

THE CARE I WANT

How to make the most of
sexual and reproductive health
services, and take care of
yourself in the process



Many queer people don't like going to the doctor or other service providers.



Especially when it comes to sexual health



Or issues related to queer identity.

We can't always know if health care providers will understand what we're going through.

If I talk about my sex life, will it change how they treat me?



And it can feel like they have all the power.

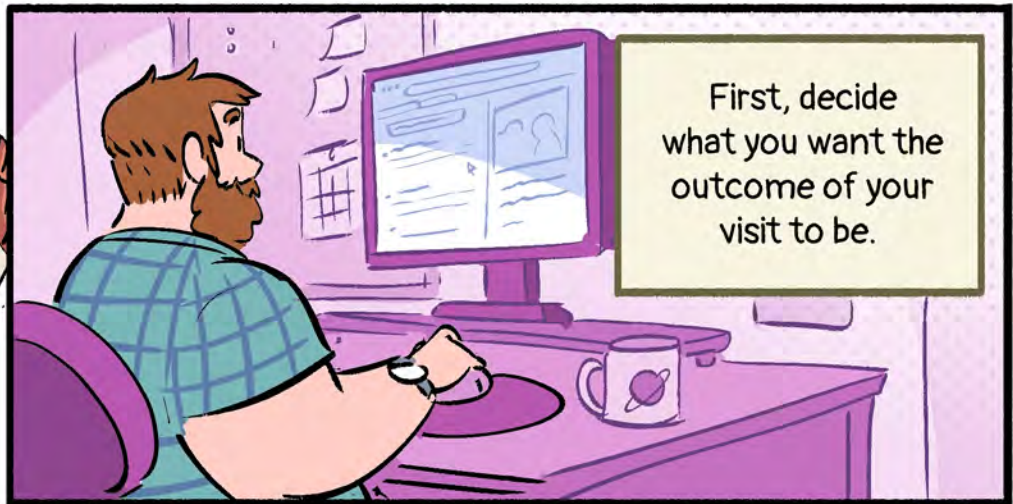


Planning ahead can help you get the most out of the care you receive!

TIP 1:

PLAN YOUR HEALTHCARE VISITS.

While we can't control everything about the way we receive care, there are some things we can do to make the process easier.



Are there things you'd like the service provider to know in advance?

For example, you can tell them about your accessibility needs like translation services,



BONJOUR! 你好!

The panel shows two women. The woman on the left has dark skin, curly hair, and is wearing a green headscarf and a green jacket over a white turtleneck. She is smiling and saying "BONJOUR!". The woman on the right has light skin, glasses, and is wearing a red top. She is also smiling and saying "你好!".

or about your chosen name and pronouns.



My name is Paloma, but my provincial insurance is under my old name.

The panel shows a woman with long dark hair talking on a green mobile phone. She is smiling. The background is a simple room with a window and some furniture.

Do you want to have a support person with you?



Having someone with you can help keep you on track and back you up if needed.

The panel shows two women sitting on a bench in a waiting area. The woman on the left is wearing a blue hijab and a blue jacket, and she has her arm around the woman on the right. The woman on the right is wearing a pink headscarf and a dark top, and she is holding a baby. They are both smiling. The background shows a waiting area with a window and some furniture.

TIP 2:

