



*A GUIDE TO SEXUAL, REPRODUCTIVE,
AND GENDER-AFFIRMING CARE IN QUEBEC*

LES 3 SEX is a non-profit organization and charity that advocates for the sexual rights and sexual health of women and people of diverse sexualities and gender identities, mobilizing the general public around sexological issues through outreach, awareness, and education projects.*

THE COMMUNITY-BASED RESEARCH CENTRE (CBRC) promotes the health of people of diverse sexualities and genders through research and intervention development.

This project is funded by Women and Gender Equality (WAGE) Canada, in collaboration with CBRC, to improve access to safe and consistent sexual and reproductive health services from coast to coast.

Disclaimer: The views expressed in this document do not necessarily represent those of Women and Gender Equality Canada.

This resource reflects the most current information as of February 2026. Policies, services, and clinical guidelines evolve over time, so when in doubt, check with healthcare professionals or one of the websites listed throughout. For any health-related questions, you can call 811. In case of emergency, call 911.

ATLAS

*A GUIDE TO SEXUAL, REPRODUCTIVE,
AND GENDER-AFFIRMING CARE IN QUEBEC*



Navigating the healthcare system can be daunting, especially as a queer person. This guide was designed to walk you through it step by step, meeting you where you are. You'll find ideas, resources, and real answers to the questions you're asking.

This tool was created with and for 2S/LGBTQ+ people, built on principles of self-determination, inclusion, care, and respect for situated knowledge.

Its purpose is to make it easier to find information about sexual, reproductive, and gender-affirming health services across Quebec, helping 2S/LGBTQ+ people aged 14 and up navigate their path to care.

The goals of this tool are to:

1. Make it easier to research sexual, reproductive, and gender-affirming healthcare in Quebec;
2. Point to resources and documentation that support informed decision-making;
3. Bring information about these services together in one place.

THINGS TO KEEP IN MIND

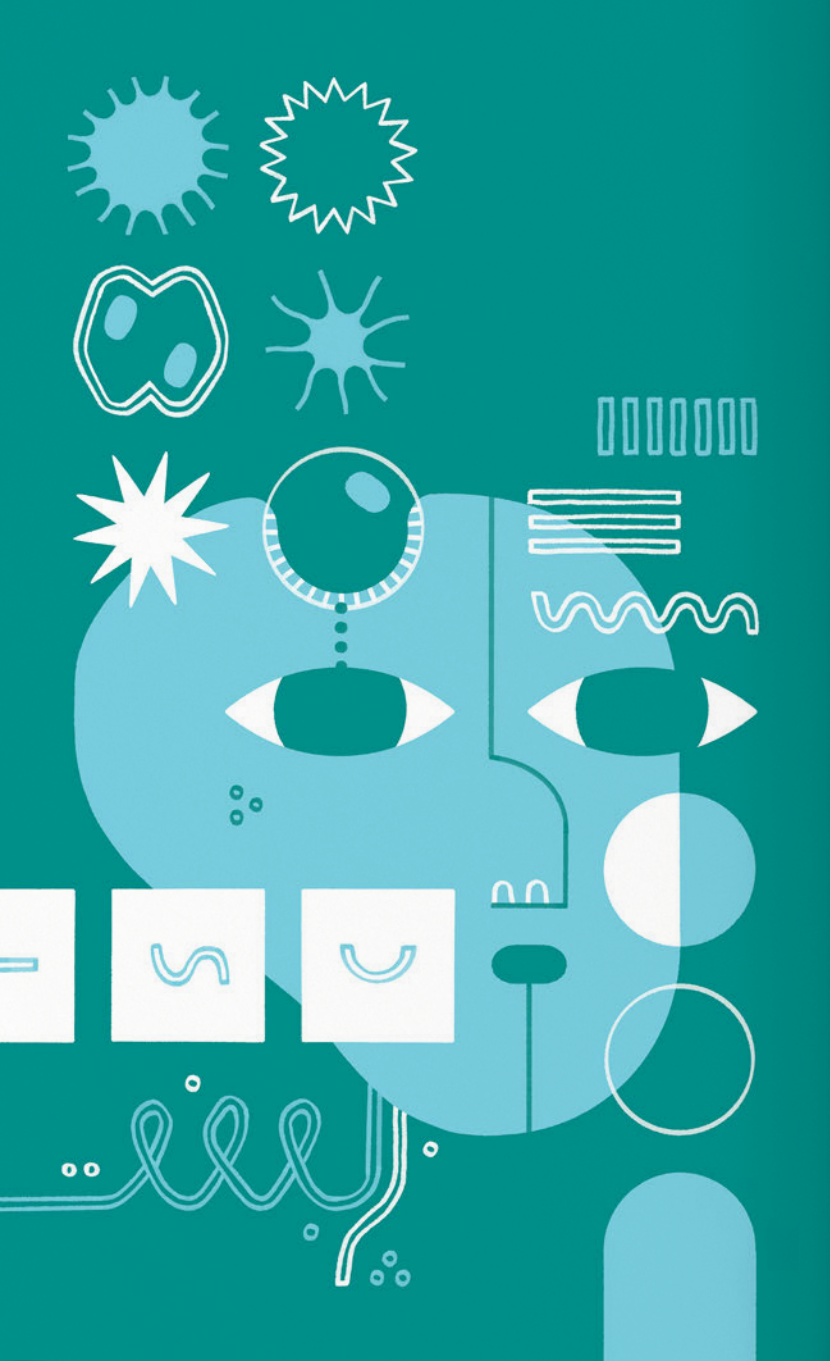
This guide is intended for **people aged 14 or older**. If you're younger than 14 and have questions about sexual, reproductive, or gender-affirming care, browse the list of resources available on page 13 of this guide, or reach out to a trusted support person.

This resource is meant to help you explore your options and make informed decisions at your own pace.

This guide features an intergalactic theme inspired by the Choose Your Own Adventure format: as you go, you will be directed to different pages based on your needs.



Happy exploring!



