



Healthy Sexuality Program Information

Clinic Tours

As a teacher, you know the benefits of experiential learning. Here at Peel Health, we offer tours of our Healthy Sexuality Clinics. Providing information to your students **does not** increase sexual activity or risk-taking behaviours. In fact, research shows that just the opposite is true: The more kids know, the better equipped they are to make smart decisions for themselves. You can provide young people with the opportunity to get accurate information and to have their questions answered.

This **fun** and **interactive** tour can include information about many topics including the following.

- Healthy Relationships
- Birth Control, Emergency Contraception, Pregnancy Testing and Counselling
- Sexually Transmitted Infections, Hepatitis B, Anonymous HIV (AIDS) Testing

Tours can be tailored to suit the needs, interests and age of your students.

Book your tour by calling Health Line Peel and asking for the clinic nearest you!

Region Of Peel Resources

Health Line Peel: Do your students have questions that you need help answering? Are some of their questions outside your area of comfort? In these cases, you can call, or encourage your students to call, **Health Line Peel at 905-799-7700**. A public health nurse is available to answer questions related to all sexuality and relationship issues.

Region Of Peel Website: You and your students may also want to explore the resources available on our website. Please visit us at www.peelsexualhealth.ca

Resources For Educators: If you are teacher within the Peel District School Board, you will have access to an educational kit entitled, "*Changes In Me*" a resource for educators on puberty. The kit includes detailed lesson plans, student handouts, visual aids, student-centred activities, evaluation tools, a video, overheads, and further resources. This resources is available at a select number of elementary schools in the Region of Peel, it is also available for sign-out from the Healthy Sexuality Clinics for more information call Health Line Peel 905-799-7700.



Resource List

Text:

AIMS Multimedia. (2000). *The Teen Files: The Truth About Sex [Video]*. Woodstock, Ontario: Canadian Learning Company.

Author. (2002) *John's Story: Taken form a personal testimony of an Alberta Teenager.* Alberta Health and Wellness.

Bass, E. & Laufman, K. (1996). *Free Your Mind*: New York, NY. HarperCollins Publisher Inc.

Boyer and McCormick. (1986). *Helping People Learn About Sexuality.* Planned Parenthood of Bucks County. Pennsylvania: Author.

Boyce, W., Doherty, M., Fortin, C., & MacKinnon, D. (2003). *Canadian Youth, Sexual Health and HIV/AIDS Study: Factors Influencing Knowledge, Attitudes and Behaviours.* Toronto: Council of Ministers of Education.

Brick, P. and Colleagues (1998). *The New Teaching Safer Sex.* Morristown, NJ: Planned Parenthood of Greater Northern New Jersey.

Brown, J.D. and J.R. Steele. (1995). *Sex and the Mass Media.* A paper presented at a programme entitled, "*Sexuality and American Social Policy*" sponsored by the Kaiser Family Foundation and the American Enterprise Institute. Menlo Park, CA 94025.

Calgary Regional Health Authority: Sexual and Reproductive Health. (1999). *The Question Box: An Effective Health Education Tool.* Calgary: Author.

Canadian Journal of Paediatrics (CJP). (1994). *Adolescent Pregnancy.* Vol. 2, p. 58-60

Carter, D., Fleice, M., Rossoff, J., Zabin, L., Beilenson, P. & Danenberg, A. (1994). *When Children Have Children: the teen pregnancy predicament.* American Journal of Preventative Medicine: 10 (2): 108 -13

College of Family Physicians of Canada. (2002). *STIs (Sexually Transmitted Infections) – Common STIs and Tips on Prevention.* Patient education information was developed by The College of Family Physicians of Canada in cooperation with the American Academy of Family Physicians.

Dacey, J., & Kenny, M. (1997). *Adolescent Development 2nd Edition.* Toronto: Brown and Benchmark.



Resource List

Feldman, L., Short, P., Holowaty, A., Jamal, K. & Rannie, R. (1997). *A comparison of the demographic, lifestyle and sexual behaviour characteristics of virgin and non-virgin adolescents*. Canadian Journal of Human Sexuality, 6(3), 197-210.

Gibbs, Jeanne. (2001). *TRIBES: A new way of learning and begin together*. CenterSource Systems, LLC. Windson, California, USA.

Health Department: Durham Region. (1999). *Open For Discussion, a dialogue on sexual health issues*. Vol 1, Issue 1.

Health Canada. (1998). *Gender and Sexual Identity: The Journey Begins*. Ottawa: Author.

Health and Welfare Canada. (1990). *We Need To Know About AIDS: A Guide For Parents On Talking With Their Children About AIDS*, p.29.

Hyde, Janet, John DeLamater and E. Sandra Byers. (2001). *Understanding Human Sexuality: Canadian Edition*. Toronto: McGraw-Hill Ryerson.

Johanson, Sue. (1988). *Talk Sex: Answers To Questions You Can't Ask Your Parents*. Markham, Ontario: Penguin Books.

National Campaign to Prevent Teen Pregnancy. (2004) *Parental Influence and Teen Pregnancy*. http://www.teenpregnancy.org/works/pdf/parental_influence.pdf

Ontario Physical Health and Education Association. (2000) *Health and Physical Education –Grade Eight*. pp.184-186.

Planned Parenthood Federation of Canada (2001) *Beyond The Basics: A Sourcebook on Sexuality and Reproductive Health Education*. Ottawa: Author.

Platner, Jon (2004) *Sex and Communication and "Talking the Talk"*. New York: Planned Parenthood Federation of America.

Rathus, Spencer A., Jeffrey S. Nevid and Lois Fichner-Rathus. (1993). *Human Sexuality in a World of Diversity*. Boston: Allyn and Bacon.

