



Sexual and Reproductive Health

Indigenous Including Two-Spirit



Balancing Elements & Building Circles

Culturally Relevant Sexual and Reproductive Health Skills for Indigenous Youth & Adults

Patient Booklet



Canadian Pharmacists Association
Association des pharmaciens du Canada



IPPC



Health Canada

Santé Canada

Financial contribution:

The views expressed herein do not necessarily represent the views of Health Canada.

Online Learning

This resource includes elements of the Balancing Elements and Building Circles Online Course, developed by the Indigenous Pharmacy Professionals of Canada in partnership with the Canadian Pharmacists Association and supported by an advisory committee of First Nations, Inuit and Métis Elders, Knowledge Keepers and health professionals.

This course and these resources have been designed to guide and support First Nations, Inuit and Métis men, women and gender-diverse individuals who are embarking on journeys towards holistic wellness and sexual and reproductive health.

These lessons will invite you to find the distinct teachings of your ancestry to connect with and become mentors and to recognize your well-being as a responsibility to your spirit and your role in the world. This process involves reclaiming traditional, land-based perspectives that emphasize sacredness, empowerment and natural cycles, rather than colonial narratives of shame and legacies of harm.

The teaching approaches incorporate intergenerational knowledge sharing and use metaphors from the land—such as the moon, seasons and water—to explain reproductive health as a natural, nurturing and powerful force.

The symbolism, comparisons and structures are intended to invite comparison, reimagining and interpretation guided by the individual's and their community's values, culture and principles. You are encouraged to seek teachings from your Elders, mentors and loved ones; revisit and reflect on these insights as you grow and evolve; and integrate the foundations of your relationships with yourself, your intimate partners and your community into your health rituals.

On behalf of the authors, a community of Indigenous and non-Indigenous pharmacy professionals alike, please find safety, resources and answers to your questions in our care.



Did you know?

Learning something new strengthens your mental health.
Find out for yourself! Scan the code to visit this course:

