



# Get the Facts: Sexual & Reproductive Healthcare



[www.y4yquebec.org](http://www.y4yquebec.org)



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## Sexual and reproductive rights:

A group of rights that allow a person autonomy over their body and freedom over their sexual and reproductive life. They include the right to gender and sexual expression, the right to control one's sex life, the right to make family planning decisions, and the right to a healthy life free from violence or discrimination based on gender or sexuality.

## Sexual and reproductive healthcare:

Ensures a person's safe, free, and healthy sexual and reproductive life and includes access to comprehensive sexual education, gender-affirming care, menstrual healthcare, contraception (including emergency and permanent contraception, abortions, testing and treatment for sexually transmitted infections (STIs), physician's appointments, and pregnancy and obstetrical care.

## Services covered by RAMQ:

- Menstrual healthcare
- abortion\*
- contraception\*
- STI testing and treatment
- physician's appointments
- pregnancy/obstetrical care
- gender-affirming care

## Where to access SRH care:

- Your family doctor
- A walk-in clinic
- Your local CLSC
- Aire Ouverte – for youth 12–25
- A school nurse
- A community organization
  - Example: Head and Hands / À Deux Mains (Montréal)

## Privacy and Confidentiality:

### Age of Majority = 18, age of consent = 14

Minors 14 years of age or older can consent to care (whether or not required by their state of health) but must have parental or tutor consent for care which is not required by their state of health and involves a serious risk to health and could cause serious and permanent side effects

## \*Abortion

- Abortion is legal in Québec and Canada
- Medical abortion (pill) is available up to the first trimester, and procedural abortion (surgical) is available at any stage of pregnancy
- Regional availability varies

## \*Contraception

- How do you choose the right contraception method? More information here: [bit.ly/3XKPsHt](https://bit.ly/3XKPsHt)
- Whether contraception is covered depends on your choice of contraception and your health insurance
  - Condoms and other barrier methods – not covered, available at pharmacies
  - Birth control pills and other hormonal methods – covered by prescription drug insurance
    - All Québec residents have prescription drug insurance, either private or provincial
    - IUDs and implants
      - Placement is covered
      - The cost of the LARD (long-acting reversible contraception)
        - Hormonal IUD – covered when provided by a participating physician, not when purchased from a pharmacy
        - Copper IUD – only covered when used as emergency contraception
        - Implant – covered by prescription drug insurance
    - Emergency contraception – covered by prescription drug insurance
    - Permanent contraception – covered

## More Information

- Reach out to Action Canada's access line for sexual health information and referrals to healthcare providers.
  - Call: 1-888-642-2725
  - Text: 613-800-6757
  - Email: [access@actioncanadashr.org](mailto:access@actioncanadashr.org)
- Submit or read AlterHéros' anonymous Q&A on sex, health, gender, relationships, and more here: [bit.ly/3rintCN](https://bit.ly/3rintCN)
- Call Info Santé at 811 to speak to a nurse in Québec