CREATE YOUR PROFILE

Think of this tool as a dimensional portal that helps you move more quickly through your search for care. Before you launch into the depths of Quebec's sexual, reproductive, and gender-affirming health services (no spaceship required, unfortunately), it is worth pausing to consider a few key questions that may shape your journey. The questions that follow are designed to help you navigate Quebec's health and social services system and reflect on factors that may affect your path to care. This tool is confidential and anonymous; we don't collect any personal information about you.

*INITIATING INTERGALACTIC JOURNEY
THROUGH QUEBEC'S NETWORK
OF CARE AND SERVICES...*

SAFE TRAVELS, EXPLORER!

JOT DOWN YOUR ANSWERS IN THE SPACES PROVIDED FOR THAT PURPOSE IF IT HELPS.

Your age can affect what sexual, reproductive, and gender-affirming care you can access, and how you access those services. Are you 18 or older?

- ☐ YES
☐ NON, go to page 8.

Do you currently have access to any of the following healthcare professionals?

- ☐ Family doctor
☐ Psychologist, sexologist, social worker
☐ Physiotherapist
☐ Endocrinologist
☐ Other: _____

What type of health insurance do you have? Knowing this will help you to make informed decisions and plan your budget.

- ☐ Quebec Health Insurance Plan (RAMQ)
☐ Coverage through a parent or partner
☐ Private insurance (e.g., Blue Cross)
☐ Non-Insured Health Benefits program for First Nations and Inuit
☐ Other: _____

How much are you willing to spend on your care? Some services are only partially covered, or not covered at all. To help plan your budget, check out our sample budget planner on the NEXT PAGE.

How patient are you? Getting care isn't exactly warp speed; it's a long process, especially with lengthy waitlists, and that can bring up a lot of emotions. You're not alone, and there are resources available if you need to talk. Use this portal to page 13.

Do you live far from clinics and medical centres? How will you get to your appointments? If you'd like to explore transportation options, use this portal to head to page 6.

MONTHLY BUDGET PLANNER

Here's a sample budget planner to help you visualize your expenses and save for the care you'll need down the road.

[illegible]

MONTHLY SUMMARY

Total income _____

Total expenses _____

Savings for my care _____

* For example rent, groceries, recurring bills

TRANSPORTATION

It may seem trivial, but one of the first things to consider when seeking reproductive, sexual or gender-affirming care is how you will get there. While some areas of Quebec offer a wide range of services, others have limited options that may be far from home.

*THE GOOD NEWS? THERE ARE
A FEW WAYS TO MAKE GETTING
TO YOUR APPOINTMENTS EASIER.*

Options include:

- Some community organizations offer free transportation and support services to their community. Start by checking with them to see what's available.
- Carpooling apps can be a great option. Look into Poparide, AmigoExpress, or Covoiturage.ca.
- Online communities, including supportive Facebook groups, can also be helpful for finding a ride and peer support.
- Some services can be provided remotely, meaning you can access them from home. If you live with others, make sure you have access to a private space to protect your confidentiality. People who live 200 km or more away from GRS Montréal (the province's specialized gender-affirming surgery clinic) are offered free accommodation and meals. Don't hesitate to ask about eligibility at your pre-operative appointment. Additionally, anyone who must travel more than 200 km to receive medical care not available in their region can apply for a tax credit. Ask your doctor to fill out the required form. This could positively impact your budget.

Now that you know your transportation options, get ready to start exploring your sexual, reproductive, and gender-affirming care options! Dive in this portal to page 10.

THE FIRST STEP ON YOUR JOURNEY, AFTER DECIDING TO SEEK HEALTH-CARE FOR SEXUAL, REPRODUCTIVE, AND/OR GENDER-AFFIRMING CARE, IS TO CONSIDER WHAT KIND OF CARE YOU NEED TO FEEL ALIGNED WITH YOUR NEEDS AND MOVE FORWARD AT YOUR OWN PACE.

Since there are many different types of care available, here are three pathways that will direct you to the information you need (think of them as your entry portals into care).

GENDER-AFFIRMING CARE

Includes binders, hormone therapy, facial feminization or masculinization surgery, and many more subjects.

If this is what you are looking for, go to page 36.

SEXUAL HEALTH

Covers testing for sexually transmitted and blood-borne infections (STBBIs) and contraception.

See page 24 for more information.

