

# IT'S OKAY TO ASK!

A sexual and reproductive health guideline for young women with cerebral palsy

**It's SMART to think about what you might want to discuss at your next doctor's appointment. Here are some suggestions.**

**Remember—it's okay to start the conversation yourself.**

## Starting the conversation

Can our conversations be confidential?

Are you the right person to ask about female health care?

I think I might be LGBTQ; can I talk to you about that?

## Managing your period/fertility

Can I make my periods lighter, shorter, less painful, or go away completely?

I am taking medication to control my period. Does this medication interfere with my other ones?

Can I get pregnant?

## Accessing women's healthcare

I heard I need a Pap test to screen for cervical cancer at age 21. Who should do it?

How should I prepare for my Pap test?

## Relationships

What does a healthy romantic or sexual relationship look like?

Sometimes my partner tries to control me; what should I do?

I have had sex when it wasn't my choice; who can I talk to?

## Testing for (and preventing) sexually transmitted infections (STI's)

Have I had the required doses of the Human papillomavirus (HPV) vaccine to help prevent cervical cancer?

Can you test me for STI's using urine? What STI's should I be tested for?

Can you show me how to use a condom correctly?

## What do you want to know?

Write down any questions that *you* think are important--the appointment is all about you!

- 1.
- 2.
- 3.