

Why avoid this question?

Because it takes people back to their reproductive challenges and the hardship they've faced, such as going through multiple attempts to get pregnant. Remember that 1 in 6 people live with infertility: we could be talking to one of them without knowing it.

Because it reinforces the social imperative to have children. It implies that parenthood is the only valid life path. It puts social pressure on the people who suffer from infertility.

This question is also hurtful when it's asked to people who have children (for instance, "when's the second one coming?"). Someone may already have children and face reproductive issues, as infertility can manifest as "secondary" infertility.

What can we say instead?

How are things going on your end? Is there any news you'd like to share with me?

How are you doing these days?

What can we do instead?

Refrain from asking intrusive questions

Congratulate them when they reach milestones in their fertility journey

Infertility is a personal issue, so it's usually best not to ask about it. However, if someone tells us about their fertility treatment, we can congratulate and support them through that process, just as we would anyone who's expecting a child.

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Let's talk about infertility

Avoiding microaggressions

Toolkit #1

“So, when are you going to have kids?”



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



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