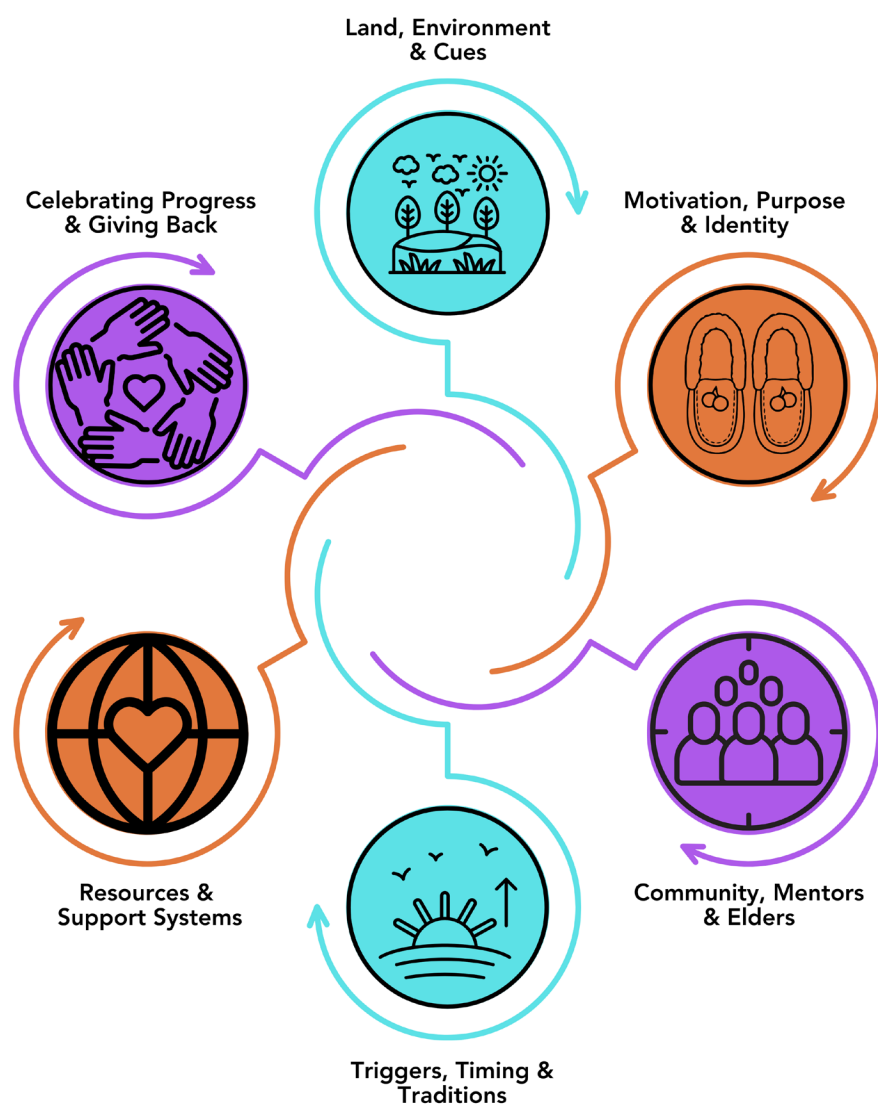


Building Healthy Habits

Steps Towards Your Journey of Healing

Healthy habits are important for taking care of your holistic health, and sexual and reproductive health comes from holistic health and our everyday lives. Simple routines, like regular check-ups and open communication, can help you stay well and avoid problems. These habits make life easier, reduce stress and keep you feeling your best over time.

There are many ways to build long-lasting and motivating healthy rituals. The practices with Western evidence supporting their effectiveness focus on making new habits easy and automatic, using your current habits and reminders in your environment and adding positive feelings and experiences instead of feeling bad or relying on your willpower.



Financial contribution:

Building Healthy Habits

Steps Towards Your Journey of Healing

This questionnaire is designed to guide you on your journey toward building healthy habits. Drawing upon the distinct First Nations, Métis or Inuit teachings of your ancestry and community, it encourages reflection on your goals, motivations and the cultural resources that can support your success. Take your time, be honest with yourself and allow the process to empower you.



Defining your GOAL

What is my GOAL?

What specific health outcome do I want to achieve in the next 3-6 months?

Goal Setting: Focus on defining a clear, measurable and time-bound result (e.g., "I want to improve my cardiovascular health by running a 5k in 25 minutes by July 15th") rather than a vague intention.

Understanding Your MOTIVATION

WHY do I want to make healthy changes?

What is my "Why"—the underlying value or reason driving this change?

Motivation: Connect the goal to your personal values or intrinsic motivations (e.g., "I want to feel energetic for my children" or "I want to feel confident in my body").



Establishing Healthy RITUALS

WHAT healthy ritual do I believe will help me?

What daily, sustainable action or habit will I adopt as the means to achieve this goal?

Habits: Focus on the practical, daily actions (e.g., "I will walk for 30 minutes every morning") that build the foundation for long-term health, as recommended by the 3 pillars of health: nutrition, sleep and exercise.

Building Healthy Habits

A Journey of Reflections

1. Environment, Land & Cues

- What teachings or reminders from the land can guide me in building this habit? How does being on the land, or connecting to it, support my intentions?
- Are there objects, symbols or spaces in my environment that hold cultural meaning and can serve as reminders of my goal?
- How can I honour the land and my ancestors in the way I create space for this new habit?

2. Community, Mentors & Elders

- Who in my community, or among my family, could I ask for guidance or support as I build this habit (e.g., Elders, mentors, friends)?
- Are there teachings, stories or ceremonies that can guide me when I face challenges?
- How can I involve others in my journey, so that this habit benefits both myself and my community?

3. Motivation, Purpose & Identity

- In what ways does this habit help me honour my ancestors, my community and my own well-being?
- How does practicing this habit reflect the values and teachings I carry from my culture?
- What strengths have I inherited from my family or Nation that support me in this journey?

4. Triggers, Timing & Traditions

- Are there times of day, ceremonies or cultural practices that could naturally support this habit?
- How can I use traditional ways of marking time or change (seasons, moon cycles, gatherings) to remind me of my intention?
- What traditional teachings or protocols can help me return to my habit if I miss a day or face obstacles?

5. Resources & Support Systems

- What resources in my community (cultural centres, knowledge keepers, ceremonies) can I draw upon?
- How can I support others on their journeys as I work on my own?
- Who can I reach out to for accountability or encouragement when my motivation fades (e.g., Elders, youth, family, community leaders)?

