

Let's talk about infertility.

## Avoiding microaggressions

**What to say and not to  
say to a loved one who is  
experiencing infertility**

## SCENARIO #1

On our lunch break, my colleague shares that she and her partner just received an infertility diagnosis.

I want to know more, but I don't want to ask intrusive questions and upset her.



### My first thought

Is it you or your partner?



### What I tell my colleague

That must be really difficult. You have my full support, and I will be with you through this difficult process.

## SCENARIO #2



My friend is struggling to get pregnant, and she's currently undergoing fertility treatment. I'd like to ask how it's going when I visit her.

How should I go about it?

### My first thought

So when's the baby coming?



### What I tell my friend

How is it going? Any news you'd like to share?

## SCENARIO #3



At dinner, my friend tells me that despite several rounds of in vitro fertilization, he still couldn't get pregnant with his partner.

I'm sad for him and I'm not sure what to say.

### My first thought

Are you sure you even want kids? You won't be able to sleep in on weekends anymore!



### What I tell my friend

I often think about you and what you're going through. How are you feeling?

## SCENARIO #4

At a family gathering, I announce that I'm pregnant. My sister bursts into tears – she's been trying to have a baby with her partner for the past 3 years.

It breaks my heart and I don't know how to react.



### My first thought

Come on, just be happy for others!



### What I tell my sister

What you're going through is unjust. Having mixed feelings about this kind of news is totally normal, it doesn't make you a bad person.

## SCENARIO #5



My son is visiting for the holidays. While we're playing a card game, he reveals to me that he's been trying for a baby with his partner for more than a year.

It's the first time he's ever told me about this. I really want to reassure him.

### My first thought

Stop worrying, it will happen naturally!



### What I tell my son

I understand what you're going through must be challenging and stressful.

## SCENARIO #6

We're driving around and my friend confides in me that despite fertility treatments, he and his partner can't get pregnant, and they're looking into finding a sperm donor.

I'd like to support my friend, but I don't know how to do that without offering solutions.



### My first thought

Have you ever considered adoption?



### What I tell my friend

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

## SCENARIO #7

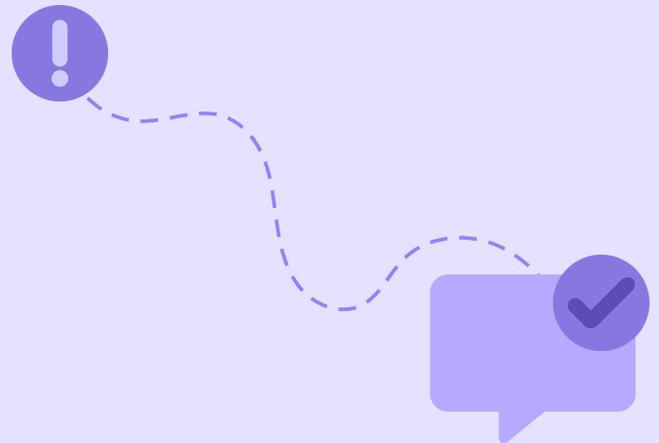


A friend from my book club tells me that she started seeing a doctor at a fertility clinic with her partner to start their family, and she just got the results of their fertility tests: it turns out that due to their age, they will also need an egg donor.

How can I comfort her after such news?

### My first thought

Maybe it's not meant to be.



### What I tell my friend

Sometimes things don't happen in the way we thought they would. I understand how hard to can be to get through this... Do you have people or professionals you can reach out to?

## SCENARIO #8

My brother and his partner are trying to have a baby with help from their friend Stephanie, who will be their surrogate. After several attempts, Stephanie still isn't pregnant.

My brother opens up to me about it and I'd like to comfort him...



### My first thought

How about adopting a dog?



### What I tell my brother

I wish I had a miracle solution that could make you feel better. I just want you to know that I'm here if you want to talk, go for coffee or a walk, or if you just want to spend some time together.

## Cite this info sheet >

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pour autrui et  
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