# A small gesture.
# Guidance that stays with you.

### A free toolkit to print and share

A Québec citizen-led resource to extend your conversations about sexual and reproductive health, for each person to explore at their own pace.

Ready to use
Pages 2 and 3: topic guides, references and a message to share.
Page 4: a poster to print on Letter-size paper.
Page 5: four themed cards to cut out and hand out.

## Three ways to offer it

Display the QR code in an accessible area or consultation space, without requiring the person to explain their situation at the counter.

Offer a card based on the need expressed: pregnancy, contraception, sex without a condom, testing, or discomfort during care.

Share the link through your usual channel, with the person's consent. For example: “Would you like some information to look through after our conversation?”

## Keep in mind

The reason for a consultation does not tell you a person's sexual practices or whether they need testing. Asking for help remains optional. The QR code leads directly to an information page, with no mandatory form or requirement to join the movement.

This toolkit complements your professional judgment. Gynéco sans douleur does not provide clinical consultations or medical appointments. No partnership with your institution is implied.

# The right guidance, for each need.

After sex
Steps, testing, timing, possible pregnancy and urgent situations.

Emergency contraception
Understand the options and seek advice promptly.

Contraception and sexuality
Prepare questions and discuss your needs.

Abortion
Information, pain relief and support.

Pain, anxiety and respect
Express your boundaries and take part in decisions.

Sexuality and loved ones
Find guidance on intimacy and support.

Supporting someone close to you
Better understand, listen and support.

Glossary and resources
Understand the terms and find the site's references.

Menopause and hormones
Prepare questions about changes and care options.

My first gynecological care
Prepare for a first gynecological appointment.

Pregnancy and childbirth
Guidance on care, comfort and consent.

Hysterectomy
Understand the procedure and prepare your questions.

Cervical cancer screening
Understand HPV/Pap screening guidance and plan your follow-up.

New to Québec
Find your way through access to care.

# From information to the next step.

## Finding testing in Québec

On Clic Santé, search for “ITSS” and enter your postal code. Services vary by region. If you cannot find a suitable appointment, contact your CLSC or Info-Santé 811. If you have symptoms, ask for a clinical assessment.

Clic Santé - appointment search

Chaudière-Appalaches - STBBI testing

Capitale-Nationale - testing and treatment

### Public references for further information

Québec.ca - Testing for sexually transmitted and blood-borne infections (STBBIs)

Québec.ca - Preventing an unplanned pregnancy

Québec.ca - HIV/AIDS and post-exposure prophylaxis

INSPQ - Québec contraception protocol, 2024 update

Gynéco sans douleur - Glossary

## A message to copy and share

“Here is some Québec-based information to explore after our conversation: pregnancy, contraception, STBBI testing and resources for finding help. You can read the page at your own pace, without registering.”

https://gynecosansdouleur.ca/parcours.html

### Information can change

The site's links provide topic-specific references. Appointment arrangements and service availability may change. Check the requirements with the service you choose. This toolkit does not replace a clinical assessment.

This toolkit may be freely distributed with credit to Gynéco sans douleur. Keep each QR code intact, including its white margin. Print pages 4 and 5 at 100% and test the codes with a phone before displaying them.

MY BODY. MY CARE. MY VOICE.

# Questions? Guidance, at your own pace.

**Pregnancy · Contraception · Testing**

Information to help you know where to start,
prepare your questions and find resources in Québec.

## Scan. Explore. Keep the link.

No registration is needed to read the page.

gynecosansdouleur.ca

No camera? Visit gynecosansdouleur.ca/parcours.html.

Need help finding services? Info-Santé 811.
In an urgent situation, do not delay seeking care.

**GYNÉCO SANS DOULEUR**

## Pregnant?
## Find guidance.

Pregnancy · Childbirth

Scan to find information
and resources in Québec.

gynecosansdouleur.ca

**GYNÉCO SANS DOULEUR**

## After sex.

Broken condom · Sex without a condom

Scan to find information
and resources in Québec.

gynecosansdouleur.ca

**GYNÉCO SANS DOULEUR**

## My contraception.
## My questions.

Options · Comfort · Consent

Scan to find information
and resources in Québec.

gynecosansdouleur.ca

**GYNÉCO SANS DOULEUR**

## Questions?
## At your own pace.

Gynecological and sexual health

Scan to find information
and resources in Québec.

gynecosansdouleur.ca