

Healthy Sexuality - Choices Not Chances Resource List
Secondary
August – 2008

Sample Birth Control Methods	Approximate Cost	Source
Male condom	12 @ \$8.39	Can be purchased at any local drug store.
Female condom	3 @ \$9.69	Can be purchased at any local drug store.
Vaginal contraceptive film	6 @ \$8.00-\$10.00	Can be purchased at any local drug store.
Vaginal contraceptive sponge	3 @ \$10.99-\$14.99	Can be purchased at any local drug store.
Vaginal contraceptive foam (26 grams)	3 @ \$12.99	Can be purchased at any local drug store.
Lubricant, sheer glyde dam, female speculum, cyto-brush, GC/CT swab, urine container, birth control pills, contraceptive patch, and NuvaRing	\$5.00 - \$15.00 per unit	Email: marjanna.palmer@york.ca
Sample Resource Materials		
Two-sided Comparison Chart / Spiral-bound Charts		
Choose a Contraceptive that is Right for You Understanding Sexuality Transmitted Infections	First 5 copies free, \$5.00 each thereafter	Society of Obstetricians and Gynecologists of Canada http://sexualityandu.ca/teachers/order-online.aspx or 1-800-561-2416
Pamphlets and Fact Sheets		
A number of sample pamphlets and Fact Sheets are available from York Region Community and Health.		Email: marjanna.palmer@york.ca
Condoms How to use them Teens and Abstinence Abstinence Self-test Sex Self-test		ETR Associates, Scotts Valley, CA, 95066 www.etr.org or 1-800-321-4407
For further information on Sexual Health, Clinic Services, or to speak to a Public Health Nurse		York Region Community and Health Services Health Connection at 1-800-361-5653 Monday – Friday 8:30 a.m. - 4:30p.m.
For continual updates, Fact Sheets and further information		Visit our web site http://www.york.ca/healthyschools Click on Resources – from there click on Birth Control Kit

