

**1** Sexual and reproductive health is a field of research, healthcare, and social activism that explores the health of an individual's reproductive system and sexual wellbeing during all stages of their life. This includes physical, mental, emotional, and social factors.

- When I'm talking about sexual health I mean...
  - Sexual orientation and gender identity, sexual expression, relationships, and pleasure
  - Sexual intercourse
  - Sexually transmitted infections and their effects
  - Unintended pregnancy and abortion
  - Sexual dysfunction
  - Sexual violence
- When I'm talking about reproductive health I mean...
  - All aspects of human reproduction
  - Puberty
  - Fertility
  - Pregnancy
  - Childbirth
- There is also a lot of overlap and so we can also talk about things like...
  - Sex education
  - Birth control
  - Gynecologic visits

**2** Because sexual orientation and gender identity is highly impactful to an individual's internal and external experiences with sexual and reproductive health, I would like to ask a few questions about how you identify.

Human Rights Campaign defines sexual orientation as "an inherent or immutable enduring emotional, romantic or sexual attraction to other people."

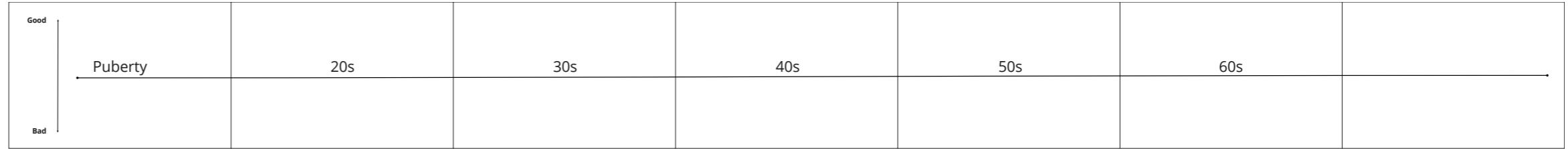
- Does your definition of sexual orientation align with this one?

They define gender identity as "one's innermost concept of self as male, female, a blend of both or neither - how individuals perceive themselves and what they call themselves. One's gender identity can be the same or different from their sex assigned at birth."

- Does your definition of gender identity align with this one?
- Has your sexual orientation and/or gender identity been consistent throughout your life, or has it changed over time?

**3**

General Terms	Anatomy
1 Abortion	7 Anus
2 Fertility/ Infertility	8 Breasts
3 Menstrual Cycle	9 Clitoris
4 Miscarriage	10 Cervix
5 Ovulation	11 Labia
6 Sex	12 Nipple
	13 Penis
	14 Uterus
	15 Vagina
	16 Vulva



move dot to current age

Sexual Activity	Menopause	Pregnancy	Disease				
First Gynecologist Visit	Puberty	Infection	Virus				

# 1

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  - *Gynecologic visits*

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General  
Terms

1

Abortion

2

Fertility/  
Infertility

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Menstrual  
Cycle

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Miscarriage

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Ovulation

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Sex

## Anatomy

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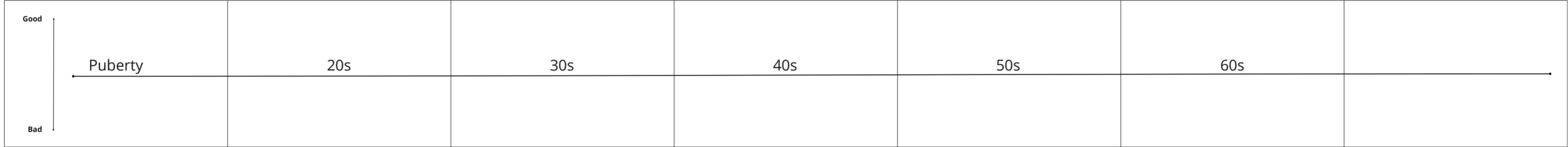
Uterus