6. Celebrating Progress & Giving Back

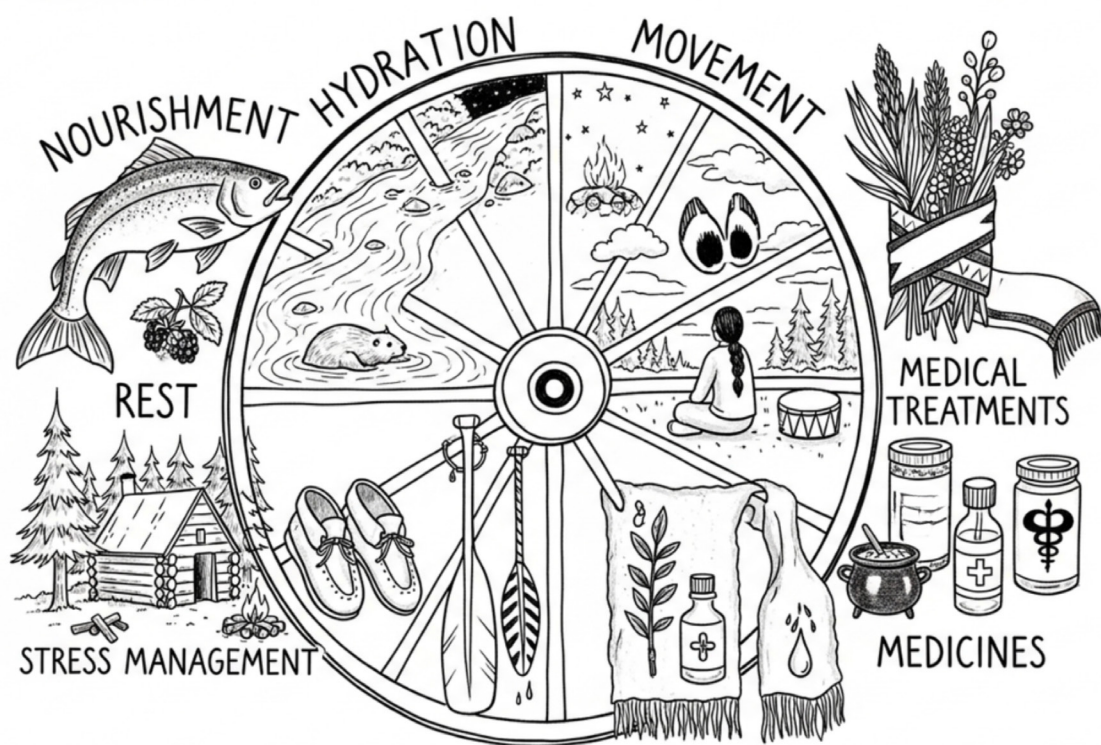
- How can I acknowledge and celebrate my progress in a way that honours my culture?
- In what ways can my habit-building journey give back to my community or the land?
- How can I share what I learn with others, so the benefits of my habit ripple outward?



Healthy Bodies for Sexual and Reproductive Well-Being

Physical health is 1 of the 4 essential quadrants of a balanced life. It serves as the foundation that allows us to fulfill our roles within our families and communities.

- **Nourishment & Hydration:** Fuel your body with a mix of traditional and modern foods. Incorporating traditional foods like berries and wild game connects us to the land and provides natural strength. Drinking plenty of water is often considered the first medicine.
- **Movement:** Staying active is a form of medicine. This includes traditional activities like dancing, hunting and walking in nature. Moving your body daily keeps your heart strong and your spirit lifted.
- **Rest & Stress Reduction:** Balance requires knowing when to slow down. Getting enough sleep and spending quiet time on the land are vital for restoring your energy. Managing stress through community connection and traditional practices like smudging with sage helps calm the nerves and maintain inner peace.
- **Preventative & Maintenance Care:** Taking care of your body means being proactive. Regular check-ups with your health-care provider and cancer screenings are modern ways to honour the body you were given. Listening to your body's warning signs is a traditional skill of self-awareness.
- **Medicines:** True health often involves a partnership between Western medicine and traditional healing. This includes following prescribed treatments from doctors alongside the use of traditional medicines and food medicines, provided they are used safely together.



Healthy Bodies for Sexual and Reproductive Well-Being

Renewing Our Sacred Waters

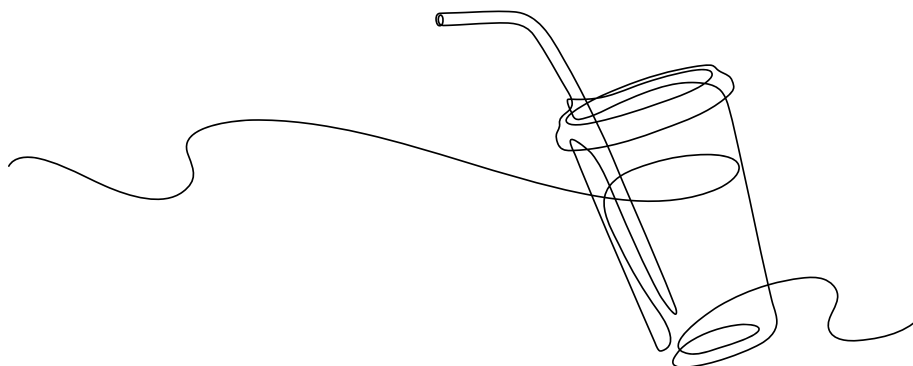
Healthy Bodies Require approximately

9-13 cups daily

(about 5-9 bottles of water)