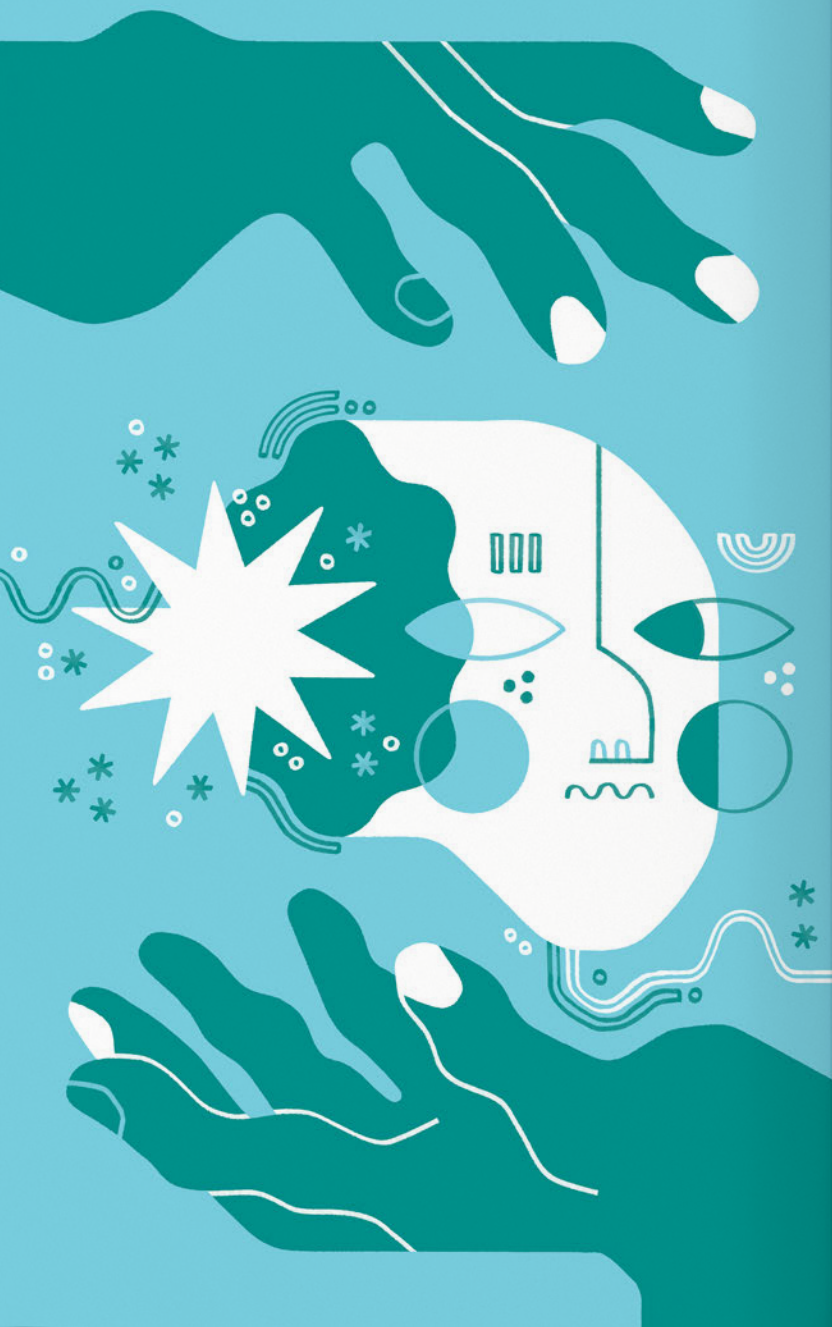
REPRODUCTIVE HEALTHCARE

Discusses topics such as fertility preservation, menstrual products, and family planning.

To learn more, turn to page 58.

Navigating the search for sexual, reproductive, and gender-affirming care can be overwhelming, and it's not uncommon for people to feel a real sense of mental exhaustion along the way. Your feelings are valid, and you're not alone. Don't hesitate to reach out to trusted people in your community. Sometimes it helps to connect with people who've been through similar experiences, to feel heard and get some guidance. Resources are also available to support you.

Scan the QR code to access them.

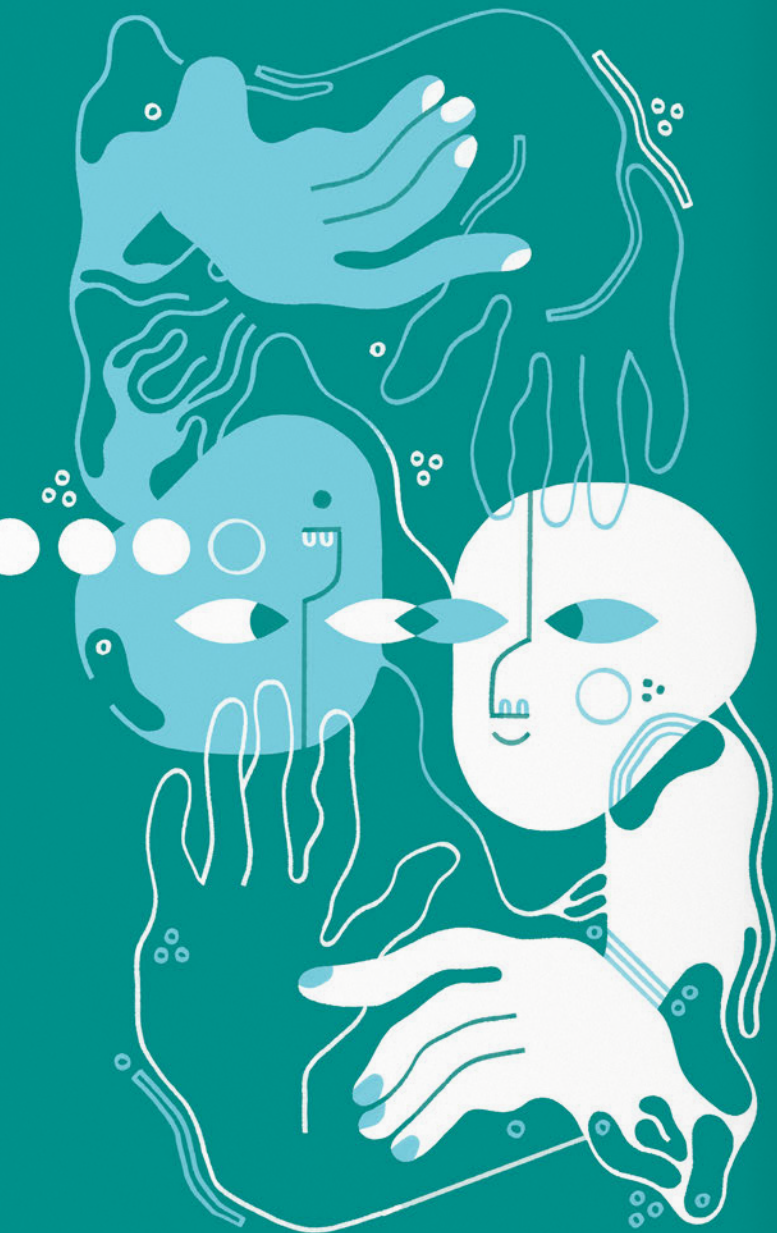


FEMINIZING HORMONE THERAPY AND SURGERIES

Hormone therapy is a medical treatment involving the use of sex hormones, available in the form of injections, pills, patches, or gel. Feminizing hormone therapy typically involves taking estrogen combined with anti-androgens, or estrogen alone for those who have had gonadectomy (removal of the testes or ovaries). Feminizing hormones have permanent, reversible, and partially reversible effects, and understanding all of them is key to making the right choice for you.

Would you like to learn more about hormone therapy?
Go to page 21.

There is a wide range of gender-affirming surgeries available. Options include facial feminization surgery, chest surgeries, genital surgeries (such as vaginoplasty), and surgeries on reproductive organs. **Facial feminization** surgeries involve various procedures to achieve facial features in accordance with the gender to which a person identifies. These include chondrolaryngoplasty (Adam's apple reduction, also known as tracheal shave), forehead surgeries, rhinoplasty (nose reshaping), and mandibular (lower jaw) surgery.



