ACCESS = CHOICE

HOW TO TALK TO YOUR PROVIDER ABOUT REPRODUCTIVE JUSTICE

Additional Resources

- To learn more about Reproductive Justice go to sistersong.net or visit blackwomenradicals.com to find a Reproductive Justice reading list.
- For more information on the various types of contraception visit decolonizingcontraception.com and look at their contraception campaign.
- If you need to go to a different provider to access abortion care, go to abortionfinder.org.
- For additional legal help in regards to reproductive care go to reprolegalhelpline.org.

Your Reproductive Rights:

- You have a right to emergency care in any Medicare-participating hospital emergency room.
- You have a protected right to access contraceptives.
- You have a right to receive medication without experiencing discrimination on the basis of race, color, national origin, sex, age, and disability.
- Your state has protected your right to receive abortion care. To learn more about the abortion laws specific to your state go to reproductiverights.org and look at their “Abortion Laws by State” map.
- You have the right to access preventative health services. Check with your insurance provider to see which services are covered. If you do not have insurance go to healthcare.gov to see if you qualify for coverage.

What is reproductive justice?

The History

Reproductive Justice is a term coined in 1994 by 12 Black women in Chicago, IL. The term itself is a Combination of "Reproductive Rights" and "Social Justice."



What it means

Reproductive Justice is "the human right to control our sexuality, our gender, our work, and our reproduction."

Reproductive Justice demands the right to...

- own our bodies and control our future;
- to not have children;
- to have children; and
- to parent the children we have in safe and sustainable communities.

Reproductive Justice can only be achieved when ALL women and girls have economic, social, and political power to make healthy, informed decisions about our bodies, our families, and our communities.

Where to start

Start by looking inward. Ask yourself ...

Do I feel safe talking to my doctor about Reproductive care?

Do I feel comfortable talking to my doctor about reproductive care?

Do I feel like my doctor will really hear my questions and concerns?

If the answer to these questions is yes, then continue.

Begin by asking:

“Do you provide reproductive care like contraception/birth control?”

“What kinds of contraception/birth control do you provide?”

“Are you willing to discuss my contraception options today?”

“Are you willing to discuss other reproductive care options today?”

Now would be the time to bring up any privacy concerns you may have. You can ask:

“Is what I say to you today confidential?”

“How can I ensure that what I say to you today remains private?”

It is important to bring up your individual concerns.

First, ask your provider:

“I have some concerns, are you willing to hear those today?”

Your provider should listen to your concerns. If you feel like your provider is not taking your concerns seriously, or not listening to you, take the time to point that out.

“I understand you are busy and I respect that. However, these concerns/experiences I am sharing with you are extremely important to me, please pay attention.”

“I do not feel like you are listening to me. These concerns are extremely important to me, and if you are not going to listen and respect them please tell me know.”

If you are interested in talking to your provider about abortion care, begin by asking the following:

"Would you feel comfortable talking to me about abortion today?"

"Is abortion a service that you can provide?"

"What kinds of abortion do you provide?"

Make sure to ask questions and be as open with your provider as you feel comfortable.

Where to end

Confirm the confidentiality of your conversation. You can say to your provider:

“I have a right to client confidentiality, and you agreed to keep this conversation confidential. Please respect my privacy.”

SOME THINGS TO THINK ABOUT WHEN TALKING TO YOUR PROVIDER:

- Is your provider the same race as you
- Is your provider the same gender?
- Do you have a disability?
- Do you feel safe around your provider?
- Have you had a negative experience while receiving medical care before?
- Do you know if your insurance covers reproductive care?