Individual water intake needs may vary based on weight, activity level, body composition, and climate

- **Prioritize Water:** Drink water often throughout the day to avoid dehydration.
- **Follow Drinking Water Advisories:** Avoid illness and contaminants.
- **Monitor Intake:** If urine is dark yellow and strongly smelling, more fluids are needed.
- **Limit Alternatives:** Reduce consumption of sugary (including juices), caffeinated and alcoholic drinks.
- **Increase During Activity/Heat:** Drink more water when active or in hot weather.
- **Nutritional Support:** Soups and broth can help meet fluid needs.
- **Unsweetened Traditional Teas:** Another way to meet hydration needs. *Consider working with a Knowledge Keeper and a pharmacist to understand the properties of teas and avoid those that might cause dehydration or interact with your medicines.*



Healthy Bodies for Sexual and Reproductive Well-Being

The Wisdom of Rest & Stillness

Sleep is a fundamental component of sexual and reproductive health, with inadequate sleep strongly linked to hormonal imbalances, infertility and sexual dysfunction. Reclaiming rest becomes a political act of self-preservation and spiritual reconnection, a way of honouring our ancestors by refusing to lose this vital balance.

Adequate rest supports fertility, hormone balance, healthy pregnancies, hormone transitions (such as perimenopause and menopause) and sexual function, including libido.



Adults should aim for
7 to 9 hours of
quality sleep nightly,
with pregnant
individuals potentially
needing more.



Mindfulness: Ground yourself in the present moment and notice the gifts around you. For example, sit quietly and observe the movement of the trees or the flight of a bird. Pay attention to your breathing or the movement of a fire or smoke from a smudge.

Social Connection: Visiting is medicine. Sharing a tea and a story lightens the heart.

Kitchen Table Talk: Emphasize the importance of “visiting” with an Auntie, Elder or friend.

Creative Expression: Put your focus on something beautiful to quiet the noisy mind. The repetitive, rhythmic motion of flower beadwork or other creative pursuits is a form of “flow state” that reduces anxiety.

Healthy Bodies for Sexual and Reproductive Well-Being

Movement with Purpose

Movement, exercise and stretching are essential for sexual and reproductive health, as they improve circulation and oxygen delivery, promoting tissue health and hormonal balance while reducing tension. Regular physical activity counters the negative effects of a sedentary lifestyle by enhancing blood flow and flexibility, leading to greater comfort during sexual activity.

Chronic stress can cause tightness in the hips, buttocks and pelvic floor, hindering sexual function; stretching helps alleviate this discomfort. Gentle movements also promote relaxation, improve digestion and lower stress hormones, supporting libido and fertility, while playing a crucial role in regulating hormones important for ovulation and menstrual cycles.

Guidelines Recommend

Exercise that increases heart rate: 150 minutes/week	Muscle strengthening (weights/lifting): twice weekly
Practicing balance & adding light activity all day	Limiting sitting to less than 8 hours/day

Movement should promote a balance of physical, mental, emotional and spiritual well-being. Activities should be, where possible, community-led, family-oriented and motivated by your role and activities that will serve the community. Key considerations include:

- **Respect for Nature:** Activities should foster a connection to the land; engaging with nature supports connection while meeting exercise goals.
- **Adaptability:** Recognize that activities can be modified to suit different abilities and, in urban settings, where access to land may be limited.
- **Tolerability:** If an exercise leaves you feeling drained, decrease the intensity next time.
- **Consistency:** Moving daily is more important than trying to meet exercise guidelines right away.
- **Motivation:** Start with movements that respond to your emotional or energy needs, such as gentle stretching or walking when feeling down. Do something fun, like dancing, swinging on a playset or playing an active game when irritable or anxious.
- **Patience and Curiosity:** Any form of movement is better than none, including adding light physical activity and standing throughout the day.

Healthy Bodies for Sexual and Reproductive Well-Being

Movement with Purpose

Cultural movement and activities focus on holistic well-being, connecting physical activity with cultural identity, community and the land. These activities are often designed to decolonize fitness, emphasizing that movement is a daily ritual honouring traditional life, and a form of healing, ceremony and, for many, a traditional means of subsistence living.



Traditional Dancing

Traditional dance is a culturally safe space to connect with your identity, boosting self-esteem and supporting positive decision-making about your body. Dance creates a space to express your body, gender and sexuality within the safety and respect of community, culture and ceremony.

Dance that demands agility and strength provides a cardiovascular workout comparable to fast running or weight-based aerobics. The rapid footwork builds endurance, mobility and stamina, promoting physical vitality and reducing health risks associated with sedentary lifestyles, such as diabetes and heart disease, which can affect reproductive health.

