



Being Approachable and Askable Adults.

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Be informed, not surprised.



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Open to SD 62 students
250-888-6814

www.islandsexualhealth.org

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health

presents...



Got Sexual Health Questions?

- . STIs and Pregnancy
- . Relationships
- . Sexuality
- . Birth Control
- . How to talk to an Adult
- . And more!

www.beyondthetalk.ca

Check out Island Sexual Health's new youth website



Scan here to visit
beyondthetalk.ca

Text Us *Confidentially*:
(250) 812-9374
Mon-Thurs 3-5pm

Texting program generously supported by



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Agenda



- Introductions
- Exploring our own experiences, values, knowledge and needs
- Current issues/trends in Youth Sexual Health
 - Commonly asked questions
 - Research
 - Youth perspectives
- Tips for continuing our conversations
- Resources

Think back to your own
experiences with sexuality
conversations in your youth

What worked?

**What, if anything, would
you do differently?**

What are the most
important messages
you believe youth
need to receive about
sexuality?

What is Sexuality?

- Sexuality is part of the makeup and personality of every human being.
- A Person's Sexuality includes:
 - Body Image
 - Body Function
 - Sexual Health
 - Biological sex
 - Gender Identity
 - Sexual Orientation
 - Personal Values (including culture, religion, and spiritual beliefs)
 - Relationships
 - Pleasure
 - Sexual Feelings and experiences
 - Emotions
- Sexuality includes far more than sexual practices such as intercourse—it plays a significant role in the way we lead our everyday lives. To understand ourselves and our children and why we behave the ways we do, we must understand the role of sexuality.



Why is sexuality education important?

Health

- Helps youth to better care for their bodies
- Helps youth ask for health care more easily
- Helps youth feel proud of their bodies and confident in themselves

educated

comfortable

assertive

proud

Safety

- Knowledge is protection against exploitation/abuse
- Helps youth to be taken seriously when asking for help

confident

Values

- Helps youth to develop an understanding of values and beliefs around sexuality using factual and current information
- Helps youth to situate their understanding of sexuality within family and cultural values and beliefs

respected

The good news...

Global Research confirms that youth who have access to ongoing comprehensive sexual health education:

- Are older when they engage in sexual activity
- Have fewer unintended pregnancies
- Have fewer sexually transmitted infections
- Have positive sexual experiences

Source: sexualityandu.ca



Realities of Adolescent Sexuality in BC



- 81% of Respondents in the 2013 Adolescent Health Survey have *not* have had intercourse.
 - 2% of grade 7 students reported having intercourse vs 44% of grade 12 students.

- 23% of students reported ever having oral sex and likelihood increased with age



- 69% of sexually active youth reported using a condom the last time they had sex

- Source: *A Picture of Health: Highlights from the 2013 BC Adolescent Health Survey*. Vancouver, BC: McCreary Centre Society, 2014.

Realities of Adolescent Sexuality in Southern Vancouver Island



- 79% of Respondents in the 2013 Adolescent Health Survey have *not* have had intercourse.
- 26% of students reported ever having oral sex and likelihood increased with age *yet only* 10% indicated they had used a condom or barrier.



- 74% of sexually active youth reported using a condom the last time they had sex
- Source: *A Picture of Health: Highlights from the 2013 BC Adolescent Health Survey*. Vancouver, BC: McCreary Centre Society, 2014.

Realities of Adolescent Sexuality

- 23% of students identified actively seeking out pornography online.
- 8% of students grades 7-11 have sent a sext of themselves to someone else.
- 32% of boys vs. 17% of girls were sent a sext created for them.

(Source: Young Canadians in a Wired World. Phase III. Media Smarts, 2014.)

Sexual Orientation	Male	Female	Victoria Youth
Completely straight	85%	77%	79%
Mostly straight	4%	9%	7%
Bisexual	1%	4%	4%
Gay or Lesbian	1%	1%	2%
Questioning	1%	2%	1%
Don't have attractions	8%	7%	7%

Top 4 Sources of Sexuality Information

- Parents
- Friends
- Internet
- School

•*Source: Island Sexual Health Research, 2014.

Smith, A., Stewart, D., Poon, C., Peled, M., Saewyc, E., & McCreary Centre Society (2014). From Hastings Street to Haida Gwaii: Provincial results of the 2013 BC Adolescent Health Survey. Vancouver, BC: McCreary Centre Society

The Essential 6

- **Relationship Skills**
- **Sexual Readiness and consent**
- **Factors influencing sexuality** (peers, pop culture, perceptions)
- **Accurate information** (STIs, Birth Control, Safer sex)
- **Resources** (sexual health/youth clinics, sexual assault centres, youthlines, access to condoms)
- **Sexuality is positive, diverse, and dynamic** (gender, orientation, expression, experiences, values)

Top 3 things youth need to know about Sexuality according to youth

- Keeping an open conversation going throughout their life.
- Making sure a child never feels like they are too young to be curious about things.
- Make sure kids know whatever they're choices regarding sex/sexuality and gender they will not only be loved but accepted.

