

## Why avoid this question?

Because it dismisses the suffering that people living with infertility might experience.

Indeed, studies have shown how infertility negatively impacts those affected, especially with regards to their mood, self-esteem, and quality of life.

This question overlooks the fact that infertility is sometimes unexplained.

When faced with an infertility diagnosis, both men and women report feelings of helplessness and failure, as well as isolation.

## What can we say instead?

**That must be difficult to deal with. You have my full support and I will be with you through this difficult process.**

**I know this is a very personal issue. I'm available if you want to talk about it.**

## What can we do instead?

**Don't ask intrusive questions**

A fertility journey is a deeply personal and often painful topic for people suffering from reproductive issues. We should avoid upsetting them by asking overly personal questions. Instead, we can offer to support and listen to them, letting them decide what they want to tell us and when.

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## Let's talk about infertility

### Avoiding microaggressions

Toolkit #6

**“Is it you or your partner?”**



**Learn why you should avoid asking this question and what alternatives you should use instead.**



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