Additionally, dancing serves as a means of holistic healing, connecting dancers to their culture and history while supporting mental and emotional wellness.

Land-Based Activities

- **Harvesting and Gardening:** Activities such as picking berries, gathering medicines or tending to community gardens.
- **Hunting and Trapping:** These activities, including setting traps and cleaning/preparing hides and meat, involve significant daily physical effort (walking on uneven terrain, lifting, hauling) and are considered excellent forms of cardiovascular and strength training.
- **Fishing:** Traditional fishing techniques and walking to and from fishing spots.
- **Canoeing/Kayaking:** Traditional paddling techniques to navigate waterways.
- **Snowshoeing:** A traditional method of winter travel that serves as a high-intensity workout.
- **Building/Tending Structures:** Constructing canvas tents or creating and maintaining trails.



Healthy Bodies for Sexual and Reproductive Well-Being

Balancing Screen Time



Balancing the mental, physical, emotional and spiritual self requires a conscious, traditional reconnection with the land and community, which is often hindered by excessive, sedentary screen time that contributes to eye strain, poor sleep, anxiety and social isolation.

Social media and excessive screen time contribute to both the rise of human trafficking and the decline of body image through similar mechanisms: the curation of unrealistic, idealized imagery and the creation of platforms that allow predators to groom victims under the guise of friendship or opportunity. For some, this combination fosters a dangerous environment of constant comparison and, in some cases, targeted exploitation.

By reducing screen use, you reclaim time for vital cultural practices, such as land-based activities, sharing stories and fostering intergenerational bonds, thereby strengthening your inner resilience and community connection. Ways to reduce screen time and restore balance include:

- **Creating Screen-Free Zones:** Declaring bedrooms and dining areas, where we share meals and stories, free from all devices.
- **Reconnecting with the Land:** Scheduling daily outdoor time for walking, berry picking or simply listening to the birds to foster mental, physical and spiritual wellness.
- **Establishing Screen-Free Times:** Setting a rule to turn off all screens at least 1 hour before bedtime to improve sleep quality.
- **Modelling Healthy Habits:** Setting an example for family members by limiting your own digital “unplugged” time.
- **Prioritizing In-Person Connection:** Engaging in community, family or traditional activities (like beading or music) over social media or television.

Healthy Relationships

Elements of Identity

Next, we will review the “Elements of Identity,” including relationships we have with ourselves, our sexuality, our gender and our roles in society.

We will review roles and responsibilities, including those in our intimate relationships and within the community. All of these elements, roles and responsibilities are vital to our sexual and reproductive health and well-being, from inside our bodies to our behaviours and our impact on the world.

Elements were selected for their symbolism, reflecting natural states that transform and evolve.

The symbolism, comparisons and structures are intended to invite comparison, reimagining and interpretation guided by the individual’s and their community’s values, culture and principles. You are encouraged to seek teachings from your Elders, mentors and loved ones; revisit and reflect on these insights as you grow and evolve; and integrate the foundations of your relationships with yourself, your intimate partners and your community into your health rituals.

Relationship with My Body



Relationship with My Gender



Relationship with Intimate Partners

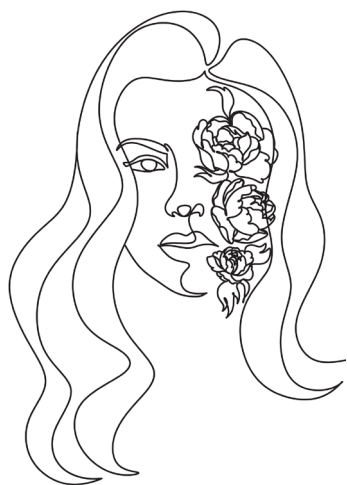


Relationship with my Community



Healthy Relationships

Nurturing Our Earth: Relationship with My Body



The earth signifies youth, summer, grounding, growth, Mother Earth and our physical health needs.

The element of earth was selected to represent the body we are born into, a gift and garden for tending and nurturing.

Although not all aspects of our biology reflect the nuance of our identity, the health and healing of our earthly selves ensure our growth, our capacity and our freedom to participate in the gifts of life. We must stay grounded in the face of challenges.

Our bodies have basic needs to grow and heal, much like those of the natural world: we need to move, hydrate, nourish, rest and get sunlight.

Like our animal relatives, we need medicines to heal.

