



# PACIFIC CENTER

FOR HUMAN GROWTH

**Pacific Center for Human Growth**  
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## **Pacific Center Bodily Autonomy Statement**

At Pacific Center, we stand unequivocally for every person's right to govern their own choices about their bodies and minds. Bodily autonomy is defined as the right to make decisions about one's own body, life, and future, without coercion, violence, or economic sanctions from the state. We acknowledge that US systems, structures, and culture are deeply rooted in the brutal removal of bodily autonomy from Black, Brown, Indigenous and Asian people, which then expanded to include anyone deemed "less than" by dominant social norms and codified legal policies and practices. Today, a true commitment to bodily autonomy centers womxn, BIPOC, sex workers, youth, elders, trans, intersex, neurodivergent, D/deaf and disabled people; it is not a unilateral issue, but one that spans many historically excluded groups in their struggles for liberation.

Bodily autonomy includes the fundamental right to physical and mental safety across the lifespan. Legal systems do not protect multiply marginalized folx, nevertheless we acknowledge the current legal rollback of the most minimal rights that have been carved out, through laws like [HB3329](#) (anti-trans), the overturning of *Roe v. Wade* (anti-choice), HR 620 (ableist) and SESTA and FOSTA (criminalizing sex workers) to name a few. Those who are privileged in our society, such as those with socio-economic security, white, non-disabled, neurotypical, heterosexual, cisgender, and male identifying people, are afforded more agency over their own bodies. As a mental health organization dedicated to the LGBTQ+ and QTBIPOC communities, we are committed to the uplift and well-being of those who are disproportionately and systemically denied bodily autonomy.

Pacific Center provides mental healthcare and peer support services for communities who are still fighting for full bodily autonomy. We recognize our field's complicity in the forced incarceration and institutionalization of those at the intersections of neurodivergence, disability, gender, poverty, race, and mental health needs. Pacific Center staff, clinicians, peer group facilitators, didactic trainers, board members, and volunteers strive not to pressure or coerce (implicitly or explicitly) anyone to make particular decisions about their bodies and/or minds.



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Pacific Center acknowledges that the systematic deprivation of bodily autonomy causes complex trauma physically, mentally, emotionally, and psychologically. We consistently work to improve our mental health and well-being services in order to bolster those who are navigating the impacts of this systemic abuse. We aim to increase our offering for those in need of therapy, peer-to-peer support, gender affirming care and letters, emergency contraception, and referrals to protective agencies, thus developing services that hold the complexity of the intersection between mental health and being queer and trans. We hope to foster a deeper level of support and care for our communities by building relationships with organizations who provide services beyond the scope of our mission and reach, as well as curating updated resources on our website and offering specific recommendations to those who reach out to us. Inside the Pacific Center we are cultivating dedicated services and peer groups for intersex and neurodivergent folx, as well as support groups for transitional age youth navigating reproductive decisions and bodily agency. Outside the Pacific Center walls, we are attempting to solidify and name our stance on political advocacy. We are committed to participating in the fight for collective autonomy.