

April 2023 Newsletter

A Note from Our Executive Director

Dear Friends,

As I write to you, the US is enduring another spasm of anti-abortion laws, policies, and rulings. In a devastating decision last week, a US Court suspended FDA authorization of the critical abortion medication, mifepristone. These kinds of rulings fall under the banner of structural violence—violence inflicted by institutions, but deeply intertwined with physical violence and no less harmful.



Gender-Based Violence (GBV) is one of our nine content areas at Our Bodies Ourselves Today. This is not only because it is so devastatingly prevalent, everywhere in this world, but because all types of GBV so profoundly affect our health and lives. We have long known that every form of GBV—from stalking to sexual assault, from street harassment to femicide—limits our ability to live fully and freely. These attacks on women's and gender-expansive people's sovereignty are often shattering, but our resistance is powerful too, and as important as ever.

Our Bodies Ourselves Today resources address the *continuum of violence* that perpetuates patriarchy and other forms of oppression. We offer tools, critical information, links to help, and opportunities for activism, along with diverse stories and conversations. Our goal in this area is to equip our users—you—with the resources and information you need to prevent, reduce, and effectively respond to the GBV in our world, and to find solidarity while you're doing it.

In this newsletter, we highlight some of Our Bodies Ourselves Today's resources on GBV. One is a video of a woman sharing how she coped with something not typically thought of as GBV—threats and aggression from anti-abortion extremists, as well as fat-shaming medical misogyny—all while she was trying to get pregnant.

Please check out our other GBV-themed highlights, as well as a prize the Our Bodies Ourselves Today website won. You can also click the link to Tweet about it. And please don't forget to get outside and enjoy the renewal of spirit that only Spring can bring.

Onward!
Amy Agigian

Featured Resource

PTSD in Survivors of Sexual Assault

After horrible experiences like sexual assault, many survivors experience Post Traumatic Stress Disorder (PTSD). Responding to PTSD is an individual journey, and there is no “right” way to recover from trauma. This resource, republished with permission from Pussypedia, discusses sexual assault–related symptoms of PTSD as well as coping strategies.



[Read More About PTSD in Survivors](#)

Featured Content Expert



Meet Marta E. Pagan Ortiz, PhD

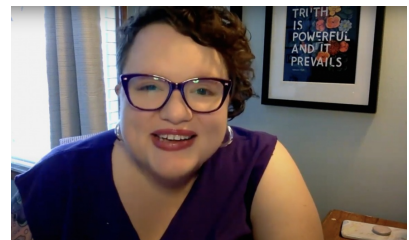
Marta is the chair of our Gender-Based Violence Content Expert team. She is an Assistant Professor in the Clinical Psychology Department at William James College, and she holds a PhD in Counseling Psychology from the University of Massachusetts, Boston. Marta's clinical work has primarily been focused in the areas of Latinx health and trauma, and her scholarship has been in the areas of health disparities and the impact of structural violence.

[Learn More About Marta](#)

Featured Personal Story

Trying to Get Pregnant While Dealing with Violence and Fatphobia

Elise talks about her process of getting pregnant as she worked at Planned Parenthood during a time that violence was prevalent towards the organization.



[Watch this Story](#)

[Tweet About Us](#)

Our Bodies Ourselves Today in the News



OBOS Today Wins An Anthem Award!

Our Bodies Ourselves Today has received GOLD in the Digital & Innovative Experiences (Health) Category at the Anthem Awards!

The Anthem Awards honors purpose and mission-driven work from people, companies, and organizations worldwide. Our specific award recognizes experiences created by or for an organization in an effort to raise awareness for a Health Cause.

[Read More About This Honor](#)

Donate



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

[Unsubscribe aaqigian@suffolk.edu](mailto:aaqigian@suffolk.edu)

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

Sent by contact@ourbodiesourselfestoday.org