

SUMMER 2019

Dakota Hope Clinic

Choices for a *Bright Future*



YOU ARE INVITED  
*Fundraising Banquet*

SEPTEMBER 16, 2019

Doors open 5:30pm

Dinner 6:30pm

ND State Fair Event Center

2005 E Burdick Expy, Minot, ND

Reservations Required. Adults only please.

RSVP no later than September 2, 2019

[Dakotahope.org/partner-with-us/events](http://Dakotahope.org/partner-with-us/events)

Or Call 701-852-4675



GUEST SPEAKER  
*Trent Horn*

SERVICES

Free Services Available

- Pregnancy Testing
- Limited OB Ultrasound
- Pregnancy Options
- Abortion Pill Reversal Referral
- STI/STD Testing and Treatment
- Support for Men
- Parenting Classes
- Earn While You Learn
- Post Abortion Healing Support

HOURS

Tuesdays  
10:00am – 7:00pm  
Wednesdays  
8:30am – 4:30pm  
Thursdays  
8:30am – 4:30pm  
Walk-Ins Welcome

Since the young age of 17, Trent Horn has had a passion for explaining and defending the Faith. He has earned master's degrees in both theology, and philosophy, and is currently pursuing a master's degree in bioethics from the University of Mary in Bismarck, ND. He is also an adjunct professor of apologetics, author of 7 books, including *Persuasive Pro-Life*.

Trent specializes in teaching others to compassionately and persuasively engage in tough moral issues with respect for their opponents. As an on-staff apologist for Catholic Answers he actively models this approach each week on their live radio program, where he regularly converses with atheists, pro-choice advocates, and many others.

With over a decade of experience, Trent demonstrates with vivid personal examples, the importance of being charitable in all debates, no matter how intolerant the other side might be. He discusses how we must not only fight for the pro-life cause but stand as ambassadors for it. The struggle over abortion has never been hotter, and the stakes could not be higher.



## Sexual Risk Avoidance Specialist (SRAS) Certification Program

\*Those who promote programs that normalize teen sex as an expected adolescent behavior sell our youth short to the soft bigotry of low expectations. Sexual Risk Avoidance Education: What You Need to Know – [www.weascend.org](http://www.weascend.org) under Public Policy and Activism Tab

# From the Director's Desk

## **ALTERNATIVE TO PLANNED PARENTHOOD SEX ED** by Nadia Smetana, RN, BSN

You may have heard about the controversy regarding NDSU partnering with Planned Parenthood to provide Sex Ed training to teachers in ND. In the context of public health models, there are two types of sex education; the Sexual Risk Reduction (SRR) approach and the Sexual Risk Avoidance (SRA) approach. It is important to understand the differences and determine what method you want to support. The major distinction is how each approach views students and their ability to achieve optimal health.

“Safe Spaces”, taught by Planned Parenthood/NDSU, is an example of the Sexual Risk Reduction (SRR) approach, also known as Comprehensive Sex Education. Risk Reduction is a secondary public health model, that encourages reducing, but not eliminating, the risks associated with a behavior. The premise of SRR is that students can't or won't avoid sexual activity, and the best we can do is reduce the risk of assault, sexually transmitted diseases, and pregnancy. Risk reduction courses spend much of their time on issues of mutual consent, condoms, and other forms of birth control. Students who participate in this type of sex ed report feeling pressure to have sex. The SRR approach has been a dismal failure, contributing to epidemic levels of sexually transmitted diseases with lifelong adverse consequences i.e. infertility; and failing to reduce the pregnancy rate among sexually active teens.

Ascend is an advocacy and training organization for the Sexual Risk Avoidance (SRA) approach, which uses the primary public health model of avoiding, not just reducing, the effects of risky behavior. Thanks to all of you who gave

matching funds to the St. Joseph's Community Health Foundation's Twice Blessed campaign, Dakota Hope brought The Ascend Sexual Risk Avoidance Specialist Certification Course to ND for the first time in May 2019. The nearly 50 participants included teachers, nurses, therapists, social workers, addiction counselors, parents, pastors, Dakota Hope staff, and more. These individuals are now equipped to work alongside parents, teaching sex ed with a belief that students can make the healthy decision to wait for sex, regardless of their previous sexual experience. Students are given evidence-based information on the emotional, physical, social, spiritual, and economic risks associated with teen sex, and that condoms and birth control provide only limited protection. With SRA, students are taught the scientific evidence for how to achieve optimum health by avoiding, not just reducing, the risk of sexual activity outside of a faithful marriage.

Surveys show that in ND, the majority of high school students are not having sex. The SRA approach provides encouragement to them and eliminates the “soft bigotry of low expectations”\* inherent in the SRR approach. To learn more about the alternative to Planned Parenthood sex ed, go to [www.weascend.org](http://www.weascend.org).

