Toolkit for Universities

Who is this toolkit for? Students and student services staff

A free, public and optional resource to promote more humane care, dignity, consent and access to clear information.

Why this toolkit?

• Raise awareness of resources on gynecological care and sexual and reproductive health.

• Address pain during examinations, contraception, sexually transmitted and blood-borne infections (STBBIs), pregnancy, abortion and effects on sexuality.

• Promote access to non-stigmatizing information that respects confidentiality.

• Support referrals to health services, psychosocial resources and campus support services.

How to use it

1. Display the QR code in student services, clinics, residences and prevention settings.

2. Share the resource through student communications and awareness activities.

3. Refer people to campus or health services when care, emergency contraception, an assessment or support is needed.

A simple way to introduce the resource

“You deserve clear, respectful and accessible information about your gynecological and sexual health. Explore the resources from Gynéco sans douleur.”

Precautions

The website does not replace health services, psychological support or services for responding to sexual violence. Respect campus confidentiality policies.

Resource to share

https://gynecosansdouleur.ca

Resources and pathways evolve. Check the current website content before sharing widely.

English translation: 14 Nov 2026. Translation is not clinical review. Linked resources may be in French.

PRINTABLE POSTER

My voice. My body. My care.

Free resources on gynecological health, pain, consent, intimacy and sexuality.

https://gynecosansdouleur.ca

Explore freely, without registering.

English translation: 14 Nov 2026. Translation is not clinical review. Linked resources may be in French.

CUT-OUT CARDS

GYNÉCO SANS DOULEUR

My body. My care. My voice.

A free resource to help you learn at your own pace.

https://gynecosansdouleur.ca

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Print at 100% scale and cut out. The QR code links to the public home page.

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