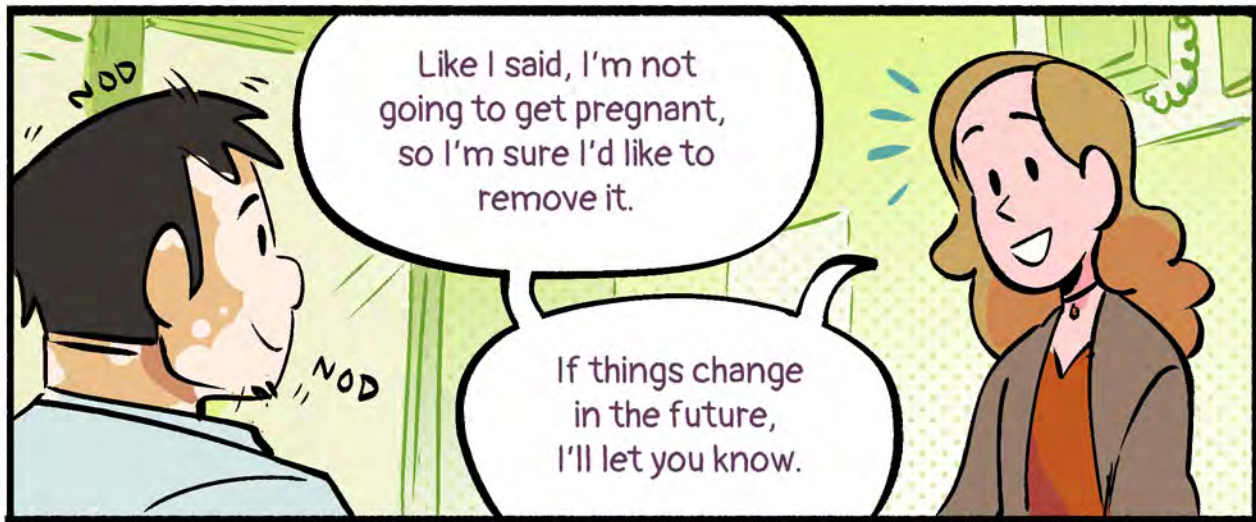
PLAN YOUR ADVOCACY.

Some service providers aren't confident in providing care for queer people. As someone seeking care, it's not your job to be a health expert, but there may be times where you have to advocate for yourself.



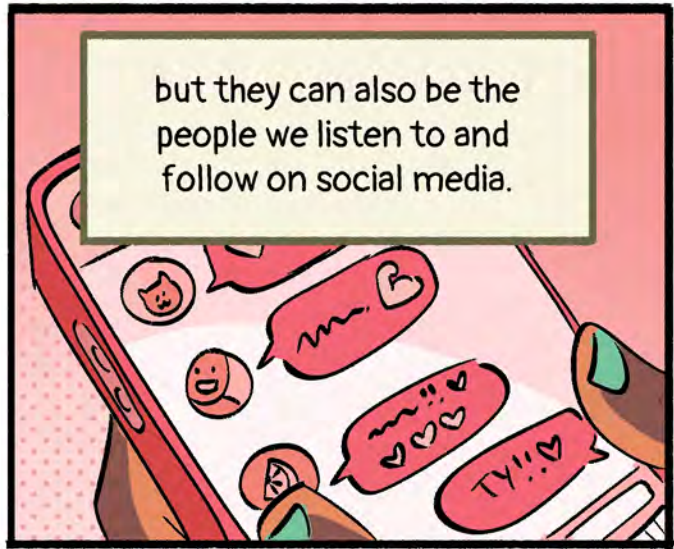
It's ok to pause during an appointment and gather your thoughts before speaking up.



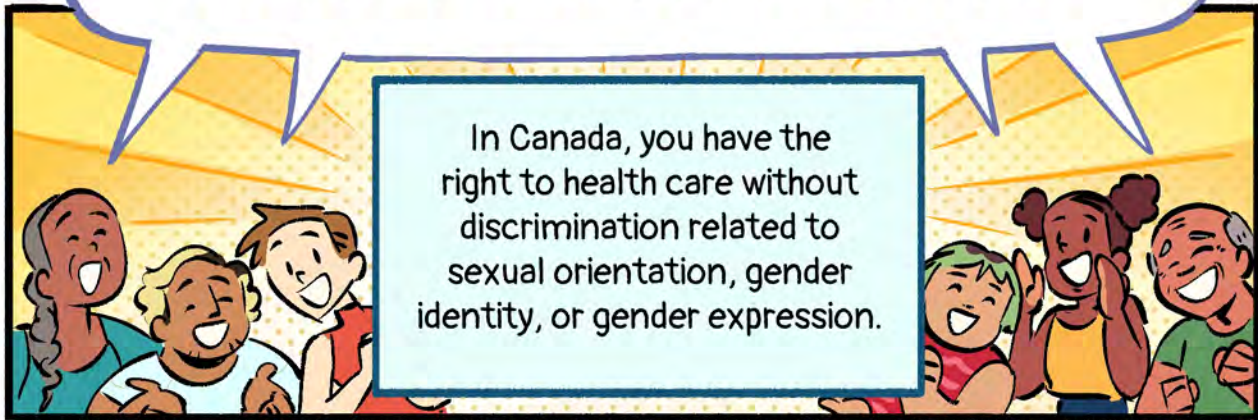


Remember that self-advocacy is a skill that takes time to get comfortable with.





