



Western
Health

Sexual Wellness

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Contraception



Sexually Transmitted Infections



Pregnancy



Sexual Diversity



Women's Sexual Health



Adolescent Sexual and Reproductive Health



Teen Sexual and Reproductive Health



Sexual Well-being

YOUR LINK TO
SEXUAL WELL-BEING

Objectives:



You will learn more about:

- Sexual Health.
- Safer Sex.
- Sexually Transmitted Infections.
- Birth Control Options.
- Sexual Assault Nurse Examiner (SANE) program.



Sexuality

- Is a part of everybody's life.
- Plays a major role in the overall health and well being of individuals.
- Sexual health tends to be a subject that everyone wants to know about, but no one wants to talk about.





Goals for Sexual Health:

Positive Outcomes:

- Self esteem.
- Respect.
- Being able to form rewarding human relationships.
- Experiencing the joy of desired parenthood when you are ready.

Avoid Negative Outcomes:

- Unwanted pregnancy.
- Sexually transmitted infections.
- Sexual coercion or forced to do something that you are not ready or willing to do.

Sexual Wellness



- It's a state of body/mind that enables you to enjoy and explore sex on your **own terms** and in your **own time**.
- It is important you are comfortable:
 - with yourself,
 - your partner and
 - the decisions that you are making.

Sexual Orientation

- “Is defined by the sex of individuals for whom we feel an attraction and affection, both physical and emotional.”
 - straight
 - gay, queer
 - lesbian
 - bisexual
 - transgender
 - two spirited



What is Sex?

- There are a wide range of ways in which people act on their sexual or romantic feelings.
- Sex comes with risks as well as pleasures.



Harm Reduction

- Seeks to prevent the harm caused by sexual risk-taking behavior rather than attempting to eliminate that sexual behavior all together.
- It focuses on strategies to increase a client's safer sex practices while acknowledging they may not always be able to practice safer sex.



Safer Sex:

- Sexual activities when there is no risk or low risk of exchanging bodily fluids such as from one person to another.
- Some sexual activities have higher risks of STI's or pregnancy.

- NO RISKS
- LOW RISKS
- MEDIUM RISK
- HIGH RISKS

High Risk Behaviors



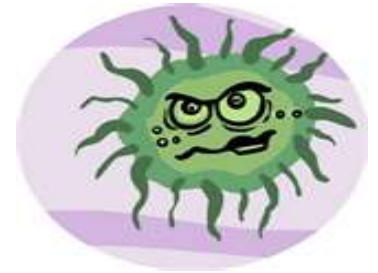
- Having multiple sexual partners.
- Having a past history of any STI or a partner with a past history of any STI.
- Having a partner with an unknown history.
- Using drugs or alcohol in a situation where sex might occur.
- Having a partner who is an IV drug user.
- Having unprotected sex.

Consequences of Having Sex:

- Sexual Transmitted Infection
- Pregnancy



STI's



- Infections spread through sexual contact when there is an exchange in blood or bodily fluid.
- It makes no difference if you are straight, gay, lesbian, bisexual, or transgender.
- Some STI's can be cured if they are found and treated.
- Other's can be treated and controlled, but are never cured.

You are at risk, if you have unprotected sex!!!





Most Common STI's:

Bacterial:

- Chlamydia
- Gonorrhea-Dose/Clap
- Trichomoniasis
- Syphilis

Viral:

- HIV/ AIDS
- Genital Herpes - Herpes Simplex
- Genital Warts - Human Papilloma Virus
- Hepatitis

Birth Control:

So condoms
are rubbers.

But not like the
ones you wear
in the rain!



Birth Control:

- Hormonal methods
- Condom and other barrier methods
- Implant Devices
- Natural and permanent methods



Bottom Line - any method will only work if you use it the right way and use it **every time** you have sex.

- Birth control will help protect you from pregnancy.

Hormonal Methods:

- Prevents pregnancy by interfering with ovulation, fertilization, and/or implantation of the fertilized egg.

