

Sex, Health, & Reproductive Care

Reproductive & Sexual Health & Wellness Resources for
Undergraduate Students at Harvard

(June) 2022-2023



Latest version available online:
<https://hcwc.college.harvard.edu/connections/health-wellness>

Table of Contents

Message of Support and Intention	3
Routine Gynecologic Care	4
Menstrual Products.....	4
Period Tracking	5
Sexual Health	5
Consent	5
Options Following Sexual Assault, Rape, and Abusive Relationships.....	6
Contraception.....	7
Emergency Contraception	7
Pregnancy Tests	8
HPV Vaccine	9
STI Testing.....	9
Prevention - Condoms and Other Safer Sex Supplies.....	10
Pregnancy Options	12
Terminating Pregnancy	13
Post-procedure Support.....	15
Carrying to Term	16
Adoption	18
Student Parenting Supports	19
Post-Partum Support & Parenting Classes	19
Residential Life	20
Lactation Rooms	20
Changing Stations	21
Childcare	21
Harvard Clinics, Offices & Support Staff.....	22
Clinical Support (Confidential and Privileged).....	22
Harvard College & Affiliated Offices (Private)	23
Peer Education & Student Organizations.....	26
Resources Beyond Harvard.....	27
Appendix	28

Message of Support and Intention

The purpose of this resource guide is to provide students with information on available sexual and reproductive health resources at Harvard. The first iteration of this resource was a 2008-2009 joint initiative by the Harvard College Women's Center, the Undergraduate Council, Harvard Students for Choice, and the Radcliffe Union of Students to better assist pregnant undergraduate students in learning about and accessing resources on campus. The 2022 incarnation was a collaborative project supported by Women's Center intern Toodhi Uradu '22 that has moved beyond solely pregnancy resources to encompass principles of reproductive justice.

Reproductive justice is a movement led by women of color addressing "the human right to maintain personal bodily autonomy, have children, not have children, and parent the children we have in safe and sustainable communities" according to Sister Song collective. This organizing definition emphasizes the agency in choice, which requires access to information. Reproductive justice is founded on principles that seek to serve and liberate all. You can find out more about the Women's Center's commitment to reproductive justice on our [website](#).

If you are a student seeking safer sex and/or menstrual supplies, this information is for you. If you are a pregnant student, the partner of one, or a parent, this information is also for you. If you are a student struggling to talk to your friends or support network about these issues or situations, there is information here for you, too. We hope this guide is of service to you, however you identify, as you attend to your reproductive and sexual health during your time at Harvard. We acknowledge that many communities are often left out in conversations on sexual and reproductive health, such as transgender, nonbinary, gender diverse, and intersex communities, for whom we hope to include relevant resources. We aim to continue to expand these conversations and resources on campus as we update this guide annually. Please do not hesitate to use any of these resources or to speak to the designated support individuals with whom you feel most comfortable or reach out to the Women's Center with general inquiries, hcwc@fas.harvard.edu.

Routine Gynecologic Care

Gynecologists give reproductive and sexual health services that include pelvic exams, Pap tests, cancer screenings, and testing and treatment for vaginal infections. They diagnose and treat reproductive system disorders such as endometriosis, infertility, ovarian cysts, and pelvic pain.

Students can meet with a gynecologist through [Mount Auburn Obstetrics and Gynecology](#) on the fifth floor of HUHS. Routine gynecologic care is not covered under the [Student Health Fee](#), but is covered under the [Student Health Insurance Plan](#) or a parent's insurance plan. Regardless of the insurance plan, you will want to check what address the Explanation of Benefits (EOB) is being sent to for privacy purposes. If you listed your parents' address as your permanent address your EOB may be sent there.

Students with gynecologic conditions that impact their engagement in daily activities may be eligible for reasonable accommodations. For example, a student experiencing serious pelvic pain may be eligible for accommodations to help them rest periodically. Students interested in learning more about accommodations can contact the Accessible Education Office (<https://aeo.fas.harvard.edu/>). See the Student Health Insurance Plan coverage chart in the appendix for reference.

Menstrual Products

Menstrual equity is the affordability, accessibility, and safety of menstrual products for people of all gender identities and expressions, including transgender, nonbinary, gender diverse and intersex people who menstruate. We use the term "menstrual products" rather than "feminine hygiene products" as the latter infers that they are only for women (excluding nonbinary and transgender men) and that menstruation is unhygienic, rather than a natural part of bodily processes. There are restrooms within the academic, athletic, lab, and residential spaces on campus that provide free or low-cost pads and tampons. For a full listing as of the publishing of this document, please see the appendix at the back.

Period Tracking

Keeping track of your period helps you learn more about its frequency and length. It can also help you see patterns in mood changes. Being in tune with your body and understanding the different hormones involved in menstruation can help you navigate your monthly cycle better. There are many methods for tracking your menstrual cycle, however [be aware](#) that if you are using an app to track your periods you should check your privacy settings to ensure that third parties are not granted access.

Spot On Period Tracker

A period tracker and birth control app powered by Planned Parenthood. Track your period, cycle, fertility, or any method that affects your cycle, including pill, patch, ring, shot, IUD, or implant.

Sexual Health

Sexual health includes sexually transmitted infection (STI) prevention, birth control & contraception, consent, communication with your partner(s), accessing care at HUHS, and much more.

Consent

The staff and students of the Women's Center encourage community members to think about the importance of consent in developing and maintaining healthy and respectful relationships.