Reflection Questions

- What does the earth teach us about nourishment? Who can I learn teachings about the earth from?
- What droughts or floods am I exposing my earth to right now?
- What is my relationship with the “physicality” of my body (weight, shape, strength) and how does it feel when I treat it with reverence?
- How do I feel the ground beneath my feet, and does this connection make me feel secure or anxious?
- When life pulls me in many directions, what physical sensations remind me to come back to my body?
- How does my posture change when I feel powerful, present and grounded?
- How do I nourish my body, similar to how the earth sustains life (e.g., rest, specific foods, movement)?
- How can I improve my relationship with the earth—and therefore my own body—by slowing down my consumption?
- If my body were a part of the natural world (a mountain, a tree, a river), what would I be, and how does that feel?
- Which aspects of my “garden” require tending?
- When do I feel most physically strong, stable and grounded?

Healthy Relationships

The Fluidity of Water: Relationship with My Gender



Water represents adulthood, autumn, emotional health, building healing strategies, support networks, roles and responsibilities.

The element of water was selected to represent our chosen gender and the fluidity of gender expression, gendered roles and identities.

Water represents our adulthood, our goals for ourselves and how we interact with the world around us.

Maintaining a healthy relationship with our gender and our identities requires emotional well-being and those emotional health strategies that continue to foster a healthy relationship with our experiences.

Reflection Questions

- What does water teach us about our way of being and expression in the world? From whom can I learn teachings about water?
- How have I shaped my gender expression to fit the “containers” (contexts, jobs, social groups) I am in, much like water takes the shape of a glass?
- When I feel constrained by traditional gender roles, how can I “flow around” them rather than break against them?
- Have there been times when my gender expression has acted like a “gentle stream” (subtle adaptation) and other times when it has been a “rushing river” (assertive defiance)?
- Where in my life am I forcing myself to be a frozen, solid block (rigidly conforming) when I am naturally meant to be a flowing liquid (fluid)?
- How has my understanding of my own gender shifted over time, like the freezing and thawing of a river?
- In what ways have I allowed my gender expression to vaporize and disappear, perhaps to avoid conflict, and in what ways have I allowed it to flow freely?
- How deep do I allow others to see my true gender identity, versus the surface level I show to the world?
- When people look at me, do they see a reflection of their own expectations (a still, reflective surface) or do they see my true, moving self?
- What happens to my “flow” when I am “polluted” by external, toxic or rigid expectations about who I should be?

Healthy Relationships

Tending the Fire: Relationship with Intimate Partners



Fire cleanses and renews life. It represents mental health and role learning and understanding, including examples of relationships, ways of being and mentorship. It is understanding and upholding our commitments, and requires tending, nurturing and protection from the winds of change.

When a fire becomes out of control and causes harm, it teaches us to begin again, and when to let go of what no longer serves us.

Intimacy involves the mutual sharing of our deepest selves with those we trust, and feeling seen, heard and understood when we do. Non-sexual intimacy is expressing these deeper parts of ourselves that are not related to our sexual expression.

We can experience and express intimacy in both verbal and non-verbal ways. How comfortable, safe and close we feel with another person can sometimes indicate the level of intimacy that we may have with them.

Reflection Questions

- What does fire teach me about relationships with intimate partners? From whom can I learn teachings about fire?
- What ignites my passion in this relationship, and do I express that enough?
- How do I feel when the “fire” of our initial infatuation fades, and how do I help kindle the ember-love that replaces it?
- What are the “logs” (trust, spontaneity, curiosity) I need to add to keep our fire burning?
- How do I nurture our emotional warmth so the relationship remains a safe space to “sit by”?
- What does the fire of our intimacy look like right now—a comforting campfire, a blazing bonfire or a faint flame?
- When I am “fuelled” by stress or anger, do I tend to burn my partner or blaze brightly on my own?
- Do I allow my anger to become a destructive, out-of-control conflagration or do I use it to create necessary change?
- How do I react when I feel criticized—do I withdraw or do I react with fiery intensity?
- Am I using my inner fire to protect my boundaries or to attack my partner?
- What unhealthy patterns in my behaviour do I need to let the fire of this relationship “burn away”?
- Am I willing to go into the “fire” of deep, uncomfortable conversations to strengthen our bond?
- What “debris” from past relationships am I still holding onto that I need to let the fire of current love consume?
- How has the fire of our love softened the hardest parts of my heart?
- Am I relying on my partner to be the “fuel” for my own or am I tending my own internal fire?
- Do I feel comfortable with the amount of “heat” (intensity) in my relationship or do I feel like I am being burned or frozen out?

Healthy Relationships

Studying the Winds: Relationship with my Community



The winds represent spiritual health and connection to all things, and the great changes that we all face.

Wind signifies ancestral and spiritual wisdom, hard lessons, and the important roles and responsibilities we have to Elders and to upholding tradition.

This perspective influences relationships with community by fostering stewardship, promoting self-determination and strengthening cultural continuity.