15

Vagina

16

Vulva



move dot to current age

Sexual Activity

Menopause

Pregnancy

Disease



First Gynecologist Visit

Puberty

Infection

Virus



participant 01

Good

Bad

# Puberty

## Puberty

around 12

- dealing with menstruation while at school
- mom probably gave info about it
- very regular periods through teen years
- didn't use tampons because of big scandal at the time around case of TS
- had to plan vacation around period - no swimming
- once fainted because of menstruation

masturbation

# 20s

## Sexual Activity

- Family friend had to have her abortion - required feelings about sexual activity (got a danger on things)
- avoided sexual activity earlier because it was hard to get birth control
- when she first started working BC wasn't covered by insurance (1980)
- would use condoms before BC pills
- was only on BC for a few years

## First Gynecologist Visit

- not sure if she had a gyno before trying to get pregnant

## Fertility

- mommy instincts kicking in around 30
- worked with lots of females of childbearing age - seeing more peers having kids
- took a while after stopping BC
- partner was willing to have tests done - partner unable to have kids
- partner was willing to have tests done - partner unable to have kids

# 30s

## Pregnancy

- 23 when carrying first child - consider an older pregnancy
- was concerned about first child because they didn't move much in womb
- was overall an enjoyable experience - no long labors - no c-section
- pregnancies were good overall
- only issue - had gestational diabetes in both pregnancies
- both babies were around 7 pounds and a week/2 weeks early
- had false labor pains for second child
- insurance only covered the first 2 tries
- it took 13 tries for first child - frustrating
- IVF was very expensive! didn't choose IVF as an option
- looking at amniotic fluid for things like down syndrome

## Fertility

- started exploring all of the options
- experience with fertility changes SRH experience
- sperm donor process in columbus was becoming much easier
- wasn't very interested in adoption due to long/expensive process
- partner was willing to have tests done - partner unable to have kids
- sperm donors (related/unrelated)

# 40s

## Infection

# 50s

## Infection

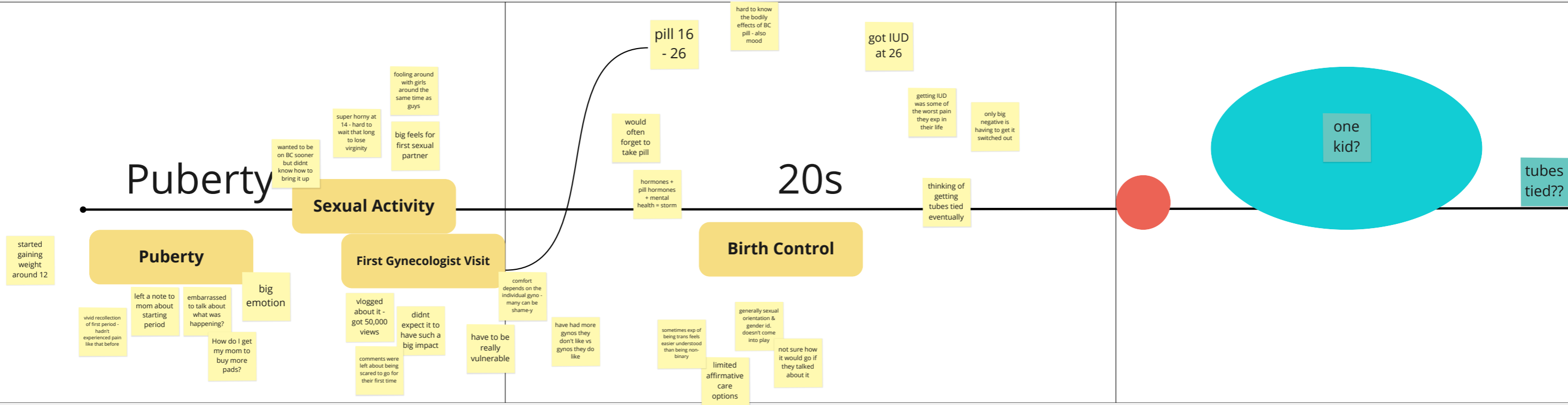
## Menopause

- similar experience to mother
- but never know till you go through it

# 60s



participant 02



participant 03

same as mom

went through puberty early

first period in 4th grade

figured out tampons on her own

talked to mom

mom bought stuff from the store for period but didn't really talk about it

### Puberty

## Puberty

Started in BC pill - on and off for around 10 years

### Sexual Activity

wish he had waited until had more information

was some pressure to keep up with friends experiences

went into it without a lot of guidance

didn't know how to advocate for self

didn't have an orgasm with a partner until much later

didn't understand female pleasure - exp was centered around male pleasure

had to go on BC in highschool for health

### First Gynecologist Visit

dad was very uncomfortable about it

has always had good experiences with HCPs

period when not on BC is really long and bad - 2 periods a month

occasionally ran out and was off BC because of travel - lapse of insurance - access issues