Before and while engaging in sexual activity with others, make sure you maintain consent. Harvard defines consent as "an agreement, assent, approval, or permission given voluntarily and may be communicated verbally or by actions. That a person welcomes some sexual contact does not necessarily mean that person welcomes other sexual contact. Similarly, that a person willingly participates in conduct on one occasion does not necessarily mean that the same conduct is welcome on a subsequent occasion."

In addition, "when a person is incapacitated, meaning so impaired as to be incapable of giving consent, conduct of a sexual nature is deemed unwelcome,

provided that the person initiating the activity knew or reasonably should have known of the other person's incapacity. The person may be incapacitated as a result of drugs or alcohol or for some other reason, such as sleep or unconsciousness. The impairment of a person initiating sexual activity at the time of an incident as a result of drugs or alcohol does not, however, diminish their responsibility for sexual harassment or other sexual misconduct." For more information about Harvard's definitions of consent and incapacitation, as well as the full text of relevant policies, visit here: <https://oge.harvard.edu/policies-laws>.

Options Following Sexual Assault, Rape, and Abusive Relationships

Additionally, we know that there are people in our community whose boundaries, choice, and consent have not been honored. If you are considering sexual and reproductive health options as a result of experiencing sexual assault, rape, and/or an abusive relationship you may be considering many options listed in this resource guide.

SHARE counselors are available to support anyone who may be navigating contraception, Sexually Transmitted Infections (STI) testing, prophylaxis, and pregnancy options including abortions, adoptions, or carrying to term. Additionally, SHARE counselors can support someone who wants to learn more about or is considering a Sexual Assault Nurse Exam (SANE) after a recent sexual assault.

SHARE counselors can help you navigate through making decisions, as well as providing more information, support, counseling, advocacy, resources, and referrals. They are free and confidential. You can email, call, or stop by. It is your choice in how you engage in these interventions.

SHARE counselors can be reached at the Smith Campus Center, Suite 624.
Office: (617)-496-5636
24/7 Confidential Hotline: (617)-495-9100

Contraception

Students who are interested in preventing pregnancy can access a wide range of contraceptive methods, also known as birth control, at HUHS. There are many options available for folks, and understanding what kind of barrier method (i.e. external or internal condoms), hormonal contraceptive (i.e. pills, NuvaRing, or intrauterine device (IUD) implants), or non-hormonal contraceptive (i.e. copper IUD) method might work best for you may feel overwhelming. Ultimately, the best option for a person is the method that they can use confidently, correctly, and consistently. Websites like [Bedsider](#) or [Planned Parenthood](#) provide detailed descriptions of all types of contraceptives, answer questions, and more. To help determine what method might best suit you and potentially get started, you can schedule an appointment with a provider at HUHS by calling: (617) 495-5711

Emergency Contraception

Emergency contraception is medication or long-acting reversible contraception given to reduce the chance of pregnancy after unprotected sexual intercourse or contraceptive failure. Options of emergency contraception include Plan B (levonorgestrel), Ella (ulipristal), and the copper ParaGard IUD. Emergency contraception does not protect against sexually transmitted infections; it generally is not as effective as other forms of birth control.

Plan B should be taken within 3 days of unprotected sex and can be purchased 24/7 at the ScriptCenter kiosk, located inside the HUHS main entrance (first floor, Smith Campus Center) for a reduced cost of \$15.00 from the \$40-50.00 it costs in local pharmacies. Plan B is free of charge for students who present in the clinic as a result of trauma. Plan B is the only over-the-counter emergency contraception, which is why it is not always free. Ella and IUDs are not sold over the counter, and therefore should be covered without a copay per the Affordable Care Act.

While the research is inconclusive, there may be the possibility that Plan B is less effective for people over 165 lb. If you are worried about effectiveness, you may

wish to consult with a clinician to determine if you should get a prescription for Ulipristal (Ella) or seek out a copper ParaGard IUD.

Ella and the copper ParaGard IUD can be used as a form of emergency contraception within five days of unprotected sex, however both will require an appointment with a medical provider. To access Ella, you can schedule an urgent care appointment at HUHS where they will perform a pregnancy test and write you a prescription for the medication. You can schedule an emergency appointment for a copper ParaGard insertion [at Planned Parenthood](#). The satellite office of Mt. Auburn OBGYN on the 5th at HUHS may not be able to accommodate last-minute appointments. Both Ella and the ParaGard IUD are free under most insurance plans, however there may be a co-pay depending on the plan.

Students receiving financial aid for whom the emergency contraception co-pay or out of pocket cost provides a financial burden should contact the Financial Aid Office for assistance. With any form of emergency contraception, **timeliness is key**, so if you have questions don't hesitate to call HUHS. Regardless of the time of day, your call will be routed to a nurse who can give you guidance: (617) 495-5711.

Pregnancy Tests

Students can acquire pregnancy tests through primary care appointments at HUHS. There is no additional cost at the clinic for pregnancy tests as they are performed onsite at the primary care appointment and are considered part of the student health fee. For clarity, however, if the test is ordered through the laboratory setting and not through a specific primary care appointment, the lab itself (Quest) charges a fee that is billed to the student's insurance. There is no direct out of pocket cost for the test through the lab, but it could be billed to your outside insurance unless you specifically request Quest to client-bill HUHS. Whether you are on the [Student Health Insurance Plan](#) or a parent's insurance plan, you will want to check what address the Explanation of Benefits (EOB) is being sent to for privacy purposes, as it may describe the type of lab work that was completed. If you listed your parents' address as your permanent address your EOB may be sent there. We highly recommend that students call Member

Services at their insurance provider to see if they can request that an Explanation of Benefits not be sent at all or change the mailing address to their on-campus address.

