



Things to consider when

# Talking about Women's Health



Try to use **respectful and neutral terminology** rather than slang or colloquial terms for aspects of anatomy and women's health.



Try to be **inclusive** within conversations and **speak with sensitivity** to avoid making presumptions or judgements.



**Humanise** your language and try to make it **person centred** by focusing on the individual rather than a health condition or stereotype.



**Listen and try to understand** the complexities of women's health to create safe spaces for open discussions.

[bluelighttogether.org](https://bluelighttogether.org)

