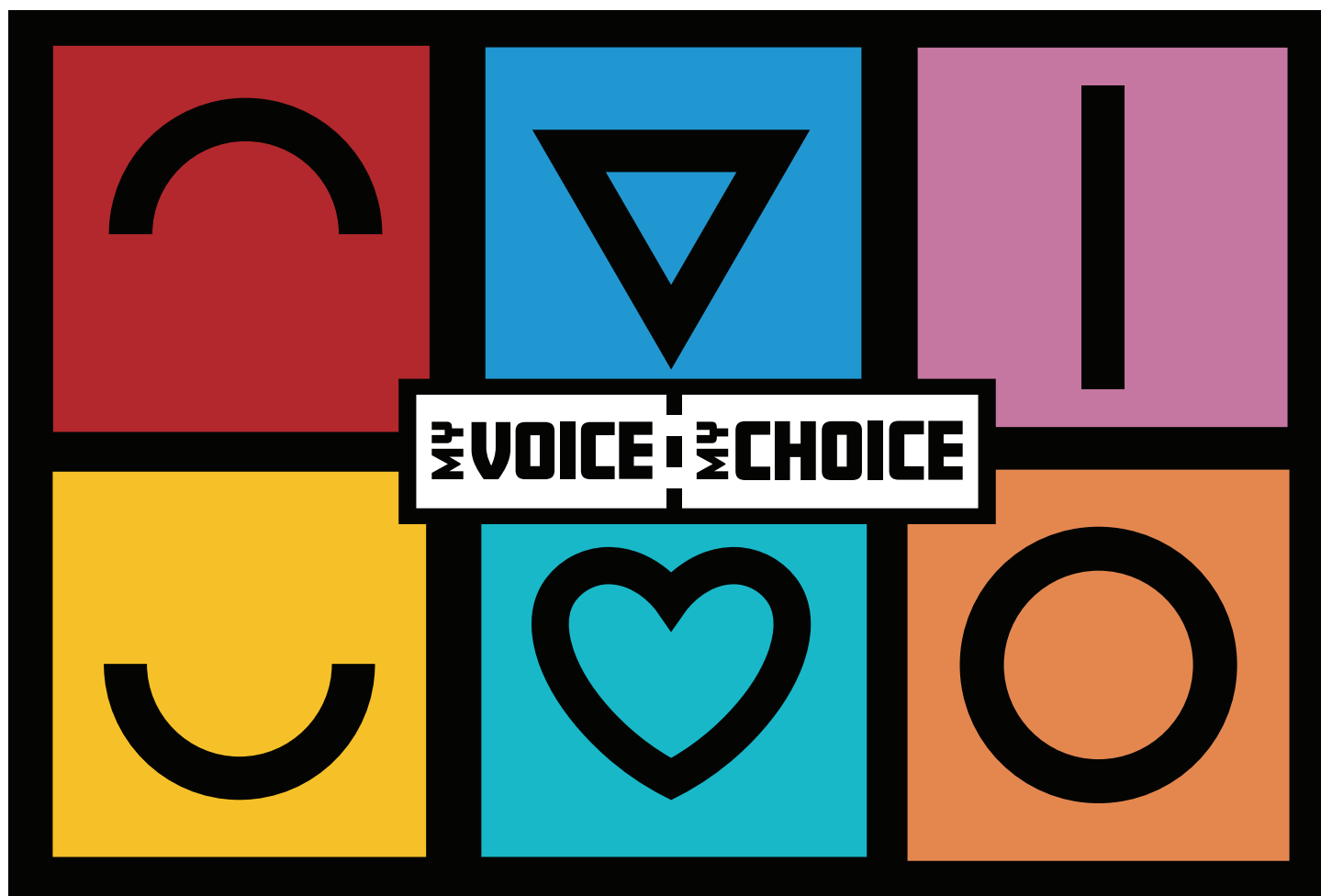


PARTICIPANT'S GUIDE



SEXUAL HEALTH



WHAT'S IN IT FOR ME?