Clinicians encourage students to make an appointment in the clinic to have the test there so that they will be able to answer questions regarding the results of the test and a student's options if they are pregnant. To explore other pregnancy options listed in this brochure, please refer to the section titled "Pregnancy Options."

HPV Vaccine

HPV, or human papillomavirus, is a common virus that can cause cancers later in life. According to the CDC, HPV infections are very common. Nearly everyone will get HPV at some point in their lives.

- More than 42 million Americans are currently infected with HPV types that cause disease.
- About 13 million Americans, including teens, become infected each year.
- HPV is spread through intimate skin-to-skin contact. You can get HPV by having vaginal, anal, or oral sex with someone who has the virus, even if they don't have signs or symptoms.

Students can get the Gardasil-9 & Gardasil-4 vaccine to protect against HPV through HUHS and it is covered under the Student Health Insurance Plan (SHIP). For a full listing of other preventive vaccines covered by SHIP visit:
<https://hushp.harvard.edu/preventive-vaccines>

STI Testing

According to the Centers for Disease Control and Prevention, sexually active individuals of all gender identities and sexualities, including transgender, nonbinary, gender diverse and intersex people, should test for Sexually Transmitted Infections (STI) at least annually. However, everyone who engages in sexual behaviors should test with some frequency for the comfort of themselves and their sexual partners.

To receive STI Testing at Harvard, make an appointment with HUHS:

- Sign into the HUHS [Patient Portal](#) to verify your current Primary Care Physician (PCP) within your profile information if you don't know/can't remember
- Once you have confirmed your PCP, to schedule an STI test at HUHS with your PCP's scheduling team, please call: 617-495-5711
- After meeting with your medical provider, they will have you go to Quest Labs on the ground floor of HUHS to have the test completed. **Student must ensure when they go to Quest for the test that it should be client-billed to HUHS.**

While the [Student Health Fee \(SHF\)](#) does not cover STI testing, if you are on your parents' health insurance or the [Student Health Insurance Plan \(SHIP\)](#), Harvard University Health Services (HUHS) provides STI testing without any out-of-pocket cost to you. While at the Quest Lab for the STI test, you should request that the charge be client-billed to HUHS – this will ensure that your insurance is not charged. If you are on a different health insurance plan, please refer to your benefit guide to confirm coverage for STI testing.

For clarity, there is no direct out of pocket cost for the test through Quest Lab, but it may ultimately be billed to the student's outside insurance unless you specifically request Quest to client-bill HUHS. Whether you are on the [Student Health Insurance Plan](#) or a parent's insurance plan, you will want to check what address the Explanation of Benefits (EOB) is being sent to for privacy purposes, as it may describe the type of lab work that was completed. If you listed your parents' address as your permanent address, your EOB may be sent there. We highly recommend that students call Member Services at their insurance provider to see if they can request that an Explanation of Benefits not be sent at all or change the mailing address to their on-campus address.

For STI testing options within the Boston/Cambridge area, please refer to the section titled "Resources Beyond Harvard."

Prevention - Condoms and Other Safer Sex Supplies

Barrier methods, such as the use of safer sex supplies like external and internal condoms, aid in the reduction of STI transmission. Practice safer sex by stocking

up on free safer sex supplies such as condoms, oral dams, and lube. Acquire free safer sex supplies on campus from the following locations during hours of operation:

Center for Wellness and Health Promotion, **Smith Center, 2nd Floor**

- External and internal condoms
- Oral Dams
- Lube

Harvard College Equity, Diversity, & Inclusion Offices:

Harvard College Women's Center, **Canaday B Basement**; Harvard Foundation for Intercultural and Race Relations, **Grays Hall Basement**; Office of BGLTQ+ Student Life, **Thayer Hall Basement**

- External Condoms: lubricated, non-lubricated, non-latex
- Latex Dams
- Water-based Lube

Residential Spaces

The Wellness Educators, a holistic wellbeing peer education group supervised by the Center for Wellness & Health Promotion, frequently host safer-sex supply pop-ups in the houses and in Annenberg. During these pop-ups, students can access a wide range of barrier methods and ask questions about how the items are used. To stay up to date on when the Wellness Educators will be hosting a pop-up, be sure to follow them on Instagram @harvard.we - students can also email the group directly at harvard.wellnesseducators@gmail.com.

Room 13, Thayer Basement

- External condoms

Pregnancy Options



Terminating Pregnancy

According [to research](#), most people who become pregnant accidentally decide quickly whether or not they will terminate, and most feel very firm about their decisions and for some it is a longer process. There is no right or wrong reason to terminate a pregnancy. Many factors might affect whether you decide to carry your pregnancy to term or opt to terminate the pregnancy. These factors could include your sense of how much personal support you will have for being a parent, your partner's wishes and ability to help with the pregnancy and parenting process, the role your parents or family may play, your personal and family values, religious or cultural beliefs, and plans after Harvard among many other possibilities. Many people at Harvard are trained to discuss this decision with you, including counselors at Counseling and Mental Health Services (CAMHS), clinicians at University Health Services (HUHS), health educators at the Center for Wellness (CW), and Sexual Harassment/Assault Resources & Education (SHARE) counselors. You may also seek support from Harvard College staff (see listing of specific support staff in section below) to understand the resources available to you, however, the decision about whether to carry a pregnancy to term is entirely yours.

