

are you a young adult sex worker?

here's how to disclose your work to health professionals

Together with Maggie's: Toronto Sex Workers Action Project and researchers from the University of Toronto, Planned Parenthood Toronto conducted a 2018 community-based research project aimed at better understanding young adult sex workers' sexual and reproductive health needs.

We found that young adult sex workers wanted to learn more about how to tell health professionals about their work. Working with Maggie's and study participants, we created a resource to help young adult sex workers with disclosing sex work when seeking healthcare.

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.

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

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

we know that disclosing can be tough — some challenges may include:

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

some things to consider if you're thinking about disclosing

- 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