**To support the SRA approach in ND, continue giving to Dakota Hope, invite us to talk to your group and consider attending the next Ascend Sexual Risk Avoidance Specialist Certification Course in Minot, on March 10-11, 2020. Visit the *Partner With Us* page at [www.dakotahope.org](http://www.dakotahope.org).**

# Because of You!

## DAKOTA HOPE DONORS MAKE IT POSSIBLE

**Our clients have good things to say about their experience at Dakota Hope clinic. All because you cared enough to support DHC and our mission!**

*"If it weren't for Dakota Hope, Baby Kate wouldn't be here today."*

-Anonymous

*"Thank you for your help. I feel much more relaxed and prepared for the road ahead of me."*

-Anonymous

*"I just want to say THANK you from the bottom of my heart for helping me find a better, blessed, and stronger me."*

-Mary

*"You're helping teach coping skills to the parents of the next generation."*

-Anonymous

*"In just a few short weeks you have made an impact on my life that will last a lifetime."*

-Mary

Dakota Hope is not only about empowering a pregnant woman to choose life – but also caring about moms, dads and babies throughout the pregnancy and after their child is born.

## Volunteer Spotlight

Many Dakota Hope volunteers are in the background serving quietly. Let me introduce you to a couple that's been supporting since the clinic started.

Dave and Carol Kramer first got involved with mass mailings, Annual Banquet as table hosts, and more recently added Volunteer Appreciation events to their involvement. Dave is quite the handy man and skilled in woodworking. He has used those skills to help with the parade float, fix things in the clinic, and make flower boxes as gifts for our volunteer appreciation this spring. With the current events in our nation, Dave says, "It's not a good time to drop the ball." Since Roe v. Wade was passed decades ago, Carol has been active for the Pro-Life movement and speaking to groups around our community for years. Supporting Dakota Hope was natural for her as a strong advocate. She says to our donors and community, "Give generously, it's a right cause."



## You Can Save Lives All Year Long

### MAKE A MONTHLY GIFT

**Thanks to you, Dakota Hope Clinic is breaking records, with new clients up 27% and client visits up 48% this year.** More than 90% of our moms choose life for their unborn babies. If you are resolved to continue saving lives, we have an easy way to do it. Join our compassionate group of monthly donors, who are the backbone that sustain our work. Local churches have issued a challenge - if 150 new people sign up to give at least \$10 a month, they will give a \$1500 match. So, if you are interested, there are two possible ways to sign up:

1. Go to [www.DakotaHope.org](http://www.DakotaHope.org) and click Donate, check "Recurring Donation" on the form and type "150 Drive" in the description.
2. Fill out & return the envelope in this newsletter, with your "Recurring Donation" information.
3. Or Call the office at 701-852-4675.

**DISCOVER Peace**

If abortion has left you broken, we can help you find peace and healing.

Services are 100% free and confidential

**SESSIONS START SEPTEMBER 23RD AT 6:00 PM**

VISIT OUR WEBSITE OR CALL 852-4675

**DON'T MISS...**

**Festival of Trees**

**NOV. 23<sup>RD</sup>**

**THANK YOU! SUMMER ISSUE SPONSORS**

**FOUR SEASONS Construction Inc.**  
701-500-5671

**PREMIER CHIROPRACTIC**

**WEST MINOT CHURCH OF GOD**

# Dakota Hope Clinic

315 S. Main St #205 • Minot, ND 58701

Clients: 701.852.4673 • Office: 701.852.4675

Email: info@dakotahope.org

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## Save the Dates 2019

**DON'T MISS OUT! MARK YOUR CALENDARS NOW!**

### **BRIGHT FUTURE TOURS**

1st Wed/monthly  
at 6:30p  
Schedule your group today!

### **CHURCH AMBASSADOR TRAININGS**

Tues, Oct. 8  
Sessions at 2:00p or 5:30p

### **ANNUAL FUNDRAISING BANQUET**

Mon, Sept 16  
Doors Open 5:30p  
Dinner Served 6:30p  
ND State Fair Event Center

### **DISCOVER PEACE**

Mon. Sept. 23  
Fall Session - Mon. Sept 23rd  
Individual session by appt.

### **FESTIVAL OF TREES**

Sat. Nov. 23  
Free Public Event at 10a – 2p  
Evening Auction at 5p  
Tickets and Info visit  
[f@FestivalofTreesDakotaHopeClinic](#)

### **SRA SPECIALIST CERTIFICATION**

Tue & Wed March 10-11, 2020  
\*Online pre-course work required



### **NEW WEBSITE**

Visit [www.dakotahope.org](http://www.dakotahope.org) and see our fresh, new online look! Our clients will find a hub of info and even a new online appointment feature. We also have a **Partner With Us** page where our partners and supporters can stay up-to-speed with DHC happenings, events and more!