Seeking an Abortion

Abortions are not currently performed at Harvard University Health Services; however students may consult with HUHS clinicians for literature and walk through options. Clinicians can provide information, make recommendations to one of the local clinics that provide the services needed, and then recommend students understand if insurance will cover any of the costs and what is needed for the procedure. If you are receiving financial aid and the co-pay or out-of-pocket costs for a procedure provides a financial burden, contact the Financial Aid Office for assistance (see Harvard Clinics, Offices & Support Staff). Any person who needs help paying for an abortion out-of-pocket or paying a deductible or co-pay can seek financial assistance from an abortion fund. Consult the National Network of Abortion Funds for more information: <https://abortionfunds.org>.

While you may visit HUHS for a pregnancy test or for a consultation if you find out you are pregnant, you may also decide to go directly to a local health clinic,

such as the [Cambridge Health Alliance](#), [Planned Parenthood of Massachusetts](#) in Boston or the [Women's Health Services](#) in Brookline, for abortion care. While termination services are provided off-campus, all clinics in the greater Boston area are accessible by public transportation (MBTA).

There are two types of procedures available to people of all gender identities and expressions including transgender, nonbinary, gender diverse and intersex people. The first is medication abortion, or the 'abortion pill' (mifepristone), which is available at Planned Parenthood both in-person and via telehealth visits. Choosing this option entails taking mifepristone followed 24-48 hours later by another drug called misoprostol which causes uterine cramping and the passage of pregnancy tissue in clots. This pill is currently available through 11 weeks of pregnancy. Procedural abortion, which entails removal of the pregnancy by suction or dilation and evacuation (D&E), is performed at the Cambridge Health Alliance, Planned Parenthood and at the Women's Health Services in Brookline.

Support People

Both abortion options have different benefits and limitations for pregnant people, and the staff at these health clinics are trained to familiarize students with all their options before choosing the course of action that is best for them. Counseling for students considering abortion is also available at the Harvard Counseling and Mental Health Services (CAMHS).

Students who have made an appointment for an abortion can be accompanied by a support person if they choose, or if it is recommended by their doctor post-procedure. A support person could be a friend, partner, abortion doula or staff member of the Harvard College Women's Center if they wish. An [abortion doula](#) is trained to offer physical, mental, emotional support before, during, and after an abortion. They support the whole person, their family, and the community by:

- Answering questions about the abortion process.
- Addressing myths and misinformation about abortion.
- Offering calming touch, massage, guided meditation, and visual relaxation to help ease any pain, anxiety, or discomfort.
- Helping people get childcare, plan meals, and access behavioral health and other types of support they may need to be able to access abortion.

The [Boston Abortion Support Collective](#) (BASC) provides free, compassionate, and empowering support to people experiencing abortion. They provide physical, emotional, spiritual, and informational support for people throughout the full spectrum of reproductive experiences.

Abortion Insurance Coverage

Insurance coverage for pregnancy termination is partially provided as a Student Health Fee benefit. Students who are covered under their parent or guardian's insurance should consult with the Patient Advocate at HUHS (617-495-7583) to determine their options for covered care, since each insurance plan is different. For additional information about abortion options and insurance information, visit the [HUHS website](#). If you are receiving financial aid and the co-pay or out-of-pocket costs for a procedure provides a financial burden, contact the Financial Aid Office for assistance (see Harvard Clinics, Offices & Support Staff). In addition, any person who needs help paying for an abortion out-of-pocket or paying a deductible or co-pay can seek financial assistance from an abortion fund. Consult the National Network of Abortion Funds for more information: <https://abortionfunds.org>

Post-procedure Support

People have a wide range of experiences around ending a pregnancy. There are many resources on campus to support your physical and emotional health before and after an abortion or experiencing a miscarriage. In addition to having access to urgent care visits and preventive care with your Primary Care Physician and Mount Auburn Obstetrics and Gynecology through HUHS, the full array of services within CAMHS are available. CAMHS provides support around miscarriage and other pregnancy losses too. You may reach out to both the Counseling and Mental Health Service and/or utilize the 24/7 CAMHS Cares Line by calling 617-495-2042. Additionally, CAMHS can provide referrals for counseling outside of HUHS if you prefer.

If your pregnancy was related to interpersonal violence such as sexual assault or an abusive relationship. [SHARE counselors](#) can serve as an additional resource. SHARE counselors offer free, confidential and privileged, trauma-informed counseling and advocacy. SHARE counselors can be reached at the Smith

Campus Center, Suite 624, or by phone: Office, (617)-496-5636; 24/7 Confidential Hotline, (617)-495-9100.

Carrying to Term

Health Care

Students who are covered under the student health insurance plan are provided with comprehensive medical care during pregnancy, including all pre-natal and post-natal visits as well as the delivery. Students who are covered under their parent or guardian's insurance should consult with the Patient Advocate at HUHS (617-495-7583) to determine their options for covered care, since each insurance plan is different. Make sure to consult with a doctor about any current or future medications before making any changes to your regimen.

Both the Mount Auburn Obstetrics and Gynecology at HUHS clinic (617-495-2333) and the Care Coordination Department (617-495-3271) are physically housed within HUHS and can assist students in obtaining information about support groups for new parents and assistance in choosing a hospital and medical care team to assist with the baby's birth. Mount Auburn Obstetrics and Gynecology is a community-based practice that rents space from HUHS to be onsite to see patients affiliated with Harvard. When a student receives care from there, they work closely with the HUHS Care Coordination Department if a student needs more resources.