Safety: Both people feel physically and emotionally safe with each other. You're comfortable to set boundaries and to say no without fear.

Honesty: You can be yourself. You don't hide things from your partner, your parents, or your friends. You are also able to be honest with yourself about feelings.

Acceptance: You feel accepted by your partner for who you are and you accept yourself. You also accept your partner's boundaries, decisions, values, and family rules.

Respect: You feel valued and respected in your relationship. Your decisions, values, beliefs, and boundaries are respected and you offer that in return.

Equality: Both people have equal say and value in the relationship. There is flexibility in choices and decisions.

Enjoyment: You enjoy spending time with the other person but also know how to balance other things in your life.

Age of sexual consent in Canada

As of May 2008, The Legal Age of Consent for sexual activity in Canada is now **16** years of age.

- Below 16 years of age, there is a “close in age exception” which means:

- If you are 12 or 13 years old, partner* must be *less* 2 years older

- If you are 14 or 15 years old, partner* must be *less* than 5 years older than you.

*Partner cannot be in a position of authority exploitative relationship (i.e. coach, teacher, babysitter, etc.)



Source: Department of Justice, Canada.

What is Sexual Intercourse?

(Skin to Skin Genital contact between 2 people)

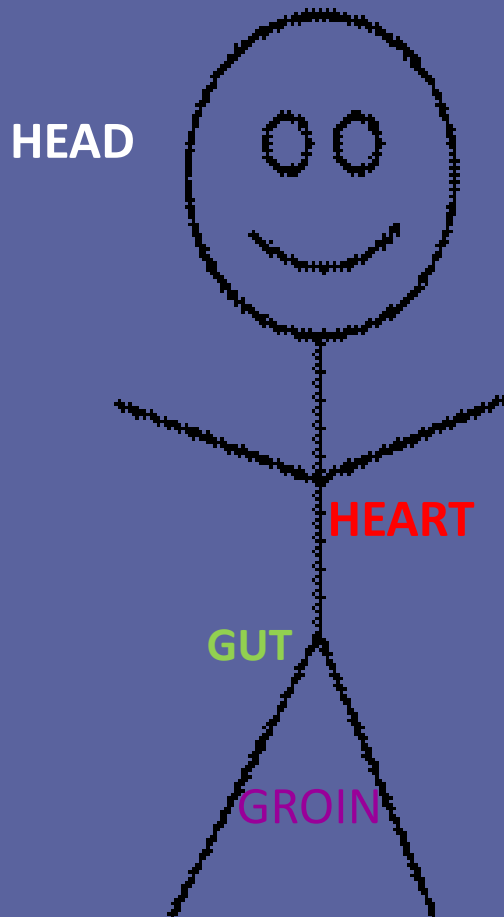
1. **Vaginal** (Contact between vagina and penis) **High Risk**
2. **Anal** (Contact between penis and anus) **High Risk**
3. **Oral** (Contact between mouth and genitals) **Moderate-High Risk**
4. **Digital** (Contact between hands and genitals) **Lower-Moderate Risk**
5. **Dry** (Skin to skin contact of external genital area) **Lower-Moderate Risk**

Contact between 2 people in any of these 5 ways may put people at risk for sexually transmitted infections

What is Abstinence?

- Not having sex in any of the 5 ways (Vaginal, Anal, Oral, Digital, or Dry)
- 100% protection against Sexually Transmitted Infections and /or pregnancy

Sexual Decision Making Equation



HEAD (think)+



HEART (feel)+



GUT (instinct) +



GROIN (sexual attraction)

=

Better Decision with less risks & regrets

7Rs of Sexual Decision Making™

What resources
do I/we need to
reduce risks?

What can sex result in?
(Negative/Positive)

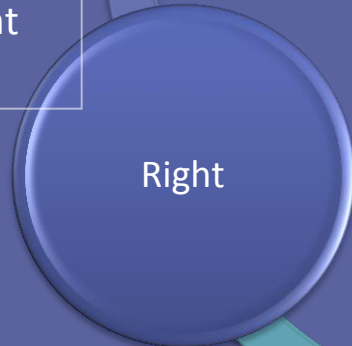
What kinds of
things do
sexually active
people need to
be responsible
for/about?

How does sex
affect
relationships
between partners,
friends, families,
and peers?

Am I
Ready?

What factors
make the
decision to
have sex right
or wrong?

