

It is important for healthcare providers to support the safety and bodily autonomy (control of decision-making about what does and does not happen to one's body) of women in relation to their sexual health. HIV prevention, including PrEP (pre-exposure prophylaxis), is a critical component of women's sexual and reproductive healthcare. Ultimately, integrating sexual pleasure and choice into women's overall wellness improves health outcomes.









#### HIV Testing

- HIV testing and prevention must be recognized as a vital element of women's overall wellness and incorporated into sexual and reproductive healthcare efforts throughout a person's lifespan
  - These efforts need to be holistic, valuing all elements of women's well-being (e.g., physical, emotional, lifestyle preferences and choices)
- Women should be offered HIV testing as a part of their regular wellness routine as recommended in US federal HIV treatment and prevention guidelines, not just during pregnancy









#### Reframing HIV Risk

- Racism, geography, trauma experiences, and other non-behavioral factors are drivers of HIV vulnerability; it is important for providers to account for these factors by being more inclusive in who is offered HIV testing and prevention tools, including PrEP
- The language and framing of "risk" often proves not to be relevant to how women view their lives. There is an urgent need for providers to engage in dialogue that prioritizes overall wellness, especially in the context of HIV prevention









#### Normalizing HIV Testing and Prevention

- Offering HIV testing and prevention options like PrEP to all sexually active women can normalize HIV prevention efforts
  - CDC recommendations instruct providers to talk about PrEP and its benefits with all their patients who are having sex, and to prescribe PrEP to anyone who wants it because some patients may feel uncomfortable reporting behaviors due to anticipated stigma
  - While Black women and other women of color are disproportionately impacted by HIV, they may not consider themselves affected by HIV or recognize the need for PrEP
  - Providing women with tools to understand the benefits of PrEP is a critical component of HIV prevention in the context of sexual health and harm reduction for injection drug use
  - Questions about sexuality and drug use should be presented in a factual, non-judgmental way









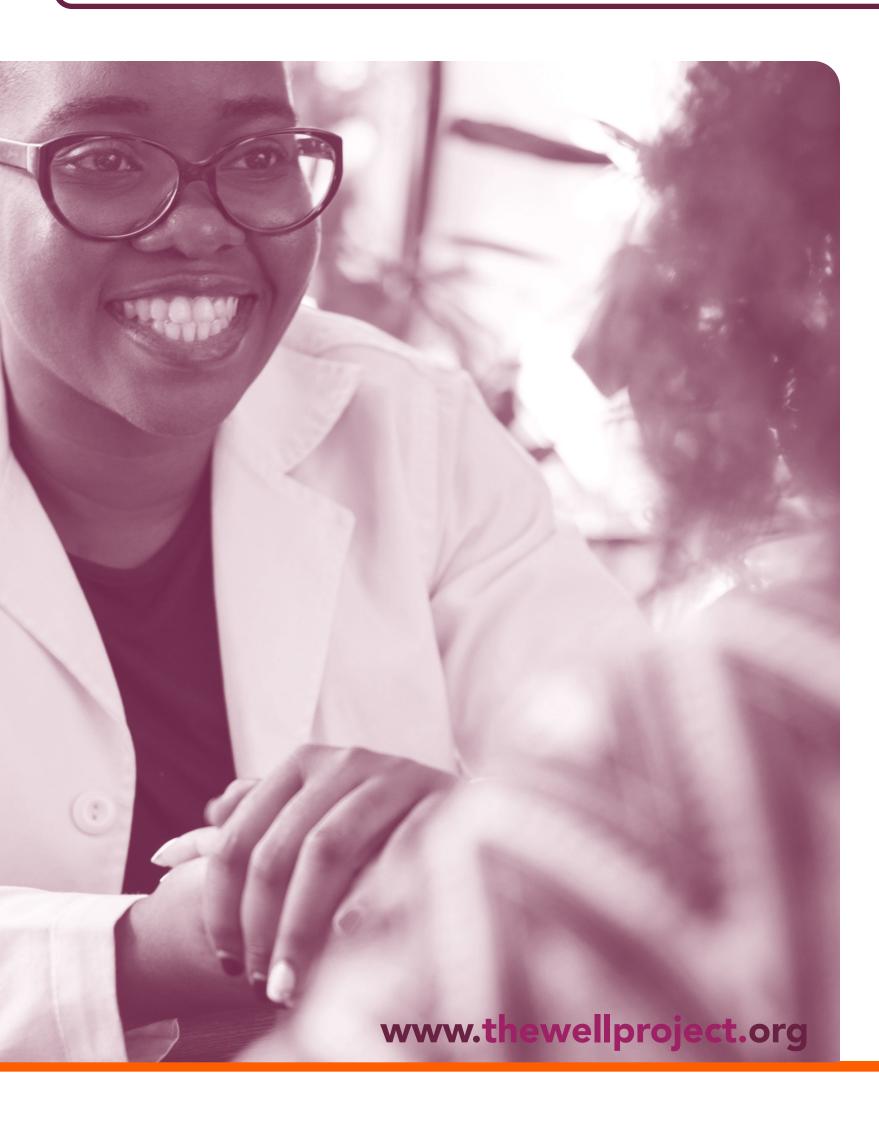
#### Sexual Pleasure and HIV Prevention

- Efforts to promote sexual pleasure have been demonstrated to improve the effectiveness of sexual and reproductive health interventions, including HIV prevention strategies
  - Providers need to engage women in discussions about sexual health that center women's sexual pleasure. While talking about sex may be challenging, discussions around sexual health may increase a sense of well-being and open the door to discussion around effective prevention and autonomy
  - Sexual and reproductive health mean different things to different women
    providers need to meet them where they are
  - Prevention tools like PrEP can increase women's bodily autonomy (control of and decision-making about what does and does not happen to one's body) and sense of agency around sex









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