KNOW YOUR RIGHTS!



In an ideal scenario, our service provider would see us, respect us and validate our wants and needs in relation to our care.

We want service providers to ask us,

What can I do for you?

What do you need?

but this doesn't always happen.

TIP 3: PLAN YOUR CONVERSATIONS



How will you show up?

What will you do to care for yourself during the visit?

What do you want to say?

And how do you want to say it?

It can be easy to get lost in the conversation,

especially if accessing health care makes you anxious or uncomfortable.

It may be helpful to go in with a prioritized list of questions,

1. ~~What~~
2. how
3. ~~are~~

roleplay with a friend beforehand

or to take notes during the appointment.

What happens when the conversation doesn't go how you planned?



Consider the possible answers you might get, positive or negative, and prepare a response.

I think I'm having some trouble with my antidepressants.

I don't know...

I don't have good sex when I'm on them, and I kind of want to stop taking them.

I see.

You know, with some antidepressants a drop in libido can be pretty common.



If talking with your health service provider is consistently difficult and uncomfortable, you can also try to find someone new.

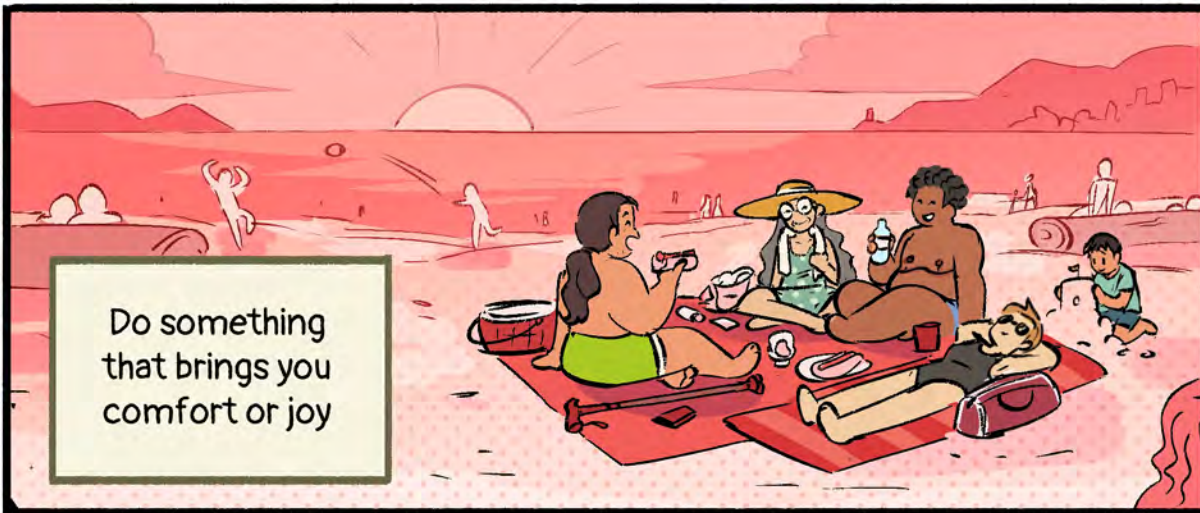


It's not always easy or possible to change providers, but, if you can, it's important to be able to be yourself when accessing care.

As queer people, we can face added challenges when engaging in health care.



After your visit, take some time to process.



Do something that brings you comfort or joy



and allows you to disconnect from the stress.



And be gentle
with yourself as
you navigate your
own health journey

Developed by

COMMUNITY-BASED RESEARCH CENTRE (CBRC)

Illustrated by

KRISTINA LUU

Financial contribution from



Health Canada Santé
Canada Canada




The views expressed herein do not necessarily represent the views of Health Canada.



Queering the Compass:

Pathways to 2S/LGBTQIA+ Sexual and Reproductive Health

 @theCBRC

 @CBRCtweets

 @CBRC

 theCBRC

 theCBRC

 **cbrc**
Community-Based Research Centre