THE SUBSCRIPTION BOX

This guide has some basic facts to help you make choices about your sexual health. There is also information on websites you can search or codes you can scan with a phone to access good resources to help support you. If you have more questions, speak to a healthcare worker you trust such as a family doctor.



CONSENT

Consent means permission and people need to have it before they have any sexual contact with another person. This isn't just about sex and can include anything like touching, kissing and hugging. Here are some important points to remember about consent.



You are the boss of your body and no one gets to decide who can have contact with it except you.



Be totally sure you have consent. If someone looks or sounds unsure, they may not be consenting.



No one has the right to try and talk you into anything you are not comfortable with.



If you are not sure if you have consent, just ask!



Remember someone cannot consent if they are drunk, high, or sleeping.



Sexual contact without permission is sexual assault.



People have the right to take back consent at any time!



If you have been sexually assaulted, it is not your fault and it can help to talk to someone you trust about it. Scan the QR code here for places with people who can help



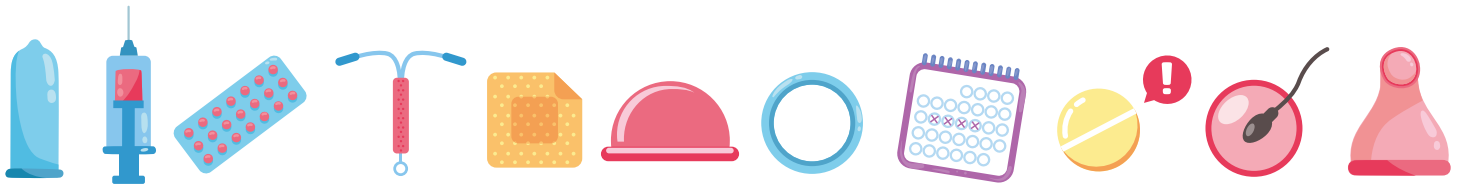
Birth Control and Pregnancy Options

Sex with a penis and vagina can cause pregnancy. If you have this kind of sex, it's always a good idea to talk to the other person beforehand about what you would do if pregnancy happened.

Unplanned pregnancies can also occur as a result of sexual assault and this is never the fault of the person who was assaulted.

The best way to prevent pregnancy is not to have sex, but that may not be realistic option for some people.

There are several options for birth control. If this is something you are interested in, talk to your healthcare provider to discuss what the best choice is for you.



If you or someone you know becomes pregnant, they have options to think about. They include:

Abortion: Abortion is a medical way to end a pregnancy. An abortion can be done by taking pills to end the pregnancy or having surgery depending on how far along the pregnancy is. Abortions are safe when done with medical support. You do not need permission from a parent or guardian to get an abortion.

Adoption: Adoption means that someone else will raise the baby after it is born. There are different ways adoption can work including picking out the parents and being able to visit the child if you want.

Parenting: You may decide to parent on your own or with the person involved in the pregnancy. It is important for all parents to think about how they will take care of a baby as well as themselves.

If pregnancy happens, discuss options with a healthcare provider. The final decision on what to do is up to the pregnant person and no one else .

Signs of Pregnancy

- Missed period
- Feeling like you want to puke
- Sore boobs or bigger boobs
- Sleepy
- Needing to pee lots
- Wanting to eat certain things or not wanting to eat
- Weight gain or loss

Sexually Transmitted and Blood Borne Infections

Sexually transmitted and blood borne infections are also called STBBIs for short. There are lots of different kinds of STBBIs. Some cause symptoms and some don't. You can totally get rid of some, and with others you can treat the symptoms but never totally get rid of.

Anyone can get an STBBI if they have sexual contact with someone else. Some people feel embarrassed if they think they have an STBBI, but you shouldn't feel badly about it. If you are sexually active, it is important to go for regular tests and see a doctor or nurse if you think you may have something.

