

The Monthly InSTALLment



November 2018

Thanks,
Birth Control
#THXBIRTHCONTROL

November 13th is Thanks, Birth Control Day

#THXBIRTHCONTROL

99% of U.S. women have used it. It allows people to plan for a family on their own terms and decide their own destinies.

Birth control leads to more educational and economic opportunities and contributes to healthier babies and stable families. That's something everyone can be thankful for!



Smoking remains the single largest preventable cause of death and illness in the world. Smoking causes

more than 480,000 deaths every year and more than 16 million Americans live with a smoking-related disease. Some groups of Americans suffer disproportionately from smoking-related cancer and other diseases, including those who have less education, who live below the poverty level, or who suffer from serious psychological distress, as well as certain racial and ethnic groups, and lesbians, gays and bisexuals. Quitting smoking improves health immediately and over the long term – at any age. Stopping smoking is hard, but you can increase your chances of success with help. Getting help through counseling and medications can double or even triple your chances of quitting successfully. Need a little extra motivation to try to quit? National Great American SmokeOut is November 16th this year!



**TRANS
AWARENESS
WEEK**
NOVEMBER 12-19, 2018

November 12-19 is a time for transgender people and their allies to take action and bring attention to the community by educating the public and advancing advocacy around the issues of prejudice, discrimination, and violence that transgender people face. *The Transgender Day of Remembrance on November 20 honors the memory of those whose lives have been lost in acts of anti-transgender violence. Visit GLAAD.org or GLSEN.org today.*



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**FAMILY
RESOURCE
CENTER**

Teach Loving
Connections

Have you taken an inclusive, comprehensive sex ed course? Want to know how to prevent unplanned pregnancy, avoid STIs, and build healthy relationships? Sign up for SHINE and EARN \$100 FOR PARTICIPATING!



Open to **ALL** teens
14-19 years old
Register now at
www.tlcfamilyrc.org