

## Why should we avoid asking this question to someone undergoing fertility treatment?

Because it dismisses their parental project. Adoption is a completely different parental project, and it is not necessarily an easier path.

This question overlooks the personal dimension of a parental project, which includes the desires and expectations of all the individuals involved.

It is important to respect individuals' freedom of choice with regards to their parental project, especially given that people suffering from infertility have to think long and hard about it.

## What can we say instead?

There are many ways to start a family and they are all valid. I hope you find the path that works best for you. Whatever path you take, I'll be with you!

## What can we do instead?

Don't offer advice

Respect people's autonomy in their parental project

Most of the time, it's best not to offer advice unless it's asked for. Bear in mind that people dealing with infertility often receive unsolicited advice, which can become difficult over time. Let's respect their parental project — it's personal after all!

Canada Research Chair in Third-Party  
Reproduction and Family Ties  
[crcppa.uqo.ca](http://crcppa.uqo.ca)

Centre ESPER  
[centre-esper.com](http://centre-esper.com)

## Let's talk about infertility

### Avoiding microaggressions

Toolkit #5

“Have you ever considered adopting a child?



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