

ABOUT UPSPOKEN & ROYALTEA

Upspoken, powered by California Black Women's Health Project, is a space for Black women to come together and share our diverse experiences, vulnerabilities and journeys in love, relationships and sex. We believe that, through collective support, we can draw empowerment from one another, giving us the confidence to fully embrace our sexuality and create healthy relationships that help prioritize our needs.

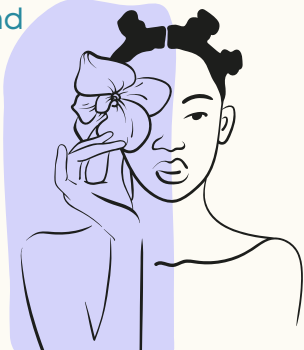
RoyalTea, a sexual wellness toolkit by Upspoken, takes the innate power of Black women and brews it with sexual empowerment to pour protection and pleasure tips into our lives and community.

Sipping this Tea will equip us to:

- **MAKE** decisions for and about our bodies without shame, stigma, or guilt
- **TAKE** control of our sexual health and speak up for our needs loudly and unapologetically
- **DETERMINE** our path for reproductive choices and STI prevention in healthy ways
- **IMPROVE** the way we show up for ourselves in love, sex and relationships



TEA TIME



TEA FOR VISITS WITH YOUR DOCTOR

At your next appointment, you can request a full panel of tests and specifically ask for the following:

PAP TEST

(Testing for: HPV & cervical cancer)

URINE SAMPLE

(Testing for: chlamydia & gonorrhea)

BLOOD TEST

(Testing for: herpes, hepatitis, HIV & syphilis)



HOT-TEA TIPS

- If your physician declines to conduct tests for your sexual health and well-being, ask them to document "refusal to treat" in your medical records.
- If you feel your concerns aren't being taken seriously, don't hesitate to seek a second opinion from another healthcare provider.

FINDING CARE

In seeking a doctor who prioritizes your sexual health, consider reaching out to local organizations for recommendations, exploring online directories of healthcare providers specializing in sexual health or asking friends or community members who prioritize sexual healthcare in their own medical experiences. Additionally, researching providers and facilities that advocate for inclusive and non-judgmental care regarding sexual health can be beneficial.

RoyalTea Receipts

Brewed for Us, by Us.



This isn't just tea; it's truth.

We're spilling everything you need to know to make bold, informed choices about your body, your relationships, and your future.

SIP IT. OWN IT. SPEAK IT.



SCAN TO ACCESS

RoyalTea Receipts

THE TEA ON HIV & STIs

Black women are diagnosed at higher rates than White women for:

GONORRHEA

6.9x

CHLAMYDIA

5x

HIV

10x

SYPHILIS

6.4x

More than half of adults say they personally know someone, including themselves, who has had an STI such as gonorrhea, chlamydia, genital herpes, syphilis or human papillomavirus (HPV).



Getting tested is the only way to know!

About 1 in 7 people in the U.S. who have HIV don't know they have it. The CDC (Center for Disease Control) estimates that, at some point in their lifetimes, one in 48 Black women will be diagnosed with HIV.



PAP TEST OVERVIEW

A **Pap test** (Pap smear) is a simple screening that checks for cervical cancer and Human Papillomavirus (HPV).

- **Cervical Cancer** is a serious disease where abnormal cells grow in the cervix, the lower part of the uterus, which can be life-threatening if not detected early.
- **HPV** is a virus linked to cervical cancer; many people carry it without knowing.

Why It Matters

- The Pap test identifies abnormal cells before they develop into cancer, allowing for timely treatment.
- Regular screenings promote sexual and reproductive health, helping you stay informed and proactive.

URINE SAMPLE/TEST OVERVIEW

A **urine sample** is a quick test used to check for chlamydia and gonorrhea, both common sexually transmitted infections (STIs).

- **Chlamydia** often does not show any symptoms, this infection can lead to serious reproductive health issues if untreated.
- **Gonorrhea**: Similar to chlamydia, it may not show symptoms initially but can cause complications, including infertility.

Why It Matters

- A urine sample is non-invasive and easy to collect.
- Testing helps identify infections early, allowing for timely treatment and may help prevent complications.

BLOOD SAMPLE/TEST OVERVIEW

A **blood test** is used to screen for several STIs, including herpes, hepatitis, HIV and syphilis.

- **Herpes** is a viral infection causing sores; many people are asymptomatic but can still transmit the virus.
- **Hepatitis**: Infections affecting the liver, which can lead to serious health issues if not addressed.
- **HIV** is a virus that affects the immune system but can be managed effectively with early detection and treatment.
- **Syphilis** is a bacterial infection that progresses through stages and can cause severe health problems if left untreated.

Why It Matters

- A blood test can identify STIs even if you've had no symptoms.
- Detecting these infections early supports timely treatment, reducing health risks and transmission.

No matter your age, reproductive health stage or phase, sexual orientation or relationship status, **get tested for HIV and STIs** and continue to prioritize your sexual health.

Setting Royaltea goals



Set meaningful goals for your sexual health.

This process is not just about targets; it's a powerful way to establish new habits, center your focus and keep your momentum going. As you think about your goals, reflect on these statements for guidance:

- I will schedule two STI tests this year
- I will schedule my first or next PAP test
- I will ask my provider at least two questions at my next visit about my sexual health
- I will get connected to an affirming group or individual to build community
- I will communicate with my partner about health-centered sex practices (condoms, testing, etc.)
- I will have a discussion with someone I trust concerning sexual health and my wellness goals

upspoken

upspokenwomen.com

