

are you a young adult sex worker? here's how to disclose your work to health professionals

We asked, and we found that young adult sex workers want to learn more about how to tell health professionals about their work. Planned Parenthood Toronto (PPT) notes that it's up to each sex worker to decide if they want to share this information with anyone, including health professionals.

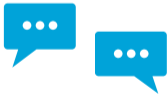
first, some definitions:

sex worker* → someone who exchanges or sells sexual services

health professional → someone who offers health services to treat the well-being of patients. This includes but is not limited to family doctors, surgeons, nurses and counsellors.

a few benefits of disclosing:

- you may get more specific medical advice and treatment options
- you may be able to access modified payment options
- you may be referred to sex work-positive health professionals



*PPT knows that not everyone uses this term to describe this line of work. You're welcome to use any language you like.

we know that disclosing can be tough. challenges might include:



- being judged
- not having the emotional energy to disclose
- having assumptions made about your personal life

if you're thinking about disclosing, here are some things to consider:

- do I have trusted peers I can ask for recommendations of health professionals?
- is sex work relevant to my health issue?
- are there signs that the medical office is inclusive?
- can I ask a friend to come to the appointment or check in with me afterwards?



need more help deciding whether to disclose?



Maggie's Toronto offers informal counselling sessions. To get in touch with a staff member or learn more about drop-in/office hour services, send an email to:

info@maggiesto.org