Midwifery

Whether you're scheduling a first gynecologic exam, preparing for childbirth, or seeking relief from menopause symptoms, find supportive patient-centered care from a team of midwives. Midwives are experienced, certified nurse-midwives (CNMs) who have advanced training in obstetrics and gynecology and are certified by the American College of Nurse-Midwives. Learn more about the midwives at Mount Auburn (MaMA):

<https://www.mountauburnhospital.org/care-treatment/womens-health/midwifery/>

Birth & Postpartum Doulas

Doulas nurture, support and offer expert guidance for families during their pregnancy, birth, and the early postpartum period. According to a 2017

Cochrane Database Systematic Review, "Continuous support in labor may improve a number of outcomes for both mother and baby, and no adverse outcomes have been identified. Continuous support from a person who is present solely to provide support, is not a member of the woman's own network, is experienced in providing labor support, and has at least a modest amount of training (such as a doula), appears beneficial." To search for a doula in the area you can access a database on the DONA website:
<https://www.dona.org/what-is-a-doula/benefits-of-a-doula/>

Academic Concerns

Pregnancy does not need to derail your education at Harvard. You can work with support staff to complete your degree, perhaps at a slower pace than you imagined originally. In consultation with your Resident Dean, you may decide, for example, to petition the Administrative Board for permission to reduce your course load during your pregnancy and postpartum. You may also decide to petition for a voluntary leave of absence while you determine your choices as a parent. Both options, and others, are available to any student and are meant to assist students, including those who are pregnant or parenting. The Administrative Board is committed to supporting students and helping them to determine the best way to complete their academic program.

The Secretary of the Administrative Board, Laura Peña Pantano, (laurapantano@fas.harvard.edu; 617-495-1736), or your Resident Dean can meet confidentially with you to discuss your options and help you consider possible courses of action as you plan to continue your Harvard College career. Students with concerns about how a reduced course load or other course accommodations may affect their financial aid package should consult the Financial Aid Office at faoinfo@fas.harvard.edu or by phone at 617-495-1581 to schedule a meeting with their financial aid officer.

Students who experience pregnancy-related conditions that limit their ability to engage in some daily activities may be eligible for reasonable accommodations to help address these impacts. Examples might include students being restricted from lifting heavy objects when it would otherwise be required for a class, or students requiring different seating or schedule adjustments. Students

interested in learning more about accommodations can contact the [Accessible Education Office](#) (AEO).

Mental Health Resources

Postpartum and peripartum depression affect [one in seven](#) new birth parents, while up to 70 percent of all new mothers experience the “baby blues.”

According to the [National Institute of Mental Health](#), the “baby blues” is a term used to describe mild mood changes and feelings of worry, unhappiness, and exhaustion that many birth parents sometimes experience in the first 2 weeks after having a baby. Babies require around-the-clock care, so it’s normal for birth parents to feel tired or overwhelmed sometimes. If mood changes and feelings of anxiety or unhappiness are severe, or if they last longer than 2 weeks, a new birth parent may have postpartum depression. Birth parents with postpartum depression generally will not feel better unless they receive treatment.

Mood changes and shifts in feelings and emotions can be significant during pregnancy and postpartum. It is normal to be anxious and sad during pregnancy and postpartum, even if you are also very happy. Pregnant individuals with mental health challenges before, during or after birth can consult their OB-GYN, and you may reach out to CAMHS and/or utilize the 24/7 CAMHS Cares Line by calling 617-495-2042. Additionally, CAMHS and/or your OB-GYN can provide referrals for counseling and/or support groups outside of HUHS. If you or a loved one is in crisis, call 911 for emergency services or contact the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

Support People

Parenting requires holistic 24-hour support that cannot be summarized in a document of this length. Some examples of resources for childcare, postpartum support groups, educational resources for babies and toddlers in the Cambridge area are listed below.

Adoption

If you do not feel ready or able to parent and do not want to terminate your pregnancy, adoption is another option to consider. Adoption allows you to carry your pregnancy to term and place the baby with those whom you feel can

provide a supportive and loving environment. There are a variety of ways to pursue adoption. You can work with a counselor at an adoption agency in Massachusetts to help with the process. By Massachusetts law, the father involved in a pregnancy is entitled to consent or object to an adoption. Adoption agencies will help the pregnant parent navigate this process. Either way, you can expect the opportunity to personally learn about, meet, and choose the adoptive family. This is called "open adoption."

You can also choose "closed adoption," in which the birth parents and the adoptive parents never know each other. Adoptive parents only receive non-identifying information from the agency or lawyer about the birth mother and father that they might need to help them take care of the child, such as medical information or family history. For more information about MA adoption processes and resources, visit <https://www.mass.gov/the-court-adoption-process>. Students who wish to obtain information or assistance about adoption can also meet with a Care Coordination social worker at Harvard University Health Services (617-495-3271).

Student Parenting Supports

Post-Partum Support & Parenting Classes

The experienced nurses, midwives and physicians at Mount Auburn Hospital provide support and knowledge throughout pregnancy and early parenthood. Search their [calendar listings](#) to find a class, event or support group to fit your needs, a sample of which is listed below:

- Having Your Baby Your Way Series
- Infant CPR for Family and Friends
- Prepared Childbirth
- Postpartum Support Group

Gather with other parents at Mount Auburn's [Postpartum Support Group](#) to share experiences and support each other through the early days (and nights) of parenthood. Depending on the week, you may hear guest speakers, enjoy a free massage, or just talk with one of our certified nurse-midwives. It's open to all

new parents and their non-crawling babies regardless of place of birth or care provider. Visit [pregnancy and parenting classes](#) to learn more.