feel comfortable advocating for her pleasure

very communicative - not grossed out by anything happening with her body

was safe to communicate about every other part of their relationship so felt safe about talking about pleasure

met current partner online - med student

mom had a total hysterectomy due to cervical cancer

### Virus

a lot fo new concerns in their life - related to women in general

exp has prompted more openness between her and mom

went back and checked on vaccine history

big difference in exp. with this partner

recent lapse in health benefits - off BC for now

want to stay on the pill

started to develop melasma - skin condition due to high-estrogen pill

## 20s

excited about the possibility of having one long term partner - building a life

has always had this fear due to rough periods - but no history of that in family

fear about fertility issues

### Children

looking forward to having a family

sometime in her 30s

## 30s

participant 04

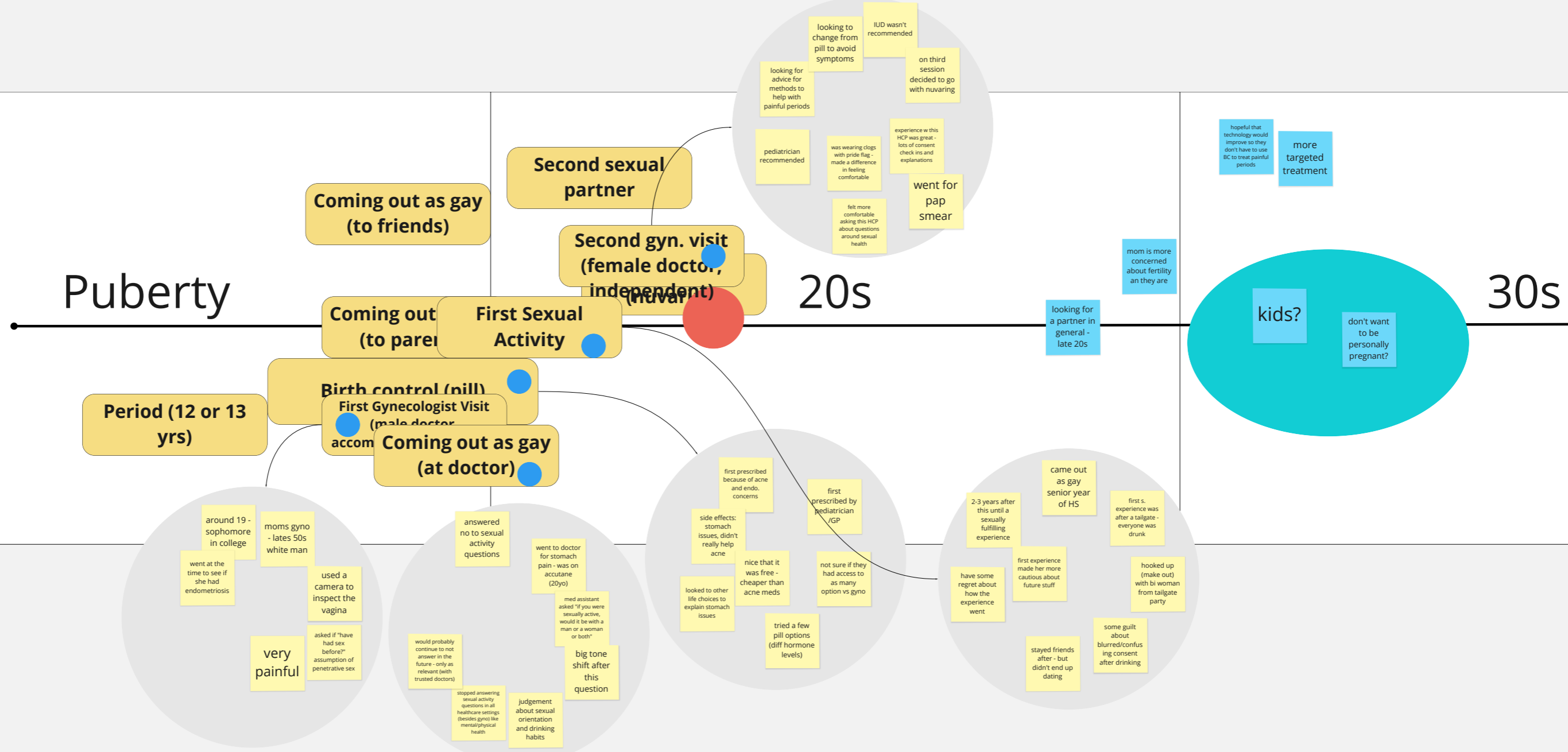
Good

Bad

Puberty

20s

30s

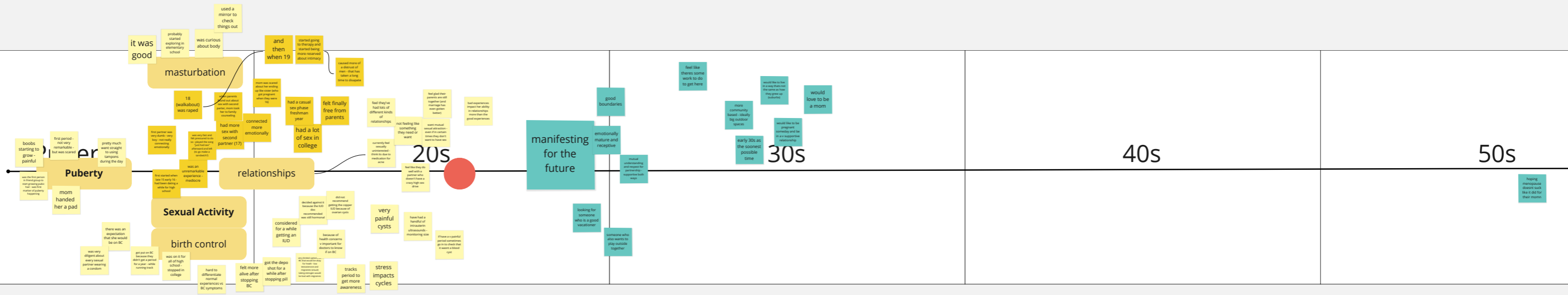


