

Healthy Sexuality

Healthy Sexuality Program (York Region Community & Health Services - Infectious Diseases Control Division). Through the program's sexual health clinics, sexual health phone line, and workshops to community groups, people can access the following:

- counseling and education on contraceptive options, pregnancy, sexually transmitted infections (STIs), sexual orientation, sexuality and relationships
- contraceptives, STI testing, pregnancy testing and sexual health exams

Manuals and Curriculum Resources

Grades 7 and up

- **Contraception resource kit: Healthy Sexuality - Choice Not Chances.** This resource kit provides educators with ready to use information, materials and hands-on examples of birth control methods and protection devices related to healthy sexuality as outlined in *The Ontario Curriculum Grades 1 – 10, Health and Physical Education, 1998*. The kit includes the following resources:
 - teacher/student resource charts, posters, fact sheets and pamphlets
 - examples of birth control methods and devices to protect against STIsThere are kits in the resource centres of secondary schools and elementary schools.

Presentations

- **York Region's Sexual Health Clinics** (Grades 9-12). Public Health nurses will visit classes for 10 to 15 minutes to provide information on our sexual health clinics. (Note: this does not include a lesson on contraception or STIs.)
- **Sexual Orientation and Gender Identity.** Workshops and assembly presentations are available to raise awareness and sensitivity and to help create inclusive environments. These presentations can be tailored to available time and interests. The topics and strategies that can be covered include a youth speaker, statistics, the Ontario Human Rights Code, interactive games and activities. Teachers or parent groups can also learn about the stages of coming out for youth and parents.

Websites

Society of Obstetricians and Gynaecologists of Canada

www.sexualityandu.ca

Sex Information and Education Council of Canada (SIECCAN)

www.sieccan.org

Canadian Health Network

www.canadian-health-network.ca

Public Health Nurses are also available for consultation and support on issues related to Sexual Health.

For more information, call York Region *Health Connection* at 1-800-361-5653 or visit www.york.ca/sexualhealth.