Residential Life

For many students, residential life is their primary vehicle for connection to friends and communities of support within the College. The residential system is currently not equipped to provide housing to students in a manner that is consistent with the needs of caring for a newborn. The Office of Student Services is committed to working with students to explore options for housing that are more suitable for this purpose, such as nearby graduate student housing or off-campus housing.

The Director of Housing, Residential Operations, and Student Life, Carina A. Myteveli (myteveli@fas.harvard.edu; 617-495-3803) is available to meet with pregnant and parenting students to discuss options for housing that are more amenable to parenting. While living in graduate student housing, students may retain their affiliation with their House and may be eligible for a meal plan through Harvard University Dining Services that would allow them and their child to eat in their House.

Lactation Rooms

Harvard provides more than 50 formal lactation rooms across the University. Any Harvard-affiliated nursing parent, including faculty, staff, students, and spouses/partners who are breastfeeding, can register to use a Harvard lactation room. To find one, you can visit the [Harvard Campus Lactation Room Building List](#) provided by [Harvard HR](#) (also listed as an appendix at the back of this brochure) or find locations on the [Harvard Lactation Map](#).

All University-sponsored rooms have a hospital-grade Medela Symphony pump, for which you will need to provide your own [Medela accessory kit](#). Accessory kits can be purchased online or from local pharmacies.

Register using buttons below (ahead of first anticipated use date if possible). Registration gets you:

- Access: to the 50+ rooms across three campuses (see the lactation map linked below and this [room list pdf](#));
- Activation: HUID card clearance to the lactation rooms including any entryway doors, elevators, stairwells etc. to get you to the room.
- Availability and Reservations: the private lactation room template is added to your existing (or newly created) RoomBook account where you can check room availability and reserve your 30-minute slot (recurring if needed). The reservation confirmation email will include any room specific amenity and pin code information (for those doors with pinlocks).

Changing Stations

Diaper changing stations are difficult to come by in most Harvard spaces. The Phillips Brooks House, Smith Campus Center, and certain restrooms in the Athletics facilities are equipped with drop down changing stations.

The GSAS Student Center at Lehman Hall has a diaper changing station in the all-gender restroom in the basement. We also have a highchair in the GSAS Commons, the dining hall. All Harvard community members are welcome to use these amenities. In addition, GSAS events that are designed to engage student-parents are listed in Engage, <https://engage.gsas.harvard.edu/>, and are tagged "family friendly" and/or "partners and spouses welcome."

Childcare

One factor that can figure into your decision about having a child while at Harvard is the availability and expense of childcare. Consider the age of the infant when you hope to get them into childcare, as many won't accept infants under three months old. Harvard has six affiliated childcare centers which are in university spaces. Five are on the Cambridge campus and one is in the Allston section of Boston, near the Business School Campus.

Each center is an independent nonprofit organization with its own board of directors, and each center makes its own tuition, curricular, and enrollment decisions. An application is required for a space in one of these centers, and students are not automatically guaranteed a space. To determine if there is space in one of the centers below, students should call or send an e-mail to

each individual childcare center to request application materials. You are also encouraged to make an appointment with the director to visit the centers you would like to consider. For information about Harvard and non-Harvard-affiliated childcare centers in Cambridge, please visit <https://hr.harvard.edu/finding-child-care>.

In terms of paying for childcare, if you are receiving need-based aid from the College, you should contact the Financial Aid Office at faoinfo@fas.harvard.edu or 617-495-1581 and your financial aid officer will work with you to determine any additional eligibility for assistance. Some of the childcare centers make a limited amount of internally generated financial aid available each year. Students should consult individual centers for more information. Some of the programs also have spaces supported by the Massachusetts Department of Early Education and Care for income-eligible individuals and families. Please consult with individual programs to see what these options are.

Harvard Clinics, Offices & Support Staff

Students may seek advice and information from any number of people at the College regarding reproductive and sexual health, especially concerns around pregnancy and parenting as a student. It is entirely up to you whom you decide to consult for advice and support, as with any personal matter. Below are individuals and groups that could provide support as you navigate your reproductive and sexual health needs. Staff roles differ in terms of how they share information, so consider that as you access support.

Clinical Support (Confidential and Privileged)

The following resources are confidential and privileged. Information shared with any of these offices will not be shared without your explicit consent.

Care Coordination at HUHS

carecoordination@huhs.harvard.edu
617-495-3271

Counseling and Mental Health Services (CAMHS)

Students can request to meet with a clinician who has familiarity/background in pregnancy options and outcomes, adoption, and/or parenting support.

Smith Campus Center, 4th Floor
CAMHS Cares Line: 617-495-2042

Mount Auburn Obstetrics and Gynecology

Smith Campus Center, 5th Floor HUHS Clinic
617-495-2333
Monday-Friday: 8:00am - 4:00pm

Patient Advocate at HUHS

Mallory Finne
patadvoc@huhs.harvard.edu
617-495-7583

Sexual Harassment/Assault Resources & Education (SHARE) Counselors

Smith Campus Center, 6th Floor Suite 624
Monday-Friday 9:00am-5:00pm
oge_SHARE@harvard.edu
Office: 617-496-5636
24/7 Confidential Hotline: 617-495-9100

Harvard Chaplains

Listing of Chaplains: <https://chaplains.harvard.edu/people?page=1>
350 Massachusetts Ave, Ste 730, Cambridge
chaplains@harvard.edu, 617-879-8365

Harvard College & Affiliated Offices (Private)

The following resources protect privacy but must share information (if applicable) with a Title IX Resource Coordinator or the Title IX Team within the Office for Gender Equity, and otherwise only on a need-to-know basis in situations governed by FERPA (for more information, see [here](#)).

