RUTH'S ARMY

Things aren't always black and white

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Contact Info

i. @ruthsarmytn

f. https://www.facebook.com/ruthsarmyTN

e. ruthsarmytn@gmail.com

w. https://ruthsarmytn.org

LAST MEETING WITH PLANNED PARENTHOOD

Last month Francie from Planned Parenthood of Middle Tennessee and North Mississippi spoke at our quarterly meeting. Francie shared strategies for having challenging conversations related to reproductive health as we head into a contentious election season. *Some tips to remember:*

- **Listen Actively-** Start by listening to their perspective without interrupting. Show genuine interest in understanding their views, which can help lower defenses.
- **Find Common Ground-** Look for shared values, such as the importance of health care, family, or personal freedom. This can create a more collaborative atmosphere.
- **Use Personal Stories-** Share personal anecdotes or stories of people affected by abortion access issues. Real-life stories can humanize the conversation and make abstract issues more relatable.
- **Focus on Facts and Data-** Present clear, evidence-based information about the implications of abortion restrictions, such as impacts on women's health, economic factors, and case studies from various states.

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VOLUNTEER FOR THE *NEXT* REACH CLINIC

Our tabling and marketing efforts have paid off as clinic days have been increasingly busy. **To register for our upcoming clinics, please visit this link to complete our updated interest form.** This will provide us updated emails for newsletters and volunteer opportunities. Moving forward we will use the website, Mobilize, to sign up for volunteering.

REPRODUCTIVE EQUITY & CONTRACEPTIVE HEALTH
REACH CLINIC

OUR *NEXT* CLINIC DAYS..
October 12th
November 9th

SEPTEMBER *ACHIEVEMENTS*

- **Ruth's Army** has been nominated for a Best in Black Award from **Manifest Magic** for support in women's health through the **REACH Clinic** and other work
- **Gen Action** is officially a recognized student organization at Austin Peay
- **Ruth's Army** has been recognized as an honorary member from **Austin Peay State University**'s **Peacemakers** student organization

Austin Peay State University's newest student organization, **Gen Action**, has hit the ground running. Despite only being officially on campus for a few weeks, they have tabled for Disability Voting Rights Week, voters registration, and at the university's career fair. **Gen Action** has amassed over 30 members and meets on campus regularly. Stay current on their events by following their instagram (**@APSUGENACTION**). Each month we'll feature highlights on the organization in our newsletter!

GEN *ACTION* @APSU

NEXT IN-PERSON MEETING

Our next in-person will be on Wednesday, December 11th from 6PM - 8PM. We will be meeting at Music City PrEP in Nashville where we'll have the opportunity to learn more about one of great contributions for the REACH Clinic.

MUSIC CITY PrEP CLINIC
PREPPING FOR AN HIV-FREE NASHVILLE

Music City PrEP Clinic
225 S 11th Street 101 A
Nashville, Tennessee 37206

CONT. LAST MEETING WITH PLANNED PARENTHOOD

- **Be Respectful and Calm-** Maintain a respectful tone and avoid inflammatory language. Keeping your composure can encourage a more productive dialogue.
- **Ask Open-Ended Questions-** Encourage them to articulate their views by asking open-ended questions. This can lead to deeper discussions and might help them consider different perspectives.
- **Acknowledge Concerns-** Recognize their concerns about abortion, such as moral or ethical considerations. Acknowledging their feelings can create a more open and trusting environment.
- **Discuss the Consequences of Restrictions-** Talk about the real-world consequences of limiting access to abortion, including health risks, economic impacts, and social justice issues.
- **Avoid Polarization-** Try to avoid labeling or generalizing about their beliefs. Instead, focus on specific policies or situations that affect people directly.
- **Be Patient and Persistent-** Understand that changing deeply held beliefs takes time. Be prepared for ongoing conversations rather than expecting immediate agreement.
- **End on a Positive Note-** Conclude by reiterating your shared values or expressing hope for continued dialogue. Leaving the conversation on a constructive note can pave the way for future discussions.

Remember, the goal isn't necessarily to change their mind immediately, but to open a dialogue that can lead to better understanding over time

Additionally, Francie reviewed some of the current candidates' stances on reproductive health while sharing opportunities to phone bank or door knock. There are presently opportunities to do either on Mobilize.us.