

Healthy Sexuality – Choices Not Chances Resource Kit
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1. Kit Samples

- Male / Female Condom with instruction sheet
- Vaginal Contraceptive Film
- Birth Control Pills with instruction sheet
- Vaginal Contraceptive Sponge with instruction sheet
- Vaginal Contraceptive Foam with instruction sheet
- Contraceptive Patch with instruction sheet
- NuvaRing
- KY Liquid / Personal Lubricant
- Female Speculum, cyto-brush, and GC/CT swab (refer to the pamphlet *Your Pelvic Exam – Let's talk about it*)
- Urine container
- Sheer Glyde Dam

2. Resource Materials

Two-sided Comparison Chart:

- Choosing a Contraceptive that is Right for You

Spiral-bound Charts:

- Choosing a Contraceptive that is Right for You
- Understanding Sexually Transmitted Infections

Pamphlets:

- Abstinence Self-test
- Birth Control Options – What you need to know
- Breast Self-examination
- Choosing IUD
- Condoms - How to Use Them
- Protectaid Contraceptive Sponge Instructions
- Public Health Agency of Canada – STI booklet
- Reality Demonstration Guide
- Reality Facts
- Sex Self-test
- Teens and Abstinence
- The Ball's in Your Court – Testicular Self-examination
- The Effective Contraceptive You Can't Feel! Vaginal Contraceptive Film
- Your Guide to NuvaRing
- Your Pelvic Exam – Let's talk about it
- You've Got the Power – Deciding to wait
- Welcome to York Region Sexual Health Clinics: Protect yourself and others
- What You Should Know about Evra

Fact Sheets - Birth Control: The Birth Control Pill, Cervical Cap, Condoms, Contraceptive Patch, Depo-Provera, Diaphragm, Female Condom, Female Sterilization, Intrauterine Device, Male Sterilization, Natural Family Planning, Plan B Emergency Contraceptive Pills, Spermicide.

Fact Sheets - STI: Bacterial Vaginosis, Chlamydia, Genital Herpes, Genital Warts, Gonorrhea, Hepatitis B, Hepatitis C, HIV/AIDS, HPV and Gardasil, Molluscum Contagiosum, Pubic Lice, Syphilis, Trichomoniasis, Yeast Infection.

Tear Off Notepad: York Region Sexual Health Clinics: Protect yourself and others

Sexual Health Clinic Tour DVD (available at York Region Community and Health Services from January 2009)

Supplies Resource List