Academic Resource Center (ARC)
Emily Walsh, Associate Director

1414 Massachusetts Avenue, Floor 3R, Cambridge
walsh@fas.harvard.edu

Equity, Diversity & Inclusion Offices, Dean of Student's Office (DSO)
Alta Mauro, PhD, University Hall
altamauro@fas.harvard.edu

Harvard College Women's Center
Heidi Wickersham, Director
wickersham@fas.harvard.edu, p: 617-496-4292
Canaday Hall, B Entry Basement,

Harvard Foundation for Intercultural & Race Relations
Sadé Abraham, Senior Director
sade_abraham@fas.harvard.edu, 617-495-1527
Grays Hall, Ground Level

Office of BGLTQ+ Student Life
Zion Livingstone, Director
livingstone_cox@fas.harvard.edu, 617-384-7592
Thayer Hall, Basement

Title IX Resource Coordinators
Erin Clark, Program Officer for Title IX and Sexual Misconduct
University Hall, 024, erin_clark@fas.harvard.edu, 617-496-3336

Brian Libby, Title IX Resource Coordinator, Harvard College
1414 Mass Ave, 3rd Floor, blibby@fas.harvard.edu, 617-384-6943

Financial Aid Office
Charlene Kim, Associate Director of Financial Aid and Senior Admissions Officer
86 Brattle Street, Cambridge, MA
cskim@fas.harvard.edu, 617-495-1583 <https://college.harvard.edu/financial-aid>

Residential Staff, Dean of Students Office (DSO)
Lauren Brandt, Ph.D., Associate Dean of Students, Residential Life

6 Prescott Street, lbrandt@fas.harvard.edu, 617-496-2774

Catherine Shapiro, Ph.D., Senior Resident Dean
6 Prescott Street, cshapiro@fas.harvard.edu, 617-495-1577

Nekesa Straker, Senior Assistant Dean of Residential Life and First-Year Students
6 Prescott Street, nekesastraker@fas.harvard.edu, 617-496-2347

Faculty Deans, Resident Deans and Resident Tutors and Proctors can also serve as supports should a student wish to involve them.

Office of Student Services (OSS) (Accessible Education, Housing, Academic Integrity and Student Conduct, Registrar)

Accessible Education

Grace Moskola, Director
aeo@fas.harvard.edu, 617-496-8707

Administrative Board

Laura Peña Pantano, Associate Dean for Academic Integrity and Student Conduct
University Hall, Ground Floor North
laurapantano@fas.harvard.edu, 617-495-1736

Housing & Residential Operations

Carina A. Myteveli, Director of Housing and Residential Operations
myteveli@fas.harvard.edu, 617-495-3803

Registrar

617-495-1543, registrar@fas.harvard.edu
<https://registrar.fas.harvard.edu/>

Women Gender and Health Interdisciplinary Concentration, CSPH

<https://www.hsph.harvard.edu/women-gender-and-health/>
wgh@hsph.harvard.edu

Peer Education & Student Organizations

CONTACT Peer Counseling

harvardcontact@gmail.com | 617-998-6898

<https://harvardcontact.wixsite.com/peercounseling>

ECHO - Eating Concerns Hotline & Outreach

617-495-8200 | <http://www.hcs.harvard.edu/~echo/>

Our Harvard Can Do Better

ourharvardcandobetter@gmail.com | <https://www.ourharvardcandobetter.org/>

Harvard College Women's Cabinet

wcab@fas.harvard.edu | <https://hcwc.college.harvard.edu/get-involved/volunteer/cabinet>

Harvard MA Menstrual Equity Coalition

mmecoalition@gmail.com |

<https://thehub.college.harvard.edu/organization/mmecoalition>

Reprojustice Action and Dialogue Coalition

<https://thehub.college.harvard.edu/organization/rad>

Room 13 Confidential Peer Counseling

harvardroom13@gmail.com | 617-366-7375

<http://www.hcs.harvard.edu/~room13/>

Sex Week(end) at Harvard

sexweekatharvard@gmail.com | <https://www.sexweekatharvard.org/>

Wellness Educators

harvard.wellnesseducators@gmail.com | wellness.huhs.harvard.edu/wellness-educators

Resources Beyond Harvard

Boston Abortion Support Collective (BASC)

bostondoulaproject@gmail.com, 617-971-8476

After you speak with a volunteer, they will reach out to the collective of support people and get back to you shortly.

Cambridge Health Alliance

1493 Cambridge Street, Cambridge

617-665-1000

<https://www.challiance.org/services-programs/obstetrics-and-gynecology/pregnancy-and-maternity>

Fenway Health

(centers LGBTQIA+ people, BIPOC individuals, and other underserved communities)

Ansin Building, 1340 Boylston Street, Boston

617-267-0900, <https://fenwayhealth.org/>

National Network of Abortion Funds

<https://abortionfunds.org>

Planned Parenthood League of Massachusetts

1055 Commonwealth Avenue, Boston

800-258-4448

<https://www.plannedparenthood.org/planned-parenthood-massachusetts>

Women's Health Services

111 Harvard Street, Brookline

800-257-2354, 617-277-0009, <https://womenshealthservice.com/>

.

