

## UNZIPPIT! BE PREPARED



**Make Notes**—Write down questions beforehand so you remember what you want to ask. Bring a pen and paper to take notes.

**Be Confident**—Know your rights. Ask about confidentiality, and tell your doctor if you want to change from parent involvement to keeping your medical information just between you and your doctor.

**Practice**—Rehearse at home what you want to say so you don't feel embarrassed saying certain things.

**Be Honest**—Tell your doctor if you are sexually active and what activities you are doing. The services your doctor provides may depend on that.

**Follow Up**—If you forget to ask a question, or forgot some information, call back. Your doctor might allow you to ask over the phone, or you can make another appointment.

### Other People You Can Talk to:

- Your Parents
- Sexual Health Educator
- Your Partner
- Guidance Counsellor

At the **Sexual Health Centre**, we know you might be uncomfortable asking questions about sex, sexuality and sexual health. We give you the options of:

Seeing us in person

Talking to us on the phone

Emailing us

Some people like the privacy of email or phones. Others prefer talking to someone in person. Just do whatever works for you to get good, accurate information. We want you to feel comfortable and safe, and we want you to be healthy and happy.

### SEXUAL HEALTH CENTRE

Lunenburg County

4 Hillcrest Street, Unit 8  
Bridgewater, NS B4V 1S9  
902-527-2868

LunCo@NSSexualHealth.ca  
www.LunCo.cfsh.info

Property of the Sexual Health Centre Lunenburg County (SHCLC).  
Designed by Carol Rock. Content adapted with permission from the  
Canadian Federation for Sexual Health. May be reproduced for  
educational purposes but please email or call us with numbers copied.

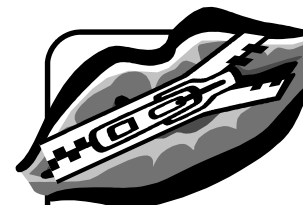
These statistics may help with future funding.

Donations always appreciated.

The **SHIFT** project series of pamphlets funded by:



United Way of Lunenburg County



## UNZIPPIT!

### Talking With Your Doctor About Sex



**SEXUAL HEALTH CENTRE**  
Lunenburg County

*The experts in sexual and reproductive health*



## UNZIPPIT! GET THE MOST OUT OF YOUR APPOINTMENT

Your relationship with your health care provider (doctor, nurse practitioner) should be positive and comfortable. Your doctor may ask you questions that seem really intimate or embarrassing, but remember, your answers are completely confidential.

**Don't be afraid to ask questions.** It's OK to ask your doctor to explain again if you don't understand something. Sometimes it takes time for new information to sink in and a lot at once can be overwhelming.

**Bring your partner or a trustworthy friend.** They can provide support for you and even help your discussion. Having your partner there might also help you as a couple to share responsibility and decision-making.



*Bringing your partner may help with moral support, sharing of responsibility, and decision making*

**Be open** about your medical and sexual history. If you don't reveal everything (for example that you smoke, or that you've had oral sex), you may not receive the best medical advice or care.

**Call again.** If, after you've left the office, you realize you didn't mention something important or you have another question, you can always call back. If you can't reach your doctor, and it's only information you need, go to someone else who is qualified to give you good information, like the sex educator at the Sexual Health Centre.

**Healthy sexuality is more than avoiding unplanned pregnancies or sexually transmitted infections.**

**It's also about feeling good about yourself, your relationships, and your ability to express yourself in a pleasurable way.**

**UNZIP YOUR LIPS  
AND START TALKING!**



## SEXUAL HEALTH RIGHTS

*When you talk to a professional about sexual health, you should know that **You Have The Right To:***

- **Information:** to get the facts about how to maintain your sexual health
- **Access:** to services free of prejudice (age, sexual orientation, etc.)
- **Choice:** to decide, for example, whether to practice birth control and which method to use
- **Safety:** to use methods that won't put your health at risk
- **Privacy:** to have a private area to ask questions, get information, or receive other services
- **Confidentiality:** to be certain that your info will remain confidential
- **Dignity:** to be treated with courtesy, kindness and respect
- **Comfort:** to feel comfortable when receiving services
- **Continuity:** to get services and prescriptions for as long as needed
- **Opinion:** to express your views on the services offered