Reflection Questions

- What do the winds have to teach me about my relationship with community? From whom can I learn teachings about the wind?
- Whose voices or stories am I “carrying” or amplifying in my community, much like the wind carries seeds?
- Are my words in the community gentle breezes that nurture or harsh gusts that destroy? How do I choose?
- What “whispers” (subtle cues, unspoken needs) have I been ignoring in my community and how can I listen better?
- How can I better facilitate the flow of knowledge and resources between different groups in my community?
- When “winds of change” blow through my community, do I dig in my heels or do I bend and adapt like a tree in a gale?
- How do I handle the unpredictability of community dynamics? Am I able to move with the flow?
- In what ways do my actions, however small, create a ripple effect (like a gust of wind) that impacts others in my community?
- How does my “personal energy” (my spirit/breath) contribute to the atmosphere of my community? Is it refreshing or chaotic?
- If I were a wind blowing through my community, what would I be carrying?
- How does my community help me find my own “breath” and stay centred when life feels turbulent?

Accessing Health Services: Supporting Your Health

Knowing Your Rights

First Nations, Inuit and Métis patients have a fundamental, human rights-based right to access Western health services for their sexual and reproductive health. This includes the right to prevention, treatment, education and privacy, regardless of residency.

When “red flag” symptoms—such as unusual pain, discharge, or signs of sexually transmitted or blood-borne infections (STBBIs)—occur, accessing timely care is a protected right aimed at achieving the highest attainable standard of health.

Your Rights to Access Health Services

Informed Choice and Consent: You have the right to free, prior and informed consent before any procedure or treatment. This includes being fully informed of all options and potential risks. Do not feel rushed; take the time you need to feel comfortable. Request additional support if you need more information to make a decision.

Freedom from Discrimination: Indigenous peoples have the right to access health services without racism or discrimination, a standard reinforced by UNDRIP and principles like Joyce’s Principle.

Cultural Safety: You have the right to health care that you define as safe. This includes the right to have traditional knowledge and practices respected alongside Western medicine.

Clarification: You have the right to have things explained in a way you understand. If a provider uses complex medical terms, ask them to use plain language.

Report Unsafe Practices: If you experience racism or discrimination, you have the right to report it. Organizations like provincial Ombudsperson offices provide safe spaces to share feedback without fear of it affecting your future care.

Request an Interpreter: If your first language is not English or French, you have the right to translation services to ensure clear communication with your medical team.

Accessing Health Services: Supporting Your Health

Preparing to See a Health Provider

- 1. Bring a Support Person:** You have the right to bring a friend, family member or “anchor” to your appointment to take notes, help you remember details, act as a witness to your care and help with language translation if needed.
- 2. Request an Indigenous Patient Navigator:** Many health authorities and Indigenous nations provide access to Indigenous Care Teams or Navigators who can help you understand diagnoses, express your needs, and coordinate travel or discharge planning.
- 3. Write Down Questions in Advance:** Because health-care environments can sometimes feel overwhelming, having a physical list of your symptoms and questions ensures you don’t miss discussing anything important.

Prepare Your Health History for the Appointment

- 1. WHEN did the signs and symptoms START?**
- 2. WHAT CHANGES may have CAUSED the issue?**
 - a. Recent injuries or surgeries
 - b. Changes to diet, medications, stress levels
- 3. Have you noticed any PHYSICAL CHANGES?**
- 4. HOW FREQUENTLY the issue is occurring?**
 - a. Hourly, daily, weekly, after sexual intercourse
 - b. Is it worsening over time
- 5. HOW do the symptoms FEEL?**

Rating the Severity of Your Symptoms

The best way to show severity is to explain how symptoms affect your routine.

Mild: “I have a headache, but I can continue working.”

Moderate: “The pain is distracting and I have to pause my work for 10 minutes to sit down.”

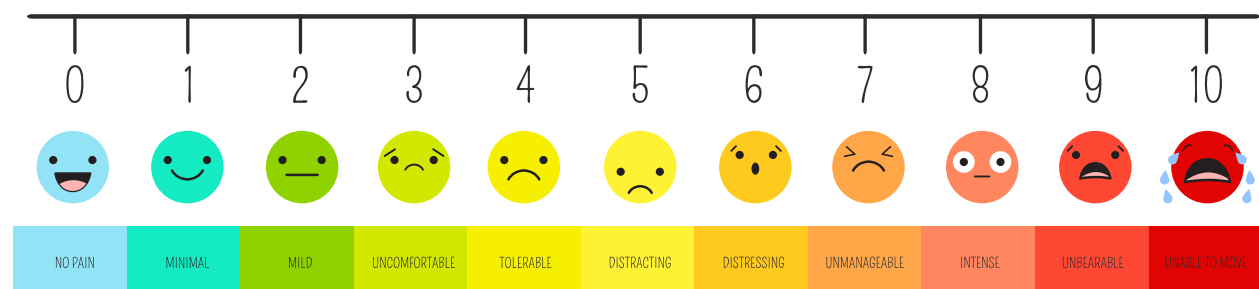
Severe: “The dizziness is so bad I cannot leave my bed,” or “I am too tearful to go to work.”