- Birth control pill
- Patch
- Injection
- Vaginal ring

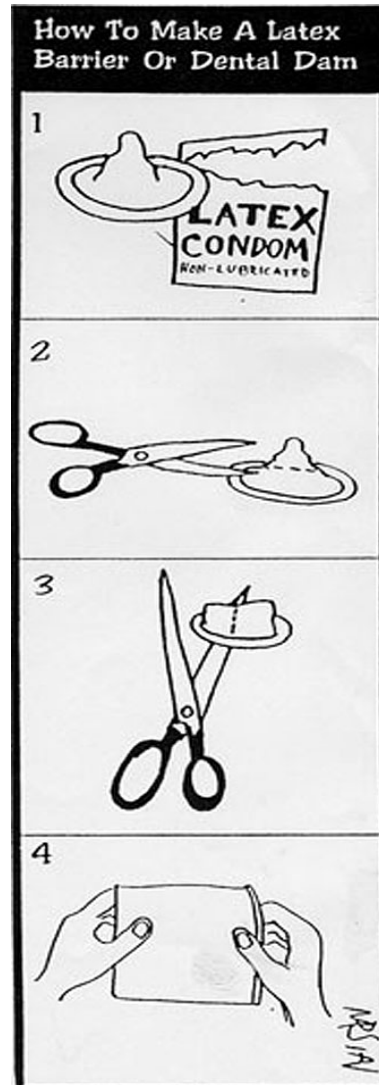


Barrier Methods:

- Put up a block, or barrier, to keep sperm from reaching the egg.
 - Contraceptive Sponge
 - Diaphragm and Cervical Cap
 - Female Condom
 - Male Condom
 - Dental Dam
 - Spermicidal



How to Make a Dental Dam:



Implant Devices:



- Intrauterine Devices (IUD).
- A T-shaped device with a copper wire around it.
- It is inserted into the uterus by a physician in the doctor's office.
- Long-lasting contraceptive; can be left in place for up to five years.
- Two threads may be felt in the vagina, so a woman can check for herself to ensure that the IUD is still in place.
- Does not protect against sexually transmitted infections.

Natural Family Planning

- This method is when you do not have sex or use a barrier method on the days you are most fertile (most likely to become pregnant).
- To have success you need to learn about your menstrual cycle and keep a written record of:
 - your monthly period,
 - what it was like (heavy/light).
 - how you felt (sore breast, cramps).



Permanent Methods

For people who are sure they never want to have a child or they do not want any more children.

Surgical Sterilization

- **Tubal ligation** - A surgical procedure to close or block the fallopian tubes.
- **Vasectomy** - A surgical procedure to close or block the vas deferens (the tubes that carry sperm to the penis).

Emergency Contraception:

- Is used to prevent pregnancy when unprotected vaginal intercourse has occurred or it was used but did not work - like a condom breaking, sexual assault.
- It prevents 3 out of 4 pregnancies.
- Plan B - can be taken up to 72 hours after unprotected intercourse or suspected failure.



Sexual Assault Nurse Examiner (SANE)

Registered Nurse With Advanced Education and Clinical Preparation In Forensic Examination Of Sexual Assault Victims.

Nationally & Internationally Accepted Program that provides coordinated, timely, comprehensive and compassionate care to victims of sexual assault.



SANE Role:

- Health History.
- Evidence Collection.
- Care of Injuries (Emotional/Physical).
- Preserving Victims Dignity.
- Reducing Psychological Trauma.
- Prophylactic Treatment.
- Evaluation of Pregnancy Risk.
- Offering Prevention Of Pregnancy.

Summary

- Safer Sex: Dual Protection:
 - Every time/ with every partner
 - Condoms/ Dental Dams
 - Get tested
 - Know the signs and symptoms
- Regular health checks
 - Pap Test
 - Breast Examinations
 - Testicular Examinations

Where to go from here...

- Guidance Counselor
- School /Public Health Nurse
- Health Care Provider
- AIDS Committee NL 1-800-563-1575
- NL Sexual Health Centre 1-877-666-9847
- Parents



Remember:

- Your happiness and health are very important.
- It may be uncomfortable talking about sex but everyone needs to know the facts

In a healthy relationship, you need to feel good about yourself and what you are doing.



Websites:

- www.sexualityandu.ca
- www.sieccan.org
- www.hc-sc.gc.ca/english/lifestyles/sexuality
- www.cwhn.ca
- www.birthcontrol.com