I'm sorry we didn't get to everybody's questions, but I hope you'll stay in touch.  
50:28 And I want to just make one call for action that if you care about these issues,  
50:34 which you obviously do, if you're still, you know, on this call, please share this with other people.  
50:42 Share the resource,  
50:43 go use it yourself and think about who you know either personally or in your groups and your profession who would benefit from knowing about this.  
50:55 Thanks so much. And the rest of us are going to who are here in person are now going to go schmooze and eat.  
51:02 So thanks, everybody. Thank you for your.