



Why this matters

Talking about women's health is very personal and sometimes difficult — but it can also be empowering.

This guide helps women start conversations with the people who matter most, whether that's a friend, whānau member, partner, or doctor.

Remember — no symptom is too small, and your voice matters.

Talking with friends and family

Your friends and whānau can be an important part of your support system.

Whether you're sharing something you've noticed, asking for help, or just wanting to check in with each other, starting the kōrero can make it easier to act and get the care you need.



How to start the conversation

I've been thinking more about gynae health and realised we don't talk about it much.

I've noticed some symptoms and want to be open about it.

Have you had any worries about your periods or felt pain in your pelvic area?



What you might share

Any symptoms or concerns you're noticing

What you've learned about common signs to look out for
If you're planning to see a doctor or need encouragement to go. What kind of support would help? (listening, reminders, someone to go with you)

Ways to support each other

Talk openly about your experiences to help normalise the conversation

Check in with each other. A simple "how are you feeling?" can make a big difference

Encourage each other to get checked if there's anything concerning

Show up – whether it's booking appointments, coming along, or simply listening, being present matters.

Starting the conversation with your healthcare professional

It's okay to be direct and honest.
Try phrases like:

These symptoms are new for me, and I'd like to understand what's happening.

Could this be related to my reproductive health?

I want to make sure we rule out anything serious.



Questions you can ask

What tests can we do today?

When should I come back if my symptoms continue?

Are there warning signs I should watch for?
Would it be appropriate to **see a specialist?**

Your concerns are valid. If something doesn't feel right or you don't feel heard, speak up.

Ask questions, share your thoughts - if needed, consider getting a second opinion from another healthcare provider.