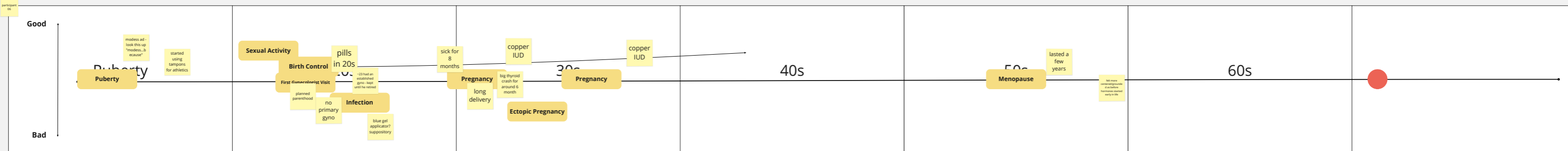


participant 05

Good

Bad





participant 07

Good



Bad

Puberty

period at 12

masturbation

impacted by christian upbringing

crushes vs sexual attraction

arousal related to seeing this

saw porn on accident

Fill a Pill PCOS diagnose

mom diagnosed - used infertility treatments because

was experiencing irregular periods, acne

no documentation of diagnosis

prescribed at 14

uses a menstrual cup

questioning emotional impact of pill

assumed you waited until you need a pap smear to go to the gyno - looking for one now

part of choosing to stop the pill was to explore natural levels of arousal

Sexual Asexual?

big interest in having a children at 16

remembers assault

Sexual Activity

seeing a therapist for sexual trauma

felt reproductive health and sex were separate

questioning definition of "losing your virginity"

not sure if good or bad

off pill

First Gynecologist Visit

20s

Pregnancy

really want to have a kid but don't want to force a kid to exist

fears around childrens mental health