

Empathways

LGBTQIA+ Populations



The Pledge

Each participant must read this aloud to the other participant, as a commitment to an honest and open dialogue

- I commit to an open, honest and respectful dialogue.
- I pledge to truly see you and hear you.
- I will keep what you tell me private & confidential.
- I will keep an open mind to understand and respect you as a whole person.

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Getting Started

Getting started: Introduce yourselves, sharing your name, pronouns, and the term that best represents your identity (e.g., queer, transgender, cisgender...).

Note: A personal pronoun is a word that can function by itself as a noun and that refers either to the participant in the conversation (e.g., I, you) or to someone mentioned elsewhere in the conversation.*

For example: she, her, he, his, them, theirs, ze, hir

Learn more about what pronouns are and why they matter:

<https://pronouns.org/what-and-why>

* Oxford Languages

Open Up

Get to Know Each Other

Can you please tell me about your background?

What is your family like? What kind of things do you enjoy doing?

Both participants should answer.

1

Open Up

Goals

What are your aspirations in life?

What would help you achieve them?

Both participants should answer.

2

Inspiration

Open Up

Who in your life inspires you, and why?

Both participants should answer.

3

Relationships

Open Up

How should a partner who loves you show you they love you?

What are your love languages?

Both participants should answer.

4

Sex & HIV

Open Up

Why might a young LGBTQIA+ person worry about getting HIV?

How is this different for young heterosexual or cisgender people?

Both participants should answer.

5

Consent

Open Up

Do you think it could be unsafe for a LGBTQIA+ person to say “no” to sex?

If yes, in what situations?

Both participants should answer.
Young person should answer first.

6

Religion & Culture

Open Up

How does religion and/or culture affect your relationships?

How do they affect your thoughts on pre-exposure prophylaxis (PrEP)/antiretroviral therapy (ART)/contraceptive planning/gender-affirming hormone use?

Both participants should answer.

7

Sex Education

Open Up

Who first talked to you about things like relationships, sex, HIV/AIDS, and condoms?

What did you think of their advice?

What do you wish they had told you that they didn't?

Both participants should answer.

8

Your Best Experience

Discover

What was the best health care experience you've ever had?

What made it so good?

Both participants should answer.

9

Your Worst Experience

Discover

What was the worst health care experience you've ever had?

How did it make you feel?

Both participants should answer.

10

Friends & Family

Discover

What do your family and friends think
of PrEP?

Do you agree with them?

Both participants should answer.

11

Healthcare Decisions

Discover

If you choose to go to a health care
center, who is involved in the decision?

Both participants should answer.

12

Seeking Information

Discover

What are the goals and duties of an ideal health care provider during a visit?

Young person should answer.

13

Healthcare Providers' Goals & Duties

Discover

If you had questions about PrEP, who would you ask?

Where would you go first and why?

Both participants should answer.

14

Discover

PrEP Services

After a visit to a PrEP health care facility, how should a client feel when they are leaving the room?

Both participants should answer.

15

Discover

LGBTQIA+-Friendly Services

When you were younger, did you feel comfortable going to a health center or pharmacy?

Why or why not?

How might being young and LGBTQIA+ impact that experience

Provider should answer.

16

Serving LGBTQIA+ Clients

Are there challenges providing services such as PrEP, contraceptive planning, or gender-affirming health care to LGBTQIA+ people?

What about for *young* LGBTQIA+ people?
What are the challenges?

Provider should answer.

17

Discover

Your Healthcare Experience

What questions do you wish a provider would and would not ask during a visit?

Why?

Young person should answer.

18

Discover

User-Friendly Services

Discover

Give three words or elements that define "LGBTQIA+ friendly health services."

Both participants should answer.

Connect

Hafsat, a genderqueer 19-year-old, goes to a health facility to learn about PrEP services. While in the waiting area, they hear a health care provider shouting at a client in the consultation room, saying the client must be “promiscuous” because they are gay and that they need religion to “fix them.” Hafsat decides to leave the health center.

How may Hafsat feel?

What might happen to Hafsat next?

What could have gone differently?

Both participants should answer.

20

Connect

Sarah, 21, is a fun-loving and adventurous transgender woman. She usually goes to parties with her friends, and recently she narrowly escaped being raped. Sarah doesn't think that's something to stop her from having fun and making the most of her life. However, she is now afraid of getting HIV and decides to go to a health center to seek advice.

What should the provider who meets with Sarah do?

How should Sarah feel leaving the health center?

Both participants should answer.

21

Olu, a gay transgender man, celebrated his 18th birthday at a café with his friends. His friends encouraged him to be more adventurous now that he is an adult. That night, Olu decides he is ready to start having sex with his boyfriend. He calls his "Uncle" Ron, age 28, for advice. He feels he can confide in him more than anyone else he knows. But this time, Ron threatens to tell Olu's parents. Olu feels betrayed, but he remembers Ron telling him to at least go to the health center for condoms before making any decisions. Olu decides it is worth visiting the health center first.

How may Olu be feeling when entering the health center?

What should the provider who meets Olu do?

Both participants should answer.

22

Wandillise is a 22-year-old transgender woman who uses oral contraception because she feels that the hormones in the pills affirm her gender identity, and gender-affirming health care (GAHC) is not provided where she lives. She normally accesses these services from private pharmacies. However, this time around, she does not have money and decides to visit the government health facility, where services are free. When she enters the clinic, the nurse addresses her using her dead name and uses male pronouns. This is offensive to Wandillise, but she continues the discussion because she has no other options. When the nurse hears that Wandillise wants to access family planning, she does not give her a chance to explain and shouts that "family planning is only meant for real women!" Wandillise leaves the health care facility feeling disappointed and offended.

What might Wandillise do to get the medication she uses for GAHC? How might this put her at risk of harm?

Would it have been easier for Wandillise to visit the facility if they respected her gender identity?

What can providers do to understand the needs of LGBTQIA+ clients?

What should the provider do to help Wandillise understand her gender-affirming healthcare options?

Both participants should answer.

23

Now that you have read the scenarios and imagined what might be, let's think about what can be.

24

Reflection

What is one thing you will take away from your experience here today, and with whom will you share this with?

Both participants should answer.

25

Reflection

How will your experience today impact how you counsel LGBTQIA+ clients in the future?

Provider should answer.

26

Considerations

What is one thing you hope your *Empathways* partner will take away?

Both participants should answer.

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Final Reflection

For Providers

Make a commitment to yourself of what you will do with your increased empathy for LGBTQIA+ clients.

Complete these sentences:

Starting tomorrow, I will...

Within one month, I will...