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**Testimony to the State of Ohio House Committee on Community and Family
Advancement
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Chairman Derickson, Vice Chair Ginter, Ranking member Howse, and distinguished members of the 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 at 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 IUDs.

I went there and it was a wonderful experience. They even had an image on the ceiling that was 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 and didn't 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. It made me really happy knowing they had access to condoms and were potentially changing a major life course by having that center there where they could get condoms without shame like I know students at my high school experienced at the nurses office or getting them at the grocery store behind the lock box where you are judged by the store clerk and the cashier. It was a safe and welcoming space for these boys, and that one small interaction could have changed the course of their entire lives. 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.