Chest surgeries include breast augmentation, a procedure that enlarges breasts size using implants. It's important to note that these surgeries are currently not covered by RAMQ (Quebec Health Insurance Plan).

Several types of **vaginoplasty** are available for transfeminine individuals who wish to undergo surgery to create female genitalia that look as natural as possible. Surgery on the reproductive organs, such as an **orchiectomy** (the removal of one or both testicles), is another option.

For more information and resources about surgeries, scan the QR code on page 13.

GOOD TO KNOW

Some of these procedures can be performed during a single surgical session. Your surgical team will be able to advise you on the options available.

Know you want surgery but need more guidance? Go to page 29.

You may experience a range of emotions, and sometimes distress, when seeking care. Your feelings are valid, and you do not have to go through this alone. If you feel you need support from a mental health professional, use this portal to go to page 13.

Not the care you're looking for? Go back to page 10.



ABORTION

You may choose to end a pregnancy. There are two main abortion methods: surgical abortion and medication abortion (the abortion pill). Accessing surgical abortion services can be challenging for trans and non-binary people because some clinics still do not use inclusive language or practices. As a result, some individuals choose not to disclose their identity when seeking care due to fear of stigma. If this is a concern for you, medication abortion (the abortion pill) is an option. It can be obtained from a pharmacist, doctor, nurse, or midwife, and taken at home. This may help reduce dysphoria that can sometimes be associated with seeking this type of care. If you have had unprotected sex in the past five days, emergency contraception (the morning-after pill) can also be obtained from a pharmacist without a prescription.

Do you feel the need to talk about what you are going through with a mental health professional?

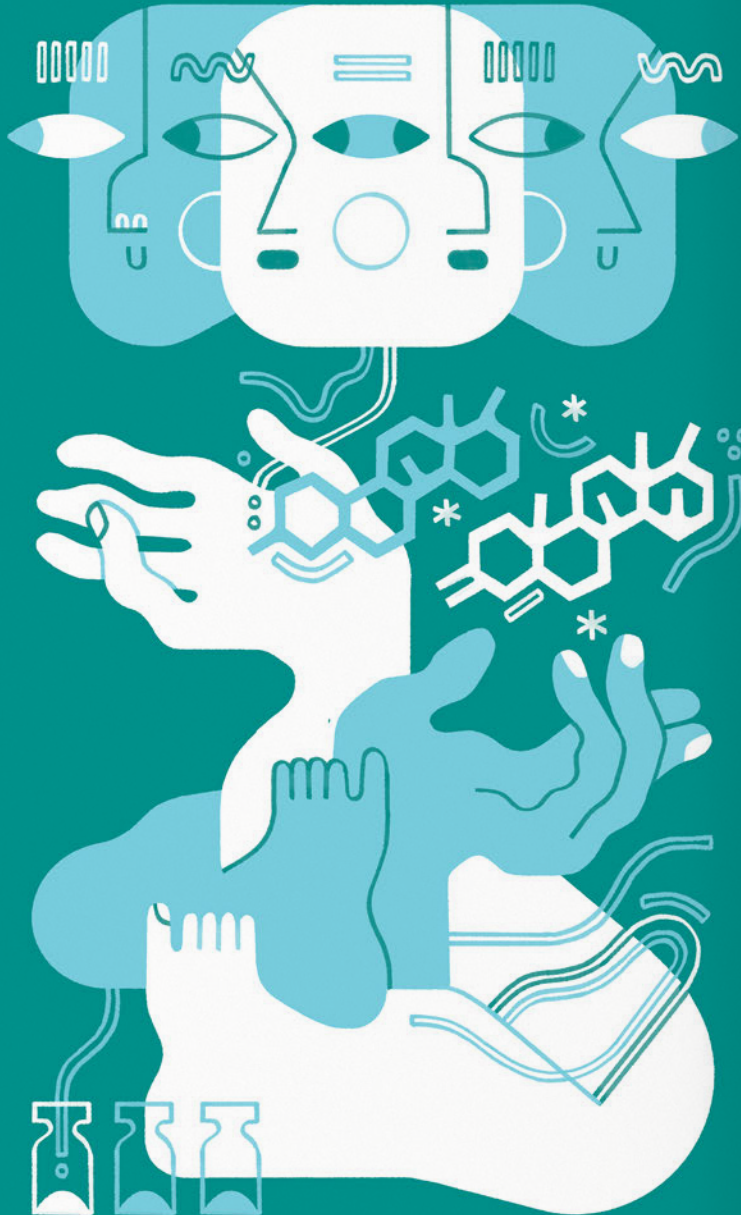
Use this portal to go to page 13.

Do you think you might be pregnant? Have you noticed any changes or delays in your menstrual cycle?

Here are some tips to help you navigate this process.

- Take a pregnancy test to confirm whether you are pregnant. CLSCs (local community health centres) provide free pregnancy tests, or you can find them at drugstores and some Dollorama stores.
- In most cases, abortions take place during the first trimester, though they can happen at other times. Note that there may be a wait of a few weeks to get an appointment.
- Abortion is a free service for people covered by RAMQ. Immigrants waiting for their health insurance card can typically access abortion at no cost, and refugees may be covered under the federal Interim Federal Health Program (IFHP). For those not covered by RAMQ, some private clinics provide the service for a fee. It is best to contact the nearest clinic directly for pricing information. The Fédération québécoise pour le planning des naissances may also be able to help individuals who cannot afford the procedure.
- Have questions about abortion or want to find a clinic near you? Scan the QR code on page 13.

Would you like to try another portal? Use this portal to go to page 10 and continue your journey.



HORMONE THERAPY

So you've decided to start hormone therapy. Here are some things to keep in mind!

Four types of healthcare professionals are authorized to prescribe hormone therapy: family doctors, nurse practitioners (NPs), pediatricians, and endocrinologists. If you have a family doctor or access to an NP, we recommend reaching out to them sooner rather than later.

