

Healthy Sexuality - Choices Not Chances Resource Kit - 2008

The "**Healthy Sexuality - Choices Not Chances**" Resource Kit was originally developed in partnership with York Region District School Board and York Region Community and Health Services. The purpose of the resource is to provide educators with ready to use information, materials, samples of birth control methods, and samples of protective devices used to protect against Sexually Transmitted Infections (STIs), including HIV. The information provided in the resource relates to healthy sexuality as outlined in The Ontario Curriculum, Health and Physical Education 1998.

Rationale

There is an important role for schools and Health Services to play in providing education and awareness regarding responsible decisions related to healthy sexuality among youth. Between the ages of 12 and 14, a time when they face new pressures at home and at school, young people make important decisions that affect their health. As most young people spend a substantial part of their week in an academic environment, schools have the potential to play a pivotal role in providing youth the knowledge and skills to make informed, responsible "**Choices Not Chances**" regarding their sexual health.

Outline of this Resource

This resource package includes resource materials (teacher/student resource charts, fact sheets, pamphlets, and a resource list). The kit also contains samples of birth control methods and protective devices to protect against Sexually Transmitted Infections (STIs), including HIV.

Please note:

- **The contents of this kit** - are for in class demonstration purposes only. They are not to be used as they may be past their expiry date.
- **The clip attached to the Nuvaring placebo in this kit is for the easy holding of the sample only. It is not a part of the true Nuvaring.**
- **Norplant** - has been withdrawn as a birth control method in Canada. It is used mainly in places where women don't have access to other methods of reliable contraception.
- **Condoms with Nonoxynol -9** - can be irritating to the lining of a woman's vagina, making her more susceptible to STIs, including HIV.
- **Depo-Provera** - The World Health Organization recommends that there is no restriction on the use of Depo-Provera including no restriction on duration of use among women aged 18 to 45 years who are otherwise eligible to use the method.
The Society of Obstetricians and Gynaecologists of Canada guidelines re Depo-Provera use indicate that baseline and routine bone mineral density is not recommended. Clients using Depo-Provera should be counselled on the following:
 - a) need for calcium and vitamin D supplements
 - b) smoking cessation
 - c) weight bearing exercises
 - d) decreased alcohol and coffeeine consumption
- **Plan B Emergency Contraceptive** - is now available over the counter in Canada.
- **Urine testing for gonorrhea and chlamydia** is now available for males and females.



Build your own kit or update an existing kit:

York Region Community and Health Services will ensure that a limited number of kits housed at the YRDSB resource library are updated yearly until the 2008-2009 school year, after which schools are encouraged to build their own kit or update an existing one.

To update your existing kit or build a new kit, visit the York Region Community and Health Services website and follow the 4 easy steps outlined there.

Click on the following link for direct access:

<http://www.york.ca/Services/Public+Health+and+Safety/Healthy+Schools/Teachers+-+Resources+-+Birth+Control.htm>

Or, visit www.york.ca/healthyschools, go to the bottom right of the page and click on Resources – from there click on Birth Control Kit.

A resource list with approximate pricing is included in this kit to assist with the building or restocking of your own kit.

The hands-on examples in this kit were made possible in part by the generous donation from the following: Apothecus Pharmaceutical Corp., Jasen-Ortho, Organon Canada Ltd., Pamco Distributing Inc., Pharma Science, Protectaid, and The Female Health Company.

If you have any questions or would like to speak to a Public Health Nurse, contact York Region Community and Health Services *Health Connection* at 1-800-361-5653 or visit www.york.ca.