Sanders, Peter, Myers, Steve and Lacey, Mike. (2000). *Puberty and Growing Up*. Connecticut: Copper Beech Books.

Student Health 2005: *Gauging the Health of Peel's Youth*. School Health Assessment Survey, supporting data.



Resource List

Thomas, Clayton. (1997). Taber's Cyclopedic Medical Dictionary, 18th Edition, Philadelphia: F.A. Davis Company.

Thomas, H., DiCenso, A., Griffith, L. (1998). Adolescent Sexual Behaviour: Results from an Ontario Sample, Part II: Adolescent Use of Protection. Canadian Journal of Public Health, 89, (2), 90-97.

Toronto Public Health. (2000). What's The Rush?: A Sexual Health Promotion Social Marketing Campaign for Young Teens age 15 and under, 4-7.

Online:

Alberta Health and Wellness. (2000). STD; Teaching Outline and Resource Guide. <http://www.health.gov.ab.ca/public/STD/pdf/SX16Teaching.pdf>

Calgary Health Region. (2005). Studying STI/HIV. www.teachingsexualhealth.ca

Canadian AIDS Society
www.cdn aids.ca

Canadian Guidelines for Sexual Health Education
<http://www.phac-aspc.gc.ca/publicat/cgshe-ldnemss/>

Creating Safe Schools for Lesbian and Gay Students: A resource guide for school staff. (1997). Ten Suggestions for Reducing Homophobia in Your Environment. Youth Pride, Inc. <http://members.tripod.com/~twoold/guide.html#RESOURCE%20LIST>.

Dowshen, Steve. (2000). A Guide to the Reproductive System. www.kidshealth.org.

Health Canada – Sexual Health and Sexually Transmitted Infection
<http://www.phac-aspc.gc.ca/std-mts/>

Jeopardy.com. (2003) This is Jeopardy.
www.sonypictures.com/tv/shows/jeopardy/mini_sites/archive_header/index.html?tv/shows/jeopardy.

Kaiser Family Foundation. (2003). National Survey of Adolescents and Young Adults: Sexual Health Knowledge, Attitudes and Experience.
<http://www.kff.org/youth/hivstds/3218-index.cfm>

Montfort, S. & O'Leary, J (undated). It's Your Body: Understanding reproductive Health. www.teachingsexualhealth.ca



Resource List

Peel Region – Sexual Health

www.peelregion.ca/health/topics/sexual/sexuality

Planet Ahead - Body Basix – Girls and Guys. (2001). *Puberty: What's Going On?*.

www.planetahead.ca/know.cfm?sub_page=body&sub_page_2=a.

Planned Parenthood Federation of Canada. (2002). *Frequently Asked Questions: Sexual Orientation*. www.ppfc.ca.

Planned Parenthood Federation of Canada. (2002). *Frequently Asked Questions: Self Pleasuring*. www.ppfc.ca/faqs/TEEN0E.HTM.

Puberty 101. (1998-2002). *Puberty: Girls and Guys*. www.puberty101.com.

Reality Works Incorporated. (2003). Baby Think It Over Program.

www.realityworksinc.com

Peer, A., Giles, J., Dimech, S., & Collis, R. (1999). *Exploring Homophobia and Heterosexism*. Workshop Resource Package, Peel Region, Health Department.

ReCAPP - ETR Associates' Resource Center. (2002). *Background Information For The Facilitator*. www.etr.org.

Other Online Resources

Women's Health Websites:

www.womenshealthmatters.ca/centres/sex/birthcontrol/reversible.html

www.womenshealthmatters.ca/centres/sex/birthcontrol/reversible.html

www.caringforkids.cps.ca/teenhealth/EmergencyContraception.htm

www.sexualityandyou.ca

www.contraceptive.net



Resource List

Health Checkups websites:

www.spiderbytes.ca/Health/Health_Checkups_AnsweringQuestions.shtml

- These sites offer good information regarding what you can expect at an MD appointment and if you find that your MD is judgemental, get a new one.

Sexual Decision Making and Abstinence websites:

Region of Peel Public Health

www.peelregion.ca/health/commhlth/decision/makde.htm

Planned Parenthood

www.ppfc.ca

Society of Obstetricians and Gynaecologists of Canada

www.sexualityandu.ca/eng/teens/WIS/goodnotgood_ready.cfm

Sexual Assault websites:

Peel Committee On Sexual Assault: www.sexualassault-peel.com

Peel Committee Against Woman Abuse: www.netrover.com/~pcawa/

Education Wife Assault:

http://www.womanabuseprevention.com/html/sexual_assault.html - talks about what is SA, dispelling the myths, the impact on health

Unplanned Pregnancy websites:

www.cbctrust.com/teens.html

- Abortion focus and does a good job answering all kinds of questions

www.ppfc.ca/ppfc/content.asp?articleid=254

- Discusses private vs. public adoption

www.region.peel.on.ca/health/hsexual/htmlfiles/pchoices.htm#mother

- Peel site with lots of good questions and answers. Discussed post-TA check-up. Peel Services highlighted



Resource List

Gay/Lesbian/Bisexual/Transgendered websites:

ReCAPP - ETR Associates' Resource Center. (2000). *On Gay, Lesbian, Bisexual, Transgender, and Questioning (GLBTQ) Youth*.

www.etr.org/recapp/column/column200006.htm

www.youthline.ca

www.sherbourne.on.ca

www.the519.org

www.positivespacepeel.org

Gay, Lesbian, Straight Educators Network (GLSEN) <http://www.glesen.org>

Parents, Family & Friends of Lesbians and Gays

<http://www.pflag.org/education/schools.html>