If you do not have a family doctor and are between the ages of 12 and 25, an Aire Ouverte centre is a good first step, as staff there can help you find the right support or direct you to appropriate services.

Some providers prescribe hormone therapy based on informed consent alone. Others may require a letter of support from a psychologist, sexologist, or social worker before starting treatment.

USEFUL TIP

If possible, contact the clinic you plan to visit ahead of time to find out whether a support letter is required. If it is, you can reach out to a psychologist, sexologist, or social worker. If you do not currently have access to one, you can consult professional corporations (such as the Ordre des sexologues du Québec) and contact several practitioners to improve your chances of securing an appointment.

You can also bring documentation on best practices in trans healthcare to your provider. At a minimum, you can request an initial blood test and a referral to a specialized clinic if they do not feel comfortable managing your care.

It is unlikely that you will leave your first appointment with a hormone prescription. There is often a lot to discuss, and a blood test is typically required beforehand.

While you are waiting, there are things that may help you feel more like yourself and support a sense of gender euphoria. Join them down here.

Do you still have questions about hormone therapy, its expected effects, or its side effects? It is completely normal to want the information you need to make an informed decision. Scan the QR code on page 13 for more information on hormone therapy.

Would you like to learn more about other types of care, or do you have other needs related to sexual, reproductive, and gender-affirming healthcare? Use this portal to return to page 10.

Do you feel the need to talk about what you are going through with a mental health professional? Use this portal to go to page 13.

Sexual Health

Sexual health is an integral part of overall wellbeing, including biological, psychological, emotional, relational, moral, spiritual, and sociocultural dimensions. It can change throughout a person's life and involves a broad range of practices and concepts.*

**Sexual health also includes everything related to healthy, loving, and intimate relationships. You deserve relationships that are fulfilling and affirming, free from violence or coercion. If you are experiencing violence in your relationships, turn to page 13 for support resources.*

This section focuses on a key aspect of sexual health: the prevention, testing, and treatment of sexually transmitted and blood-borne infections (STBBIs). There are many types of STBBIs. Some are bacterial (such as chlamydia, syphilis, and gonorrhea), while others are viral (such as hepatitis B and C, human papillomavirus [HPV], and HIV).

What are you interested in?

STBBI PREVENTION

Go to page 55.

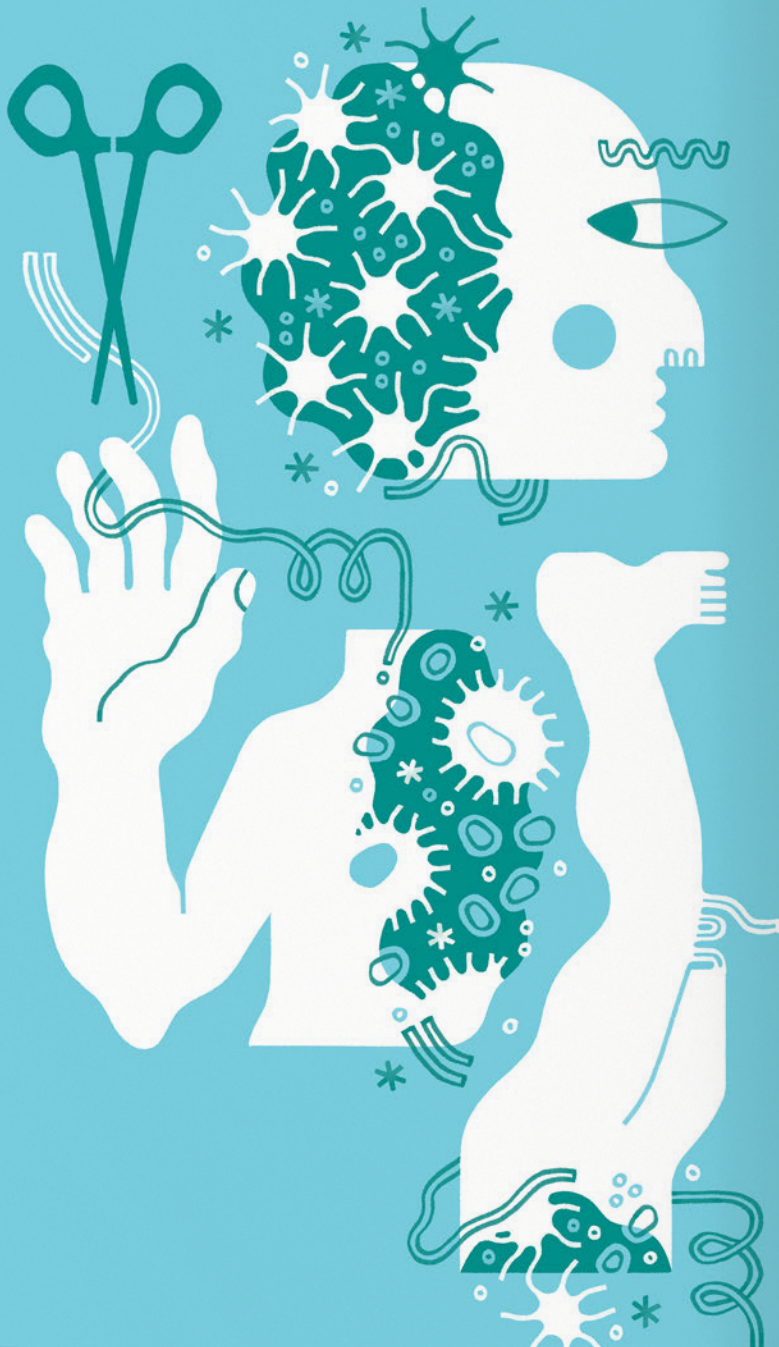
STBBI TESTING

Go to page 62.

STBBI TREATMENT

Go to page 40.

Wrong portal? Don't worry! Just use this portal to return to page 10 and try again.



