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!