Appendix

Lactation Rooms Across Harvard Building List*

School/Unit	Building Name	Street Address	# individual rooms
ALLSTON			
Business	Aldrich Hall	35 Harvard Way	1
Business	Cumnock Hall	33 Harvard Way	1
Business	Spangler Center	117 Western Avenue	2
Business	Teele Hall	230 Western Avenue	1
Business	25 Travis St	25 Travis Street	1
Engineering	114 Western Ave	114 Western Avenue	2
Engineering	SEC	150 Western Avenue	2
CAMBRIDGE			
All	Smith Campus Center	1350 Massachusetts Avenue	1
All	Widener Library	31 Harvard Yard	1
Administration	Arthur M Sackler Building	485 Broadway	1
Administration	1033 Mass Ave	1033 Massachusetts Avenue	1
Administration	114 Mount Auburn St	114 Mount Auburn Street	1
Administration	784 Memorial Drive	784 Memorial Drive	1
Administration	Blackstone South	24 Blackstone Street	1
Administration	8 Story St	8 Story Street	1
Divinity	Swartz Hall	45 Francis Avenue	1
Divinity	Divinity Hall	14 Divinity Avenue	1
Education	Longfellow Hall	13 Appian Way	1
Engineering	Maxwell Dworkin	33 Oxford Street	1
FAS	BioLabs	16 Divinity Avenue	1
FAS	Northwest Science Building	52 Oxford Street	1
FAS	Knafel Building	1737 Cambridge Street	1
FAS	Observatory Building B	60 Garden Street	1
FAS	Lyman Lab	17 Oxford Street	1
Kennedy	Littauer Center	79 JF Kennedy Street	3
Kennedy	One Brattle Square	1 Brattle Square	1
Kennedy	Taubman/Ofer	15 Eliot Street	1
Law	Areeda Hall	1545 Massachusetts Avenue	1
Law	Wasserstein Hall	1585 Massachusetts Avenue	1

Radcliffe	Fay House	10 Garden St, Radcliffe Yard	1
LONGWOOD			
Dental	Dental Research Building	190 Longwood Avenue	1
Medical	Armenise	200 Longwood Avenue	1
Medical	4 Blackfan	4 Blackfan Circle	1
Medical	Countway Library	10 Shattuck Street	1
Medical	Gordon Hall	25 Shattuck Avenue	1
Medical	641 Huntington	641 Huntington Avenue	1
Medical	NRB	77 Avenue Louis Pasteur	1
Medical	TMEC (Tosteson Medical Ed)	260 Longwood Avenue	1
Public Health	FXB Building	651 Huntington Avenue	1
Public Health	Kresge Building	677 Huntington Avenue	2
Public Health	Landmark Center	401 Park Drive	1
Public Health	90 Smith St	90 Smith Street	2
SATELLITE			
Arboretum	Weld Hill Building	1300 Center St, Jamaica Plain	1
Harvard Forest	Shaler Hall	324 N. Main Street, Petersham	1

*Many spaces require HUID/advance booking. Please email the [Office of Work/Life](#) with any questions or concerns.

Menstrual Product Building List

GENDER INCLUSIVE BATHROOM MAP

For a map of gender-inclusive restrooms on campus, visit the Office of Gender Equity website: <https://oge.harvard.edu/gender-inclusive-restrooms>

Student Health Insurance Plan (SHIP) Coverage Chart 2022

Medical Benefits	Your Out-of-Pocket Cost (What You Pay)		
	Student Health Fee	Student Health Fee Student Health Insurance Plan: Blue Cross Blue Shield PPO	
	At Harvard University Health Services (HUHS)	In-PPO-Network	Out-of-Network (after deductible is met)
Inpatient Care			
Inpatient Admission in an acute care, chronic disease hospital	Not available	\$100 copayment at lower-cost-share hospitals* \$500 copayment at higher-cost-share hospitals*	30% co-insurance
Inpatient Admission in a skilled nursing facility or rehabilitation hospital	Not available	Covered in full	30% co-insurance
Mental Health			
Inpatient Admission in a psychiatric hospital or substance abuse facility	Not available	\$100 copayment per admission	30% co-insurance
Outpatient Visits for mental health therapy and psychopharmacology	As medically necessary	\$0 copayment (visits 1-8) \$35 copayment (visits 9-52) 30% coinsurance 52-visit limit (combined in-and out-of-network)	30% co-insurance
Women's Health			
Birth Control Devices	Not available	Covered in full	30% co-insurance
Gynecology	Not covered - Available at HUHS	Covered in full	30% co-insurance
Infertility Services– Outpatient Medical Care	Limited services available	\$35 copayment/ May be subject to clinic's and physicians' office visit limit	30% co-insurance/ May be subject to clinic's and physicians' office visit limit
Maternity Care Office Visits	Not covered - Available at HUHS	Covered in full	30% co-insurance
Voluntary Termination of Pregnancy	\$350 benefit (paid to facility with HUHS referral)	See Surgery (Outpatient) benefit	See Surgery (Outpatient) benefit
Urgent/Emergency Care			
Ambulance Services	Not available	Covered in full	Covered in full
Hospital Emergency Room	Not available	\$100 copayment (waived if admitted)	\$100 copayment (waived if admitted)
Urgent Care	Covered in full	\$35 copayment/ Subject to clinic's and physicians' office visit limit	30% co-insurance/ Subject to clinic's and physicians' office visit limit
Traveling Out of the Country	Only Student Health Insurance Plan benefits are available; all covered services are considered		



**Harvard College
Women's Center**