If you choose to have sexual contact with another person, using a condom can help prevent getting an STTBI.



Extra Resources for You

For more information on sexual health, relationships, and pregnancy options, check out some of these websites by searching for them online.

ACTION CANADA FOR SEXUAL HEALTH AND RIGHTS

<https://www.actioncanadashr.org/>

ARCTIC FOXY

<https://arcticfoxy.com/>

IT'S YOUR SEX LIFE (MTV)

<http://www.itsyoursexlife.com/>

KIDS HELP PHONE

<https://kidshelpphone.ca/>

Call: 1-800-668-6868

Text: 686868

Live chat counselling:

<https://kidshelpphone.ca/live-chat-counselling>

NORTHERN OPTIONS FOR WOMEN (NOW)

<https://www.nthssa.ca/en/services/northern-options-women-now>

Call: 1-888-873-5710

NWT COMMUNITY COUNSELLING PROGRAM (CCP)

<https://www.hss.gov.nt.ca/en/services/nwt-community-counselling-program-ccp>

Call: 1-867-767-9061

NWT HELPLINE

<https://www.hss.gov.nt.ca/en/services/nwt-help-line>

Call: 1-800-661-0844.

PLANNED PARENTHOOD FOR TEENS

<https://www.plannedparenthood.org/learn/teens>

SCARLETEEN: SEX ED FOR THE REAL WORLD

<https://www.scarleteen.com/>

SEX, ETC.

<https://sexetc.org/>

SEX & U

<https://www.sexandu.ca/>

RAINBOW COALITION OF YELLOWKNIFE

<http://www.rainbowcoalitionyk.org/>

Call: 1-867-444-7295

Email: info@rainbowcoalitionyk.org

TEEN HEALTH SOURCE

<https://teenhealthsource.com/>

TEEN TALK

<http://teentalk.ca/>



Extra Resources for You (continued)

AMAZE

This website is full of free and fun educational resources such as videos, toolkits and lesson plans on sex and sexuality for youth, parents, caregivers, and educators.

<https://amaze.org/>

BREATHINGROOM™

This is a multimedia experience designed for youth to help improve mental health. The app can be downloaded from Google Play or the App Store. Enter the code XXQTGPUE for full access.

<https://app.breathingroom.me/register?code=XXQTGPUE>

KIDS DEFINE THE LINE

This is a resource created by McGill University for youth on topics such as sexual violence, gender-based violence, and cyberbullying.

<http://kidsdefinetheline.ca>

LOVE IS RESPECT

This resource is aimed at young people and provides education on healthy relationships, personal safety, and supporting others. This site is inclusive to all kind of relationships.

<https://www.loveisrespect.org/>

7 CUPS

7 Cups provides on demand emotional health support and online therapy services. People accessing this site can have 1-on-1 conversations, group chats, participate in forums, and read up on advice from experts.

<https://www.7cups.com/>

STOPTHEHURT

StopTheHurt is an inclusive website designed to support people in having positive relationships in their lives.

<https://stopthehurt.org/>

THAT'S NOT COOL

This site is dedicated to increasing awareness of online relationship dynamics between young people. The site has information, videos, and interactive games about topics related to healthy boundaries and online safety.

<https://thatsnotcool.com/>

TEEN TALK

This is a Manitoba-based site with information and activities on many topics including healthy relationships.

<http://teentalk.ca/>

THE TREVOR PROJECT

The Trevor Project is resource hub for youth who are sex and gender diverse as well as those who support these young people.

<https://www.thetrevorproject.org/>

WELLNESS TOGETHER CANADA (GOVERNMENT OF CANADA)

This website connects users of all ages and backgrounds to a variety of free resources to support mental wellness. Users can get personal recommendations based on their needs and track their progress.

<https://wellnesstogether.ca/en-CA>



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Northwest Territories
Territoires du Nord-Ouest