SURGERIES

You may know you want surgery, but how do you get started? Several surgeries, including feminizing and masculinizing facial and body procedures, chest surgeries, and reproductive organ surgeries, can be performed at certain private clinics or public hospitals. However, some procedures are only available at GRS Montréal and nowhere else in Quebec. This includes genital surgeries such as the creation of a vagina, vulva, or penis, so you will need to travel to Montréal if you live elsewhere. For people who live 200 km or more from the clinic, free accommodation and meals are provided for the one or two days before surgery, fully covered by the clinic.

Here are some tips on how to get started with the process of accessing the surgeries you wish to pursue:

TACKLE THE PAPERWORK

It can feel like a lot, but there are ways to make it more manageable. Start by contacting the clinic (by phone or email) to get the full list of required documents and forms.

BOOK APPOINTMENTS EARLY

Some forms can be filled out by you, but others need to be completed by professionals. Your family doctor will need to fill out a health assessment form, and depending on the surgery, you may need 1–2 letters from a psychologist or sexologist and/or a social worker holding a master's degree.

GOOD TO KNOW

Not currently seeing a psychologist, sexologist, or social worker? You can check the relevant professional corporations (such as the Ordre professionnel des sexologues du Québec) to find someone who is a good fit. Since this process can take time and waitlists can be long, it helps to plan ahead. Reaching out to several professionals can improve your chances of securing an appointment sooner.

PREPARE YOUR QUESTIONS

You'll have a pre-operative appointment before your surgery. In some cases (like at GRS Montréal), this can be done remotely with photos. It's a key opportunity to talk through the procedure with your medical team. Write your questions down in advance so you don't forget any question that matters to you.

PLAN YOUR RECOVERY BEFORE THE SURGERY

Some surgeries require specific post-operative care and routines to heal well. While you wait for your surgery date, look into what recovery will involve and get everything in place ahead of time.

Here are a few things to keep in mind:

- Will someone be able to accompany you home after surgery? If not, does the clinic or a nearby community organization offer a transportation service? (At GRS Montréal, being accompanied home after surgery is mandatory.)
- Are there any supplies you need to purchase before your recovery period?

Wait times can be long. While you're waiting for your surgery date, what can you do to help prepare emotionally and feel more grounded in the meantime?

What might help you feel more like yourself while you wait for surgery?

What might help you pass the time and take your mind off the wait?

Want to explore other types of care? Go back to page 10.

Need to speak with a mental health professional about what you're going through? Go to page 13.

MENSTRUATIONS

The language used to talk about menstruation is often not inclusive, and gendered bathrooms can make things more difficult for people who menstruate by not always providing proper disposal options. These situations can also worsen dysphoria. Fortunately, there are inclusive products and organizations available to help.

MENSTRUAL PRODUCTS

In addition to more traditional options like menstrual cups, there are also gender-affirming menstrual products designed specifically for **trans** and non-binary people. Scan the QR code on page [13](#) for an overview of available products.

There are also organizations that advocate for **menstrual equity** for everyone, offering free products and using inclusive language and practices. You can ask around in your community to learn more.

Some spaces offer **gender-inclusive washrooms** with menstrual product disposal options, which can help reduce dysphoria. However, many facilities are still not designed with everyone in mind, which can make gender-inclusive washrooms difficult to find. One practical alternative is accessible washrooms, which often provide a private space to empty a menstrual cup or dispose of other products. If there is no wait, this can be a useful option, although it is not ideal and reflects broader structural inequities.

Even with gender-affirming products and more inclusive spaces, menstruation can still trigger dysphoria. If that is the case for you and you would like to talk about it, see page [13](#).

Do you have other needs related to sexual, reproductive, and gender-affirming health? Head back to page [10](#) to restart your journey.



Gender- Affirming Care

Gender-affirming care includes a full spectrum of medical care, from hormone therapy to surgeries, as well as non-medical care (also called paramedical care), such as gender-affirming products and voice and speech therapy.

To find care and information relevant to your reality, choose the option that applies to you.

I WAS ASSIGNED FEMALE AT BIRTH (AFAB) AND I'M LOOKING FOR MEDICAL GENDER-AFFIRMING CARE.

Go to page 43.

I WAS ASSIGNED MALE AT BIRTH (AMAB) AND I'M LOOKING FOR MEDICAL GENDER-AFFIRMING CARE.

Go to page 15.

I'M LOOKING FOR NON-MEDICAL GENDER-AFFIRMING CARE.

Go to page 50.

Wrong portal? No problem: go back to page 10.

This section covers both medical and non-medical gender-affirming care. For information on social and legal transition, scan the QR code on page 13.

STBBI TREATMENT

In the event of a positive STBBI test result, treatment is available through healthcare providers who can prescribe appropriate medication. Some STBBIs can be cured, while others can only be managed. In these cases, medication helps reduce complications and symptoms and lowers the risk of transmission. Feel free to ask your healthcare providers any questions you may have about how to properly follow your treatment plan.

FRIENDLY REMINDER

Pharmacists are a valuable resource for questions about your treatment and how to take it correctly. They are frontline healthcare professionals and are often easy to access.

Learning that you're living with an STBBI can be a lot to process. If you need support, don't hesitate to check out page 13 for mental health resources.

Do you have other needs related to sexual, reproductive, and gender-affirming health? Go to page 10.



MASCULINIZING HORMONE THERAPY AND SURGERIES

Masculinizing hormone therapy is a medical treatment that involves testosterone, which can be administered as injections or gel. Masculinizing hormone therapy has permanent, reversible, and partially reversible effects, and understanding these effects is important in making an informed decision.

Would you like to learn more about hormone therapy? Go to page 21.

There is a wide range of gender-affirming surgeries available. Options include **facial and body masculinization surgeries**, chest surgeries, genital surgeries, and surgeries on reproductive organs. Facial and body masculinization surgeries include a variety of procedures such as facelift and abdominoplasty (tummy tuck). Chest surgeries include mastectomy (top surgery) and breast reduction.

Mastectomy (top surgery) is a chest masculinization procedure that removes breast tissue. There are two main types: periareolar and double incision (with or without nipple grafting). **Breast reduction** is a procedure that reduces the size of the chest.



For transmasculine people interested in **genital surgery**, several options are available. A **vaginectomy** (surgical closure of the vagina) may be performed first, although this is not required to access other genital surgeries.

