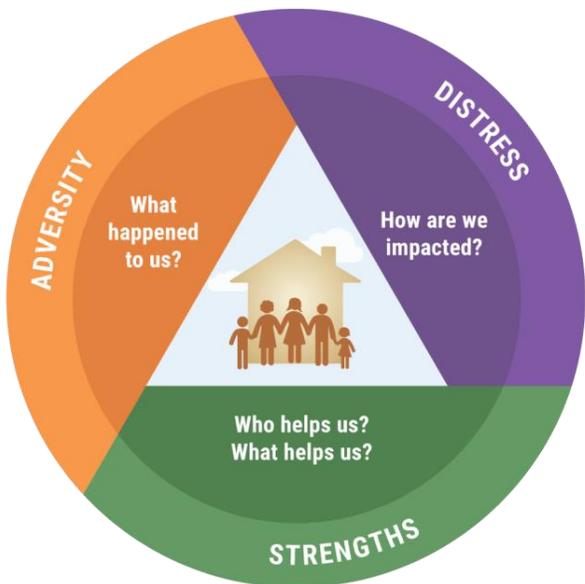


Trauma Inquiry & Response in Family Planning Factsheet

Trauma is Common and Relevant to Family Planning

- » 65% of U.S. adults report at least one adverse childhood experience (ACE), which is associated with less efficacious contraception use and less condom use
- » 1 in 3 women experience intimate partner violence (IPV), and 1 in 4 women experience sexual violence
- » 1 in 2 transgender individuals experience IPV or sexual violence in their lifetime
- » IPV is more common among women with sexually transmitted infections (STI), women seeking abortion, and is a leading cause of maternal mortality
- » 15,000-50,000 individuals are forced into sexual trafficking in the U.S. yearly

Trauma and Resilience-informed Inquiry for Adversity, Distress, and Strengths (TRIADS) Framework



Inquiring about Adversity:

Asking with empathic interest about the patient's experiences of adversity and trauma. Inquiry with open-ended questions and creating a safe environment builds patient-clinician trust. Disclosure is not the goal.

Assessing Distress:

Linking a patient's adverse life experiences to physical and emotional health conditions, including behaviors and habits that may be harmful to health, in a supportive, nonjudgmental manner.

Identifying Strengths:

Guiding the patient to identify personal characteristics, relationships, or community resources that provide support and enhance wellbeing.

"You don't have to be a therapist to be therapeutic."

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Suggested language for trauma inquiry in family planning

- **Broad trauma inquiry**
 - *"Have you had any life experiences that you feel has impacted your health? How do you feel this event/s impacts you?"*
- **Specific inquiry**
 - *"Can you tell me more about what happened when you had unprotected sex?"*
 - *"Violence is an unfortunately common experience for people. Was this a part of your experience as well?"*
 - *"Was the sex you had consensual, something you wanted to do?"*
- **Connecting trauma with health**
 - *"I'm so sorry this happened to you. Experiences like this can cause a variety of health issues, would you be okay if I asked you more questions about your health?"*
- **Trauma-informed exam**
 - *"Before we proceed, is there anything else you think I should know?"*
 - *"Have certain parts of physical exams been difficult for you in the past?"*
 - Offer self-swabs, self-placement of medical equipment
- **Supporting strengths**
 - *"What are ways or thing we can do to help you feel safe?"*
 - *"Can you tell me about your support system?"*

Trauma Inquiry and Response Resources:

- TRIADS: <https://cthc.ucsf.edu/triads/>
- ACEs Aware: <https://www.acesaware.org/>
- Future without Violence: <https://www.futureswithoutviolence.org/>
- National Domestic Violence Hotline: 1-800-799-7233
- National Human Trafficking Hotline: 1-888-373-7888
- National Sexual Assault Hotline: 1-800-656-4673