Starting Difficult Conversations

Fertility Discussions
Pam Simon, NP

Topics to Consider

- Time Constraint
- When/how to bring up subject
- Gender
- Age
- Culture/religion
- Confidentiality/Parent involvement/Partner

Communication Tips

- Be real, honest, present
- Non-judgemental
- Be clear and to the point
- Engage the AYA
- Safe space
- Authentic empathy
- Set expectations
- Listen

Literature