




PATTY BRISBEN FOUNDATION *for* WOMEN'S SEXUAL HEALTH


#LetsDiscuss pocket cards are designed to be conversation starters for you and your healthcare team.



#LetsDiscuss

Sexual, Physical, and Emotional Abuse

- Is my sexual pain related to my history of abuse?
- How can I break the cycle of abuse?
- How can I develop a plan to start a new life?
- I was forced to have sexual activity. Are there special tests that I should have done?
- Is verbal abuse damaging?
- Is witnessing abuse harmful for my children?
- How can I recover and find a counselor/therapist?
- Should I confront my abuser?
- My other health needs (bones, heart, pap screening, colonoscopy)
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The Patty Brisben Foundation for Women's Sexual Health
pattybrisbenfoundation.org

Instructions:

- Print the pocket card, trim, and check the boxes that apply.
- Use the blank space for any additional concerns not listed.
- Bring to your appointment and hand the pocket card to your provider, or nursing staff, to start the discussion.

For more information visit PattyBrisbenFoundation.org