For penile creation, there are two main options: **metoidioplasty** and **phalloplasty**. Scrotoplasty (surgical creation of a scrotum) may also be performed following either procedure.

Surgeries on reproductive organs include **hysterectomy**, which involves removal of the uterus and sometimes the ovaries. Some surgeries, including mastectomy, metoidioplasty, phalloplasty, and hysterectomy, are covered by RAMQ. However, facial and body masculinization surgeries are not covered.

GOOD TO KNOW

Some of these procedures can be combined in a single surgical session. Check with your surgical team for more information.

For more details on how these procedures work, their side effects, and insurance coverage, scan the QR code on page 13.

Know you want surgery but need more guidance? Go to page 29.

You may experience a range of emotions, and sometimes distress, when seeking care. Your feelings are valid, and you do not have to go through this alone. If you feel you need support from a mental health professional, use this portal to go to page 13.

Not the care you're looking for? Go back to page 10!



FERTILITY PRESERVATION

Fertility preservation (gamete preservation) means protecting your reproductive capacity by banking eggs (oocytes) and sperm for a future time when you might want to have children. Why does it matter? Medical treatments like surgery and hormone therapy can have irreversible effects on gamete production. That said, deciding whether or not to preserve is a deeply personal question. If you need support making an informed decision, check out the decision tree available via the QR code on page 13.

HELPFUL INFO

Trans people covered by RAMQ may be eligible for certain fertility preservation services at no cost. Check your coverage to see what is included. If you are not sure what insurance you have, you can check with HR at your workplace, your school, or your parents if you are still on their plan.

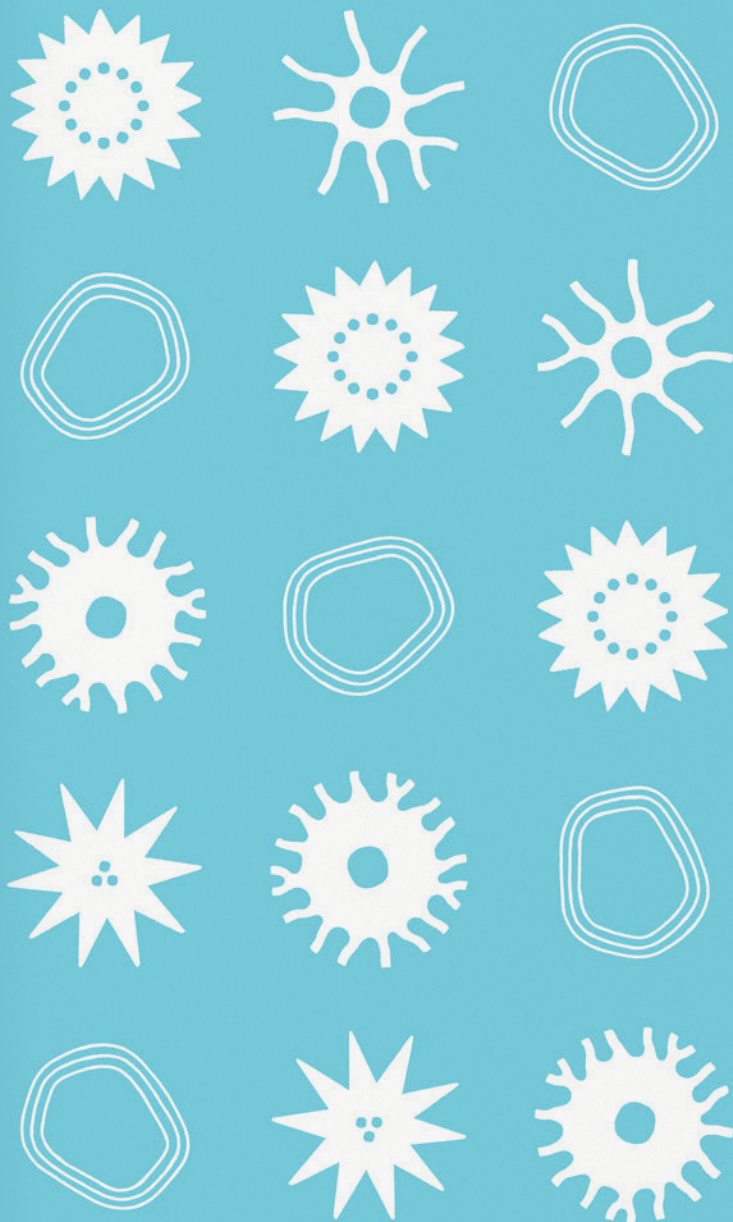


If you are ready to start a family, there are services available to help, regardless of your gender identity or sexual orientation. Quebec has both private clinics and public hospitals offering assisted reproduction services, including fertility assessments, in vitro fertilization (IVF), egg donation (oocyte donation) and/or sperm donation, and artificial insemination.

Would you like to learn more, or are you ready to schedule an appointment? Scan the QR code on page 13 for suggested resources.

Whether you are considering fertility preservation or taking steps toward starting a family, these are significant, life-changing decisions that can bring up a range of emotions. You are not alone in what you are going through. Go to page 13 for mental health resources.

Would you like to learn more about other sexual, reproductive, and gender-affirming healthcare? Return to page 10.



Non-medical gender-affirming care covers a wide range of options that can be used on their own or alongside medical care such as hormone therapy or surgery. They can be powerful tools for easing dysphoria and building gender euphoria.

Here are some options you might find helpful:

VOICE AND SPEECH THERAPY

This is a speech-language therapy program designed to help you develop a voice that feels more aligned with your gender identity through guided exercises. Speech-language therapy alone can produce excellent results, although some people also consider combining it with vocal cord surgery.

Certified speech-language pathologists offering voice and communication therapy can be found across Quebec, and some also offer services online. Scan the QR code on page 13 for more information and resources!

GENDER-AFFIRMING PRODUCTS

There is a wide variety of gender-affirming products available, including breast and penile prostheses, trans tape, binders, packers, and gaffs (compression underwear). Want to know how to use and care for these products? Scan the QR code on page 13 for a guide produced by TransEstrie.