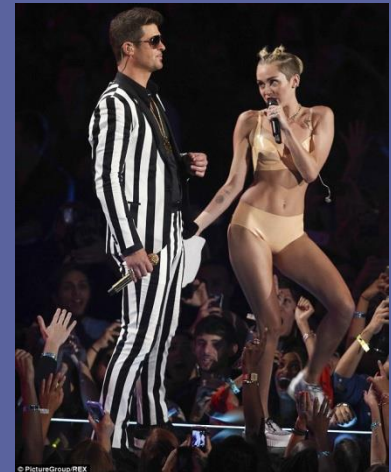
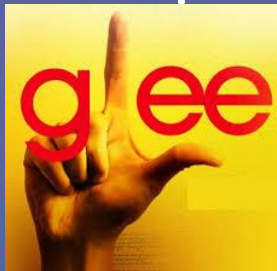
What do you need to be
respectful of & respected for if
you're sexually active?





S-E-X in the media

- Youth engage in 38 hours of media weekly
 - 67% of media contains sexual messaging
- 70% of movies depicted sex between newly acquainted partners
- 98% made no reference to birth control
- 89% illustrated no consequence of unprotected sex



Reasons why young people choose to have sex:

- It feels good
- To show love
- Curiosity
- Peer Pressure
- Hormones
- Experience
- Media pressure
- Their partner wants to
- Social norm
- Boredom
- Popularity
- Rebellion
- Exercise (!)

Reasons why young people choose not to have sex:

- Fear
 - Pregnancy
 - STIs
 - Pain
 - Rumours/Gossip
- Not ready
- Uncomfortable/Body Image
- Parents' views
- Haven't found the right person
- Waiting until marriage
- Religion
- Asexual

Source: Island Sexual Health, 2015.

How do I start a conversation about sexuality?

- Pick a time that you can talk casually but seriously with youth. Often it can be more comfortable for all involved when direct eye contact is an option *not* a requirement.
- Be prepared to balance the talking and the listening
- Relax, breathe and pay attention to your body language
- Don't force a conversation – you can always revisit.



Great ways to support youth with their sexuality:

- Approach the subject with youth but allow them to take the lead if they want/need to
- Be open with youth about your feelings, beliefs and values around sexuality.
- When they ask questions, answer honestly.
- Be clear about guidelines/expectations (ie: no gfs/bfs in bedrooms, etc.)
- Provide sexual health resources (business cards for sexual health centres in your area, condoms if you're comfortable, books)

Great ways to support youth with their sexuality:

- Use popular media (music, TV, movies, video games) for conversation starters
- Use personal media to have ongoing conversations about issues (texting)
- Talk about what's going on with other youth as a reference point
- Be open and realistic and cover all parts of sexuality not just biology
- Ensure there are no assumptions about gender or orientation or shame



What if they do **NOT** want to talk about sexuality?

- Identify an adult whom you feel comfortable with as someone the youth can connect with
- Use other forms of communication (text – leave books/clinic cards/pamphlets)
- Be Assertive and say something like:
There are a few things that I really need to make sure you know– I know it may be awkward to talk about it but I need to make sure that you know...

**What additional tools or
information do you need to
help you be *more*
approachable and
knowledgeable?**



Thank you so much for attending

Jennifer Gibson

beyondthetalk.ca

Island Sexual Health

Online Resources

- [Island Sexual Health](#)
- [Beyond the Talk](#)
- [Sexuality and U](#) (with translation options)
- [Canadian Federation For Sexual Health](#)
- [Scarleteen](#)
- Appropriate and Fun Youtube Videos for Youth
 - [Sexual Health in 6 Minutes](#)
 - [What condoms cannot do](#)

- <http://youtu.be/1SMVGo0o2DM?t=1s>

Emergency Contraception Options

Emergency Contraceptive Pill aka Plan B



60-95% effective

EC methods do not protect against STIs.

- Plan B is most effective if taken within **72 hrs** but can Plan B can be taken up to 5 days or 120 hours after unprotected sex if user weighs less than 165lbs.
- Works in a variety of ways:
 - Delays or prevents ovulation
 - Changes the fluids in uterus and fallopian tubes inhibit sperm and ovum movement
 - Thickens cervical mucus

Copper IUD

99% effective



- Must be inserted within 5 days after sex
- Can be left in and used as long term birth control method for up to 5 years
- Causes changes inside the uterus that are not compatible with sperm
- Not as readily available as Plan B

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How do I start a conversation about s-e-x?

Begin the conversation with something like this:

- I know we may not have talked very much about sexuality to this point so I thought I would just check in to see if you had any questions?
- What kinds of things do your friends want to know about sexual health?
- What would you do if _____ happened? What kind of advice would you give them.

Top 3 things youth need to know about Sexuality according to Sara

- 1. Parents always being open to talking about anything (Or giving your kid the resources they need if you feel uncomfortable/don't know)
- 2. Making sure that they talk about different forms of protection/birth control with their kids.
- 3. Yes means Yes, vs. No means No