

1 [FemTruth Young Womxn’s Health Awareness Month - September 2021]

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3 **Resolution recognizing September 2021 as FemTruth Young Womxn’s Health**
4 **Awareness Month.**

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6 WHEREAS, Common womxn’s health diseases such as endometriosis, adenomyosis,
7 polycystic ovary syndrome (PCOS), premenstrual dysphoric disorder, interstitial cystitis, and
8 uterine fibroids have traumatic, life-altering symptoms; and

9 WHEREAS, These diseases are rated among the 20 most painful according to the
10 United Kingdom’s National Health Service and American Academy of Pain Medicine; and

11 WHEREAS, The “x” in “womxn’s health” represents inclusivity of transgender and
12 nonbinary individuals; and

13 WHEREAS, Womxn’s health diseases impact all races, cultures, and religions; and

14 WHEREAS, Womxn’s health diseases have historically been subject to bias, myths,
15 and misinformation; and

16 WHEREAS, Symptoms of womxn’s health diseases can include, but are not limited to,
17 pelvic pain, organ pain, brain fog, migraines, gastrointestinal symptoms, and fatigue; and

18 WHEREAS, Youth who experience these symptoms are particularly in distress, and are
19 often dismissed, subjected to “medical gaslighting,” or told that they are dramatic, attention-
20 seeking, exaggerating, or hypochondriacs; and

21 WHEREAS, Youth who suffer from these diseases are often incorrectly diagnosed and
22 common womxn’s health diseases have a delay in diagnosis of an average of 10 years; and

23 WHEREAS, On average, endometriosis, adenomyosis, polycystic ovary syndrome,
24 premenstrual dysphoric disorder, interstitial cystitis, and uterine fibroids affect the lives of 1 in
25 10 womxn; and

1 WHEREAS, Womxn’s health diseases are chronic and cyclical, can be debilitating and
2 flares of these diseases can cause spontaneous disability; and

3 WHEREAS, Many youth have overlapping womxn’s health diseases; and

4 WHEREAS, Womxn’s health diseases are widely dismissed and misunderstood to be
5 “just a bad period” or “hysteria;” and

6 WHEREAS, If youth who experience painful and debilitating symptoms from this
7 trauma are not believed, it can lead to future fertility complications, as well as social isolation,
8 negative mental health outcomes such as depression, anxiety, and suicidal ideation, and
9 school disruptions, including poor test performance and truancy; and

10 WHEREAS, Not believing youth sets the stage for an inner dialogue of self-doubt and
11 low self-esteem, and can lead to permanent disability and future socioeconomic hardship;
12 how and when youth learn about menstrual health, body literacy, and common womxn’s
13 health diseases impacts future health outcomes and can limit accurate diagnosis and
14 connection to quality care; and

15 WHEREAS, FemTruth Youth is a movement to provide intentional space, education,
16 self-identity, artistic expression, and wellness empowerment due to the ableism and gender
17 bias in common womxn’s health diseases, including, but not limited to, endometriosis,
18 adenomyosis, polycystic ovary syndrome, premenstrual dysphoric disorder, interstitial cystitis,
19 and uterine fibroids, and the stigmatized and gaslighted symptoms related to chronic or
20 cyclical pain and the associated negative mental outcomes of not being believed; and

21 WHEREAS, Early intervention is key to quality of life, family planning, and financial
22 independence; and

23 WHEREAS, An adult who believes a youth experiencing distress caused by a womxn’s
24 health disease can change the course of that youth’s life; now, therefore, be it

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1 RESOLVED, That the City and County of San Francisco hereby recognizes the month
2 of September 2021 as FemTruth Youth Womxn’s Health Awareness Month, and encourages
3 all school officials, leadership, faculty, administration, volunteers, and all other adults
4 interacting with students to listen to and believe the stories of marginalized youth living with
5 stigmatized health trauma, including diseases primarily and more severely affecting girls and
6 people assigned female at birth (AFAB), and to recognize that these diseases contribute to
7 negative mental health outcomes for these youth and have intersectional implications in areas
8 such as education and economic status.

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