You can order gender-affirming products online or through certain community organizations. Some offer them for free or at low cost, while others provide financial assistance. Check with organizations you are familiar with to see what is available. While more affordable options exist, it is important to keep costs in mind when planning your budget. The planner on page 4 can help. Note that some products, such as binders and trans tape, may carry medical risks for certain people. Consult a healthcare professional if you have any concerns.

LASER HAIR REMOVAL OR ELECTROLYSIS

These are two procedures aimed at reducing or eliminating hair growth. They are costly and not covered by insurance, and can be performed at aesthetic clinics. If pursuing one of these options is important to you, here are a few things to consider:

1. Plan your budget accordingly.
2. Book a free consultation with a professional to determine which procedure best suits your hair and skin type.
3. Ask others who have gone through the process for recommendations.

PHYSIOTHERAPY

After surgery, physiotherapy can support healing and help address complications. To find a practitioner who is a good fit, contact the Ordre professionnel des physiothérapeutes or ask within your community for a compassionate professional.

PARAMEDICAL TATTOOING

This refers to tattoos designed to camouflage scars or to fully or partially recreate areolas and nipples after surgery. This procedure is available at certain aesthetic clinics and tattoo studios.

Finding the right products and services can take time, and it can be discouraging. If you are feeling overwhelmed, check whether there are support groups or discussion groups on these topics in your area. If you need to speak with a mental health professional, go to page 13.

Not the care you're looking for? Go back to page 10!



STBBI PREVENTION

Everyone plays a role in STBBI prevention. Simple steps can go a long way in protecting your health.

SEXUAL HEALTH EDUCATION

Being informed and prepared is one of the best ways to prevent STBBI and make healthy decisions.

COMMUNICATION

Talk with your partner(s) about barrier methods and safer sex practices.

CONTRACEPTION AND BARRIER METHODS

Barrier methods include dental dams and condoms. These are available at pharmacies, Aire Ouverte centres, and community organizations. Some schools and community services provide them for free.



HIV PRE-EXPOSURE PROPHYLAXIS (PREP)

For people who do not have HIV but may have a real or perceived risk of exposure, this oral or injectable medication is available at various clinics, including SIDEPClinics (Quebec's integrated testing and prevention centres) and other sexual health clinics. It must be prescribed by a family doctor or other healthcare provider and can be taken daily or as needed (before and after sex).

DOXYCYCLINE POST-EXPOSURE PROPHYLAXIS (DOXY-PEP)

This antibiotic must be taken within 72 hours of unprotected sex to help prevent certain bacterial STBBIs, such as syphilis, chlamydia, and gonorrhea. It does not prevent HIV in the way that PrEP does, but it can be used alongside it.

VACCINATION

Vaccines can help prevent certain infections, including hepatitis and HPV. If you are unsure which vaccines you have already received, do not hesitate to ask your healthcare provider.

TESTING

Getting tested is a safe and effective way to protect yourself and your partner(s). Want to learn more? Head to page 62.

Looking for resources on any of these services? Scan the QR code on page 13.

Have concerns about your sex life and want to speak with a mental health professional? Go to page 13.

Do you have other needs related to sexual, reproductive, and gender-affirming health? Go to page 10 to start again.



Reproductive Health

Reproductive healthcare includes abortion services, fertility preservation (egg and sperm banking), assistance with conception, and menstrual products.

If you would like to learn more about specific types of care, check out one of these portals:

ABORTION

Go to page 18.

FERTILITY PRESERVATION AND CONCEPTION

Go to page 47.

MENSTRUAL PRODUCTS

Go to page 34.

Not the right portal? Don't worry, just go back to page 10!

STBBI TESTING

Getting tested is important because it is often the only way to know if you have an STBBI, as many STBBIs have no noticeable symptoms. Testing also allows you to notify past partner(s) if a result is positive, protect yourself and future partner(s), and book a treatment appointment if needed.

Getting tested may be a good idea if you have had sex without a condom or other barrier method, have symptoms of an STBBI, may have been exposed even without symptoms, or have shared needles with others.

Screening is available at public health clinics and sexual health clinics (such as SIDEPClinics, Aire Ouverte youth health centres, and CLSCs), as well as with your family doctor and at walk-in clinics. Some pharmacies also offer screening. Screening is free for people with a RAMQ card, although some locations may charge a small sample transport fee (\$5–\$15).

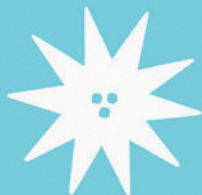
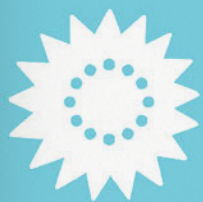
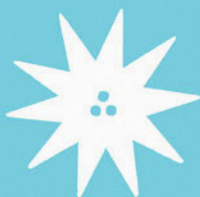
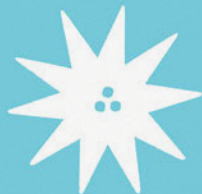
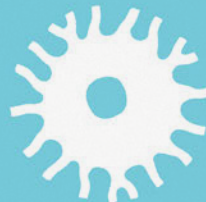
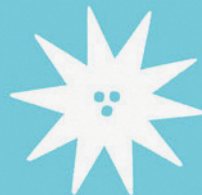
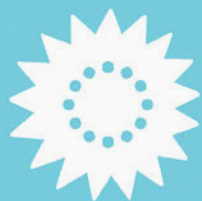
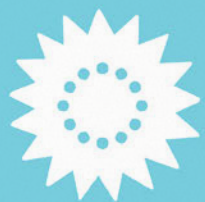
Public-sector wait times can vary. Private clinics may offer shorter wait times, though they do charge fees. For more information, scan the QR code on page 13.

PRACTICAL TIP

Wondering about your HIV status but do not want to go to a clinic? Self-testing for HIV is available. You can order one online for about \$15 or get one for free through certain community organizations. Scan the QR code on page 13 to find out how.

Your test came back positive and you're not sure what to do next? Head to page 40.

Do you have other needs related to sexual, reproductive, and gender-affirming health? Go to page 10 to start again.



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LES 3 SEX*



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Equality Canada

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