

STARTING THE CONVERSATION

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

It's SMART to encourage young women with cerebral palsy to discuss their questions, concerns, and goals regarding their reproductive health.

Here is a set of suggested prompts to help facilitate this conversation.

Starting the conversation

Is there a doctor you can talk to about your health confidentially?

Managing your period/Fertility

How are your periods affecting your life?

Do you ever have to miss school or activities?

Have you ever talked to a health care provider about having kids?

Accessing women's healthcare

You may need a gynecologic exam if you have symptoms such as

pain or itching, or to test for STI's.

It is recommended that everyone have a Pap test at age 21.

Does your provider do gynecologic exams?

Relationships

Have you ever been in a relationship? With a man, woman, or both?

Do you think your relationship is healthy?

Has your partner ever tried to control you?

Have you ever had sex or been touched when you didn't give permission?

Testing for (and preventing) STI's

Have you had all of the recommended doses of HPV vaccine?

If you have ever had sex, you need a chlamydia test. This can be done

using a urine sample. You may need other tests, too.