For pain or physical sensations, use a standard scale (0 = no pain, 10 = worst imaginable).

1-3 (Mild): Noticeable, but easy to ignore.

4-6 (Moderate): Disrupts daily activity; cannot ignore for more than a few minutes.

7-10 (Severe): Prevents daily activities; hard to have conversations due to the pain.



Financial contribution:

Accessing Health Services: Supporting Your Health

Monitoring for Red Flags

A red flag is a symptom or sign that indicates you should seek medical care immediately. These warning signs can vary from person to person, but they often include sudden, severe pain, heavy bleeding or unusual changes in your body. It is important to pay attention to your body and trust your instincts—if something feels wrong, it is always appropriate to ask for help.



For people with a uterus ovaries or vagina:

- severe pelvic or abdominal pain
- heavy vaginal bleeding (soaking through pads or tampons quickly)
- fainting
- bleeding after menopause
- sudden weakness, rapid heartbeat or cold, clammy skin following pain or bleeding (may signal a serious condition and require immediate care); don't ignore persistent pain, abnormal discharge or changes in your menstrual cycle—these are also important to discuss with a provider

For people with a penis, testicles or prostate:

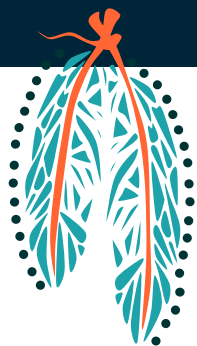
- sudden testicular pain or swelling
- blood in urine or semen
- persistent or worsening erectile dysfunction
- painful urination
- unusual discharge
- sores on the genitals
- high fever, chills or nausea with genital pain
- any new lump, bump or persistent swelling in the testicles (should be checked by a health-care provider as soon as possible)

For people who have had gender-affirming therapy or use hormone therapy:

- post-surgical complications (such as severe bleeding, wound opening or tissue changes)
- hormone-related issues (like sudden headaches, vision changes or swelling)
- acute pelvic pain
- any signs of infection, such as high fever or severe localized pain any unusual discharge, sores or difficulty with urination after surgery or hormone therapy (should be checked by a health-care provider as soon as possible)



Your Pharmacist's Role in Supporting Your Health



Teacher

How can we help you LEARN?

- Share your preferred method of communication: verbal, written, phone call, having a support person present.
- Do you like information shared step-wise or with visual aids, or would you like extra time to process information and ask questions?

Caregiver

How can we support your SAFETY and COMFORT?

- Share your accessibility needs: large print to see, language translation, or a quiet environment to hear better or feel safer.
- Do you wish for a private space or a comfortable place to sit?
- Have you had previous negative health-care experiences that we should know to avoid re-traumatization?
- How can we build a trusting relationship where you will not feel shamed or judged?



Listener

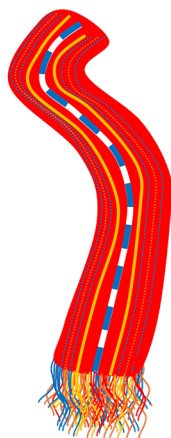
How can we honour your STORY and VALUES?

- What are your goals and health needs?
- What stressors do you have in your life? What are the healthy and unhealthy ways you find yourself coping with them?
- Do you have a support network? Tell us about your current living situation or important people in your life.
- Tell us about your health habits, including sleep, movement, exposures, and usual eating habits, medicines and natural medicines use.

Collaborator

How can we CONNECT with you and your COMMUNITY?

- Tell us about your involvement in your community or cultural practices.
- Share the cultural and spiritual beliefs that matter to your health decisions or treatments.
- Do you have a support network?
- Tell us about your life, including your living situation, sleep quality, movement, exposures, and usual eating habits, medicines and natural medicines use.



Navigator

How can we BRING health HOME?

- Have you ever had issues accessing medications?
- What is the distance to the nearest pharmacy, clinic or hospital, what is the typical travel time, and what available transportation methods (personal vehicle, community transport, flight services) do you use?
- Do you have spaces to safely store medications, including regular access to a fridge?
- Do you have reliable internet or phone service; what is your preferred method of contact?
- Are you supported by community health representatives, patient navigators or other health workers we should know about?