

WHAT TO LOOK FOR IN A DIGITAL HEALTH RESOURCE

A checklist for service providers to tell if a tool is **gender-informed**

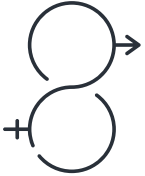
DOES IT CONSIDER DIFFERENT GENDER GROUPS?



Does it acknowledge different roles, responsibilities, and needs?

Do examples and scenarios use language that includes diverse genders and represent women in multidimensional social roles and situations?

DOES IT RECOGNIZE GENDER FLUIDITY?



Does it include trans, binary, and non-binary identities?

Does it allow users to identify with multiple gender options and include diverse genders in examples and scenarios?

DOES IT CHALLENGE NEGATIVE STEREOTYPES?



Does it avoid gendered power imbalances?

Does it challenge stigma related to drug use and parenting, or address gender-specific barriers to accessing treatment?

DOES IT INCLUDE INFO THAT IS SEX OR GENDER SPECIFIC?



Does it explain different consequences of substance use ?

Does it provide information about sex- or gender-specific risks of substance use, and sex- or gender-specific harms from it (biological, social, legal, and socioeconomic)?

DOES IT SUPPORT EMPOWERMENT?



Does it promote confidence, resilience, and motivation?

Does it use empowering language? Does it assess readiness and motivation to change? Does it offer validation, holistic resources, and peer support opportunities?

DOES IT ADDRESS GENDER EQUITY?



Does it address systemic barriers to treatment and recovery?

Does the content portray roles that break typical societal gender norms (such as by not only presenting women as parents)? Does it consider gender-specific stigma as a barrier to change?

DOES IT RECOGNIZE INTERSECTIONALITY?



Does it acknowledge the root causes of disempowerment?

Does it consider various sociodemographic factors, systemic and structural discrimination and injustice, and forms of trauma and violence?

WHAT TO LOOK FOR IN A DIGITAL HEALTH RESOURCE

A checklist for service providers to tell if a tool is **trauma-informed**

DOES IT ACKNOWLEDGE THE ROLE OF TRAUMA?



Does it recognize the links between trauma and substance use?

Does it screen for current or historical trauma and address the impact of abuse or gender-based violence on coping and substance use?

IS IT SAFE AND TRUSTWORTHY?



Does it make users feel they are in a safe space?

Does it provide information on data privacy and confidentiality? Does it address the importance of both physical and emotional safety, such as by highlighting risky locations, safe consumption practices, and mindfulness activities ?

DOES IT ALLOW CHOICE, CONTROL AND COLLABORATION?



Does it allow users to choose their goals and activities?

Does it encourage collaborative relationships with other users and allow for feedback to developers? Does it accommodate individual levels of readiness and stages of recovery?

IS IT STRENGTHS-BASED, SKILL-BUILDING AND EMPOWERING?



Does it foster self-determination and hope?

Does it highlight resilience and holistic wellness, rather than pathology and symptoms? Does it provide positive checkpoints for validation through the recovery process?

DOES IT RECOGNIZE CULTURAL/HISTORICAL/GENDER ISSUES?



Is it anti-racist, anti-oppressive and inclusive?

Does it acknowledge how intergenerational trauma, systemic injustice, and familial experiences influence substance use, treatment and recovery? Does it recognize the benefits to recovery of exploring one's culture or community?



Addictions &
Mental Health
Ontario

Dépendances &
santé mentale
d'Ontario



The Jean Tweed Centre
For Women & Their Families



Centre for
Innovation in
Peer Support



Canadian Institutes of
Health Research
Instituts de recherche
en santé du Canada