



MOTHER MATTERS

The right of women with disabilities to motherhood

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INFORMATIVE PILLS

Informative pills provide brief explanations related to disability studies, accessibility for healthcare professionals, and motherhood for women with disabilities. They are based on a microlearning approach, a learning methodology that divides content into short units focused on a single topic or skill.

- MY BODY -

ANATOMY

Understanding your body is the first step toward self-awareness and independence. For people with disabilities, knowing how your anatomy works can help you advocate for your needs and make informed choices.

Key points about your body

- **Body systems:** Your body is made up of interconnected systems (e.g., muscular, reproductive). Disabilities may affect these differently, but learning how they work can help in managing your health.
- **Adaptations and changes:** Disabilities often come with physical variations or adaptations that make your body unique. Embracing this helps you connect with your strengths.





- **Life stages:** From puberty to menopause, understanding how your body evolves helps you navigate these transitions confidently.

Gender, sex, and identity

It's important to understand the distinction between sex and gender:

- **Sex** refers to the biological attributes of your body (e.g., chromosomes, hormones, reproductive anatomy).
- **Gender** is about your identity—how you feel, express yourself, and connect with your body and others.

For some people, their biological sex aligns with their gender (cisgender), while for others, it does not (transgender, non-binary, or gender non-conforming). This can lead to feelings of discomfort or internal conflict, often referred to as gender dysphoria.



Empowering your knowledge

- **Body mapping:** A practical tool to understand your anatomy, recognise normal sensations, and identify areas of concern.
- **Reproductive health:** Learn about your body's sexual and reproductive systems to make informed decisions about menstruation, contraception, and more.

Advocating for your body

- **Accessible healthcare:** Request disability-friendly care and ask for adaptive tools when needed.
- **Body autonomy:** You are the ultimate authority over your body and its care.
- **Rights and respect:** Demand dignity, consent, and clear communication in all healthcare interactions.

Your anatomy, your power

By understanding your body, you can build confidence, advocate for your needs, and take control of your health and well-being. Your body is uniquely yours—capable and deserving of respect.

