



the **youth** centre



PRESENTING THE FACTS:  
SEXUAL HEALTH & YOUTH!

*Sexual Health Awareness  
Support & Planning Guide  
for High Schools in Ajax & Pickering  
2005 - 2006*

Ideas & resources to support your school in educating  
students, staff & parents about healthy sexuality & youth





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## **Free In-Class Support! Sexual Health Grade 9**

This presentation is designed to support Provincial curriculum guidelines for “Healthy Growth and Sexuality”.

(Time Required: 75 Minutes)

Our experienced **Nurse Practitioners** are available to facilitate **free in-class presentations** to your grade 9 students.

Our Medical Team is experienced in working for and with youth to address issues that are important to them. Our in-class presentations use a variety of teaching methods, including: **interactive discussions, brainstorming, Q&A, demonstrations, handouts and videos**.

Discussion topics may include:

- Healthy relationships, abstinence, decision-making and assertiveness skills
- Sexually transmitted infection prevention
- An overview of available contraception, with an emphasis on hormonal and barrier methods
- A review of community support available to youth who have questions or concerns related to healthy sexuality

### **BOOKING REQUIREMENTS:**

- A minimum of three weeks advance notice is required when requesting a presentation.
- In-class presentations are limited to schools within the municipalities of Ajax and Pickering.
- Each presentation can accommodate a maximum of 35 students.
- Presentations will be booked on a first come basis, subject to availability.
- In-class support is only available on: Mondays, Tuesday mornings, Thursday afternoons or Fridays.

### **NOTE TO TEACHERS:**

- Teachers are expected to have done some degree of preparation with their class prior to the presentation day.
- Teachers are encouraged to have a question box in their classroom for students to leave confidential questions to be asked during the session.
- Suggestions for follow-up will be provided to teachers upon request.

For more information call 905-428-1212



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## **Sexual Health “Train the Trainer” Free Professional Support**

(Time Required: approximately 60 minutes)

Teachers interested in enhancing their own competence in delivering the curriculum components related to “Growth and Development” are invited to participate in a “train the trainer” workshop specifically tailored to meet each school’s unique needs.

Discussion may include a review of current sexual health information and teaching strategies, the handling of difficult questions or topics and review of available community services for youth with sexual health concerns.

Pamphlets and product samples will be provided to teachers based on availability.

Teaching aids, videos, brochures and books are also available on loan from our resource library to teachers wanting to facilitate their own course material.

### **BOOKING REQUIREMENTS:**

- A minimum of three weeks advance notice is required when requesting a “train the trainer” session.
- Teacher training is limited to schools within the municipalities of Ajax and Pickering.
- Training sessions will be booked on a first come basis, subject to availability.

For more information call 905-428-1212



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## **Sexual Health Trends & Today's Youth Free Professional Support**

(Time Required: approximately 60 minutes)

Are rates of teen pregnancy on the rise in Canada?

What do we know about the rates of sexually transmitted infections among Canadian teens?

Is it common to find a 14 year old who has had sexual intercourse?

Do most sexually active teens have multiple partners?

Do sexually active teens use condoms consistently?

**If your school staff are interested in learning more about sexual health trends and issues among Canadian youth, then this may be the forum for you!**

**Our Medical team will share the latest research and facilitate an open dialogue with your staff to discuss important questions and concerns they have about the sexual health awareness of your students.**

### **BOOKING REQUIREMENTS:**

- A minimum of three weeks advance notice is required when requesting a "Sexual Health Trends" staff information session.
- Staff information sessions are limited to schools within the municipalities of Ajax and Pickering.
- Staff information sessions will be booked on a first come basis, subject to availability.

For more information call 905-428-1212



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## **Raising Sexually Healthy Teens Free Parent Forum**

(Time Required: approximately 1.5 to 2 hours)

Sexuality education is a lifelong process that begins at birth. Parents, families, peers, schools, religion and the media influence the messages that people receive about sexuality at all stages of life. Sometimes, these messages can be conflicting, incomplete and inaccurate. All of us have the right to comprehensive sexual health education.

Parents are – and ought to be – their children’s primary sexual health educators, but often they may need help, encouragement, and access to current resources in order to fulfill this important role.

Talking about sexuality with your children can be a challenge – sometimes parents are fearful about saying too much too soon (although there is no evidence that this should be a concern) and others feel that they don’t know enough to be a reliable source of accurate information. It is important to know that no parent needs to be an expert on sexuality to have a meaningful conversation with their children. Every parent can share their values about sexuality, relationships and respect for others (SIECUS, 2004).

**Staff from our Medical Team are available to facilitate a free evening forum, uniquely designed for parents. Our hope is to offer parents strategies to assist them in opening up these sometimes challenging and sensitive dialogues with their teens.**

### **BOOKING REQUIREMENTS:**

- A minimum of three weeks advance notice is required when requesting a parent forum.
- Parent forums are limited to schools within the municipalities of Ajax and Pickering.
- Parent forums will be booked on a first come basis, subject to availability.

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## **Sexual Health Awareness Month Coming February 2006!**

Although sexual and reproductive health is a key part of an individual's overall health and well-being, Canadians continue to lack access to accurate, non-judgmental information and services regarding their sexual and reproductive health.

FACTS AND FIGURES: Sexual Health and Youth in Canada  
(from SRH Awareness Day Resource Kit 2003)

- There are high rates of sexually transmitted infections (STIs) in youth aged 15-24 in Canada
- Many sexually active youth place themselves at risk of pregnancy and STIs
- Only 60% of sexually active 15-17 year olds consistently use some form of contraception.
- While the majority of Canadian parents want their children to receive sexual health education in school, access to sexual health education in schools has declined. Curriculum time devoted to sexual health has declined as health education is combined with career or physical education.

**Throughout the month of February 2006, The Youth Centre is available to help high school students develop and run activities and events at their school, in support of sexual and reproductive health awareness. These initiatives will coincide with nationally organized campaign events and resources in support of “Sexual and Reproductive Health (SRH) Awareness Day”.**

### **What is Sexual and Reproductive Health (SRH) Awareness Day?**

“Sexual and Reproductive Health (SRH) Awareness Day” is an annual health promotion event focusing attention on the importance of sexual health issues in the health and well being of Canadians. SRH Awareness Day is supported by the Canadian Health Network and Planned Parenthood Federation of Canada, with events organized by organizations across the country.

### **AVAILABLE RESOURCES FROM THE YOUTH CENTRE INCLUDE:**

- “Sexual and Reproductive Health Awareness Day” Resource Kit for 2006, to help students create and plan their school's own STUDENT-DRIVEN awareness events.
- Supervised lunch-hour display and supporting materials from the Youth Centre, addressing healthy sexuality, healthy relationships and youth.

### **BOOKING REQUIREMENTS:**

- A minimum of three weeks advance notice is required when requesting a display or support for sexual health awareness month.
- Resources and support are limited to schools within the municipalities of Ajax and Pickering.
- Resources and support will be booked on a first come basis, subject to availability.

For more information call 905-428-1212