

Why avoid this question?

Because it's like saying that it's their fault they can't conceive. It increases their feelings of stress, anxiety and isolation. Undergoing fertility treatment is already stressful and anxiety-inducing.

Because it ignores the challenges of a fertility journey. Both women and men who struggle with infertility can blame themselves and experience symptoms of anxiety and depression.

This sentence overlooks the impact of fertility treatment on mental health. The emotional roller coaster it causes may be exacerbated by medications and hormone therapy.

Why avoid this question?

This phrase overlooks the societal pressure to become a parent. Commonly-held beliefs in our society also affect people suffering from infertility, especially because parenthood is often associated with gender roles.

What can we say or do instead?

I'm here if you need to talk about it!

What can I do to help?

We should simply offer our support while respecting their autonomy. Bear in mind that they often receive unsolicited advice. Over time, this can make them feel infantilized or blamed for their fertility issues.

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Centre ESPER
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Let's talk about infertility

Avoiding microaggressions

Toolkit #4

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Stop worrying, it'll happen naturally!



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



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