



# OUR BODIES OURSELVES

## Community and Connection March 2026



Our Bodies Ourselves at the "Making Our Legacy Matter" tea party, International Women's Day 2026. Photo by Anja Wight.

### A Note From Our Program Director

Dear Friends,

We felt strength in feminist community this month, and hope you did too. From co-hosting the annual International Women's Day breakfast in Boston, to our own "Making Our Legacy Matter" event, we gathered together across generations. And we needed that. (As Meghan Doran said at the breakfast, "I need a lot of inspiration this year.") Taking joy, and solace, in each other's company is of course its own kind of resistance. And that connectedness keeps energizing us long after we've parted, renewing our sense of purpose.



This newsletter issue interweaves many strands of what we've been doing: a sampling of the newest content on the Our Bodies Ourselves website, an update from our global partner in Nepal, news and events, and an introduction to our newest staff member, web manager Nyk Rayne. Every item is rooted in collaboration and determination. There's a lot more work ahead for us to tackle together. Let's get to it, and let's keep going.

In solidarity,

Laura R. Prieto (she/her/ella)  
Our Bodies Ourselves Program Director

[Support Our Bodies Ourselves!](#)

### Our Bodies Ourselves News

"The On-Ramp: Thought Leadership from Suffolk University in Downtown Boston" interviewed Our Bodies Ourselves executive director **Amy Agigian** about the history of the revolutionary "Our Bodies, Ourselves" books up through its current digital presence.



## Explore Our Website: New Resources

We are always adding new resources to our website, reviewed by our content experts and put into context by the editorial team at Our Bodies Ourselves. Here's a sampling of our most recent content.



It's challenging for women to cope with mental health conditions within our patriarchal society. What practical steps can we take to get support for our mental health, in the face of sexism and bias?

[Read "Women's Mental Health"](#)



"Depending on your culture, your family, your body, and your relationship to medical experiences, you'll have to decide if the word intersex feels right," writes Hans Lindahl. "To do this, you'll have to learn about how different communities use the word."

[Read "Could I Be Intersex?"](#)



Pregnancy Justice has concluded a three-year study of the criminalization of pregnancy in the United States. Their report shows that abortion restrictions play a significant role; five of the states with the highest number of prosecutions for crimes related to pregnancy do have fetal personhood laws.

[Read "Pregnancy as a Crime"](#)



Why do we have periods? Menstrual Matters founder, Dr. Sally King, examined sixteen different high school and college textbooks in the United Kingdom to see how they explain menstruation. King found that none of the textbooks accurately describes why we menstruate.

[Read "The Problem of Low Menstrual Literacy"](#)



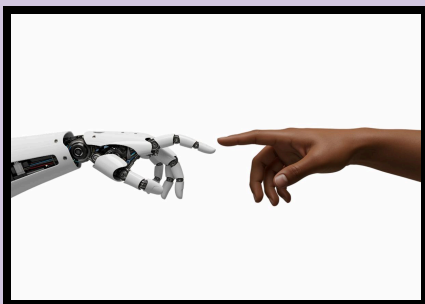
Eighty four percent of Black maternal deaths are preventable. Writing for the Boston Neighborhood Network, Dr. Frinny Polanco Walters and Tiffany Vassell, RN discuss racial inequities in Black maternal health care, and what we can do about this public health crisis.

[Read "Reflecting on Black Maternal Health"](#)



The retirement crisis for women and LGBTQIA+ people is growing. Insights from the National Women's Law Center explain how unequal pay, workplace discrimination, and other labor patterns mean women and LGBTQIA+ people work for longer periods of time, and are end up with less saved for retirement.

[Read "Left Behind"](#)



### Spotlight: Our Stories & Conversations

How might a disability complicate dating and relationships? In this essay, Parvathy Gopakumar shares the challenges she faces as a person with a prosthetic hand.

[Read the essay](#)

## Introducing Our New Web Manager

We're thrilled to introduce our new web manager, **Nyk Rayne**! Nyk is also the co-founder and executive director of the nonprofit organization UN|HUSHED, which creates, facilitates, and trains on sexual education curricula for people of all ages, academic levels, and professional backgrounds. She succeeds **Kiki Zeldes**, who recently retired as web manager but remains an active contributor to Our Bodies Ourselves. We invited Nyk to answer a few questions:



### What brought you to Our Bodies Ourselves?

I was introduced to the Our Bodies Ourselves team by the amazing **Heather Corinna** of Scarleteen, who is also an OBOS content expert and chair, and I can't thank them enough.

### What is one thing we need to understand better about the intersection of technology and feminism?

Women and gender expansive people have been a key component of our greatest advancements despite the barriers of entry. I look forward to future leaps and bounds as organizations like Our Bodies Ourselves work to remove those barriers.

### What gives you hope?

Seeing my children doing amazing work towards making the world a kinder and more gentle place.

[More about Nyk](#)

## Public Programs and Events

### Video now online: "Making Our Legacy Matter"

Did you catch our feminist tea party on International Women's Day? We recorded the livestream, and it's now available for you to watch. The program included OBOS co-

founder **Judy Norsigian** in conversation with women's health movement icons **Byllye Avery** and **Cynthia Pearson**; keynote speaker **Diana Namumbejja Abwoye** about global activism for gender justice; and **Grace Koch** on the next generation of feminist action at *Our Bodies Ourselves*.

[Watch the video](#)

**Thursday, April 16, 2026**

**12:15pm - 2:00pm ET**

**Sargent Hall, Suffolk University**

Activist Craig Norberg-Bohm will lead an on-campus discussion of how men can be allies in the prevention of sexual and domestic violence. This event invites university students, especially, to talk about the problem of violence from the multiple perspectives of perpetrator, witness and survivor, and to think through actionable solutions together.

[More information and registration](#)

**Save the Date** for a celebration of International Day of the Midwife! We will be co-hosting a festive event with the Bay State Birth Coalition, Birth Equity and Justice Massachusetts (BEJMA), and the Community Birth & Doula Initiative on **May 5th**. Please watch for an invitation in your inbox soon!

[Bookmark our events calendar](#)

## Updates from Our Global Partners

Our Bodies Ourselves' **Global Projects Committee** has been hearing exciting updates from our global partners! Ever since the 1970s, feminist groups from around the world have been **translating and adapting "Our Bodies, Ourselves"** for women in their own countries. They have developed books in 34 languages so far.

Sunita Mainali and Sumitra Poudel of the Women's Rehabilitation Centre (WOREC) in Nepal recently wrote to our Global Projects Committee about how WOREC's continued initiatives prioritize women's health and human rights.



WOREC continues to utilize the Nepali adaptation of "Our Bodies, Ourselves," titled "Hamro Sharir, Hamro Ho," which was first published in 2008. WOREC's ongoing use and adaptation of these materials demonstrate their enduring relevance and impact in promoting women's health and rights in Nepal.

[Read more from WOREC](#)





---

*Please share this newsletter with a friend!*

---

*Your accurate **and** inclusive  
guide to health, sexuality, **and**  
reproductive justice*



Our Bodies Ourselves | 73 Tremont Street | Boston, MA 02108 US

[Unsubscribe](#) | [Our Privacy Policy](#) | [Constant Contact Data Notice](#)