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**Testimony to the State of Ohio Senate Committee on Government Oversight and Reform  
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Chairman Coley, Vice-chair Seitz, ranking member Yuko, and distinguished members of the Government Oversight and Reform committee, thank you for allowing me to testify today on House Bill 294.

I got an IUD at Planned Parenthood. I needed an IUD because my pills were not the best option for me as it related to my health, lifestyle, and personal beliefs. Moreover IUDs have the highest percentage rate of protection from pregnancy. My primary care provider did not insert IUDs and I do not have an OBGYN, nor did I have the money to pay a specialist rate through my insurance. I wanted to go to Planned Parenthood because I heard it was a fairly painful insertion process and I wanted it to be done by someone who puts in IUDs all the time – not necessarily a OBGYN who focuses on what happens after you get pregnant. Planned Parenthood is focused on reproductive healthcare, and I wanted to go to a clinic with a doctor who had extensive experience with inserting IUDs.

I went there and it was a wonderful experience. They even had an image on the ceiling of an ocean beach so I could focus on that during the painful insertion. I felt faint afterwards and they provided me with apple juice and crackers and let me stay laying or sitting in the private room as long as was necessary. They did not rush me out for the next patient like I've experienced at larger hospitals. They checked up on me in a week, and now I don't have to worry about birth control for up to 10 years with this or until I make the choice to get it removed. I am so happy I chose the IUD and even happier I chose Planned Parenthood for this major life choice.

Before I got the IUD, I was in the waiting room when two young men who looked to be in high school, with emo hair and a clear need for a shower came in and asked for condoms at the front desk. The woman at the counter gladly gave them both two each. I was really happy knowing these very young men had access to condoms.

I remembered back when I was that age, and the stigma the guys had around even having a condom in their backpack or wallet. It was so taboo, even though so many students in school were sexually active. So many went without condoms because of this judgment and guilt found at the school nurse's office or at grocery store with the need of a clerk to open the lock box. Watching these two high-school aged men get condoms at Planned Parenthood without the shame and guilt they probably experience everywhere else was relieving. They were being responsible and weren't being negatively judged for their responsibility. It was a safe and welcoming space for these boys, and that one small interaction of getting that single condom could have changed the course of their entire lives. This is what America should look like. I am thankful Planned Parenthood was there for them, and I am thankful planned parenthood was there for me.

I strongly oppose House Bill 294. Please vote no and do not defund Planned Parenthood.