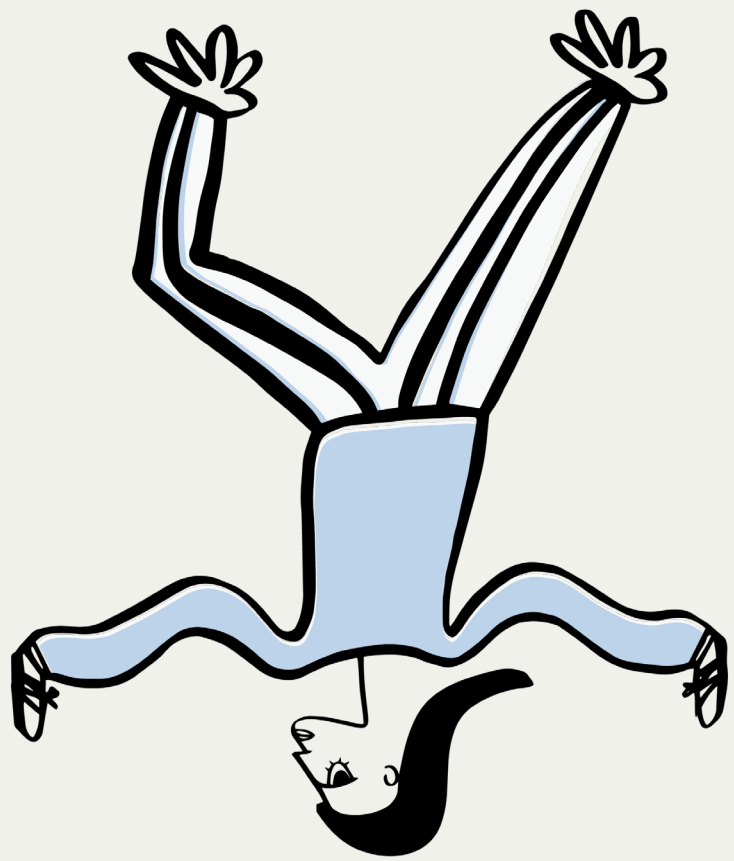




EmBody to EmPower is a resource and campaign designed by young women to support young women to access healthcare. This is a mini version with a few hot tips to get you started! You can find the full digital version through the QR code:

"My hopes for the resource is that the next generation won't have to navigate the system in quite the way that we have had to."
- Eleanor, EmBody to EmPower project participant

From registering with a medical centre, doctor, or dentist, to making appointments, to talking to healthcare practitioners and having treatments, accessing healthcare is a journey. Young women in Scotland struggle to access the healthcare they need and deserve. They want better education for themselves around accessing healthcare, they want to know their rights.



ABOUT THIS RESOURCE

This resource was created by a group of young women aged 16-30 living across Scotland, facilitated by The Young Women's Movement and creative consultant, Zoë Paterson.

It funded by The Princes Trust. Design and Illustrations are by Zoë Paterson.

THE YOUNG
WOMEN'S
MOVEMENT



EmBody To EmPower

A resource for young women about accessing healthcare in Scotland

WHAT CAN A POSITIVE EXPERIENCE OF ACCESSING HEALTHCARE BE LIKE?

You deserve to be **listened to, heard, and believed** by your healthcare practitioner, and shown **empathy** and genuine **care**.

"I have had a positive experience with a GP who was very supportive and understanding when I asked for help with my mental health. He took the time to listen, ask appropriate and compassionate questions, empathised, checked in with me, explained my options, asked me what I needed and did what he could do to support, he prescribed medication, signed me off from work, proactively checked in with me over the phone to see how I was doing."

You should **feel safe**. For example, if you need an examination, you should be offered the chance to have a chaperone join the examination; and all the steps for the examination should be explained to you.

You should have a **choice** and be given the time and space to explore next steps and what supports are going to work for you and your life. Having a plan or clear next steps are really important too. Your healthcare practitioner should be clear and honest with you about the next steps. For example, timings and how long until you are to receive a follow up, and what is involved in any treatments or procedures.

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STILL NOT FEELING RIGHT?

Advocating for yourself in a healthcare setting is important, you deserve to access healthcare that meets your needs.

All too often, young women feel unheard, not believed, and not taken seriously in healthcare settings. You have the right to make decisions about your own healthcare. You should be working together to come up with next steps that meet your needs.

Here are some suggestions for things to say: if you are feeling dismissed:

- *Could there be anything else causing these symptoms?*
- *What other tests can we do to investigate this more?*
- *Can you explain why you think I do not need follow up treatment/referral/tests?*

if you are being offered treatment or medication, and are feeling unclear:

- *What are the benefits and risks of my treatment/medication?*
- *Are there any alternative treatments/medication I can try?*
- *What if I choose not to go with this treatment/medication?*

if you are feeling like you are not being taken seriously:

- *I know my body, and I know this is not normal for me.*
- *I appreciate your expertise but I would like to be referred to a specialist.*
- *This is really impacting my quality of life, I need some clear next steps before I go.*

if you leave your appointment feeling like you haven't been heard or understood, you have the right to choice, to ask to see a different GP or for a second opinion.

- *I believe that getting a second opinion would help me make a more informed decision about my treatment options and give me peace of mind.*
- *I am going to see a different doctor because I don't feel like this appointment has helped me in the way I hoped.*