

HPV Vaccine

Guys in high school can get the Human Papillomavirus Vaccine for **free** if they are:

- a guy* into other guys
- a high school student
- living in Toronto and/or going to school in Toronto

Human papillomavirus can cause health problems including throat cancer and genital cancers and warts. This vaccine can help protect against these effects.

Advise students to visit tphbookings.ca for more information or to book an appointment at a Toronto Public Health Immunization Clinic for Students.

* This includes men who have sex with men who identify as gay, bisexual, as well as some individuals who identify as trans.

Further Resources

- Toronto Public Health:
www.toronto.ca/health/sexualhealth
- Resources & Lesson Plans:
www.teachingsexualhealth.ca
www.sexandu.ca
www.kidshelpphone.ca
www.teenhealthsource.com
- Planned Parenthood Toronto T.E.A.C.H. program:
www.ppt.on.ca
- Ontario Secondary School curriculum requirements:
www.edu.gov.on.ca/eng/curriculum/secondary/health.html
- OPHEA Health & Physical Activity Secondary Curriculum Supports (Grades 11 & 12):
www.ophea.net/programs-services/ophea-resources/hpe-secondary-resources
- TDSB Library Media Resources (books, videos, Birth Control kits) (for TDSB staff)
www.tdsb.on.ca/medianet
- Ontario Ministry of Child & Family Services (Reporting Child Abuse & Neglect):
<http://www.children.gov.on.ca/htdocs/English/childrensaidd/reportingabuse/index.aspx>

References

¹Black, A., Guilbert, E., Costescu, D., Dunn, S., Fisher, W., Kives, S., Mirosh, M., Norman, W., Pymar, H., Reid, R., Roy, G., Varto, H., Waddington, A., Wagner, M., Whelan, A., Ferguson, C., Fortin, C., Kielly, M., Mansouri, S. and Todd, N. (2015). Canadian Contraception Consensus. *Journal of Obstetrics and Gynaecology Canada*, 37(10), pp.190.

²Toronto Public Health. Healthy Futures: 2014 Toronto Public Health Student Survey. March, 2015.



ISSUE

04

Toronto
Public
Health

April
2018

SEXUAL HEALTH HIGH SCHOOL UPDATE

A Resource for Teachers & Staff

Pamphlets for Students That Support the Curriculum!

Sexually Transmitted

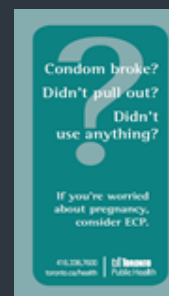
Infections (STIs)



Birth Control

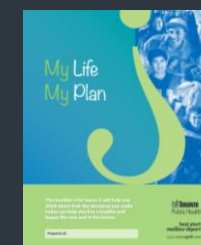


Emergency Contraceptive
Pills (ECP)



Life Planning

(Includes reproduction and relationships)



All pamphlets are free of charge. Please contact your school's

Liaison Public Health Nurse (LPHN) or Promoter of Sexual Health to place an order for your class!



Have you met your school's Liaison Public Health Nurse (LPHN)? Find out who they are by contacting Health Connections:
416-338-7600 or publichealth@toronto.ca

What can Toronto Public Health do for you?

Did you know that Toronto Public Health (TPH) Promoters of Sexual Health support Toronto schools? There is a wealth of resources and support available through TPH Promoters of Sexual Health, including:

- pamphlets and handouts
- condoms
- sexual health clinic tours
- lesson plans, activities & discussion ideas
- resources on relationships
- info on STIs and birth control
- info on sexual assault and consent
- support for youth engagement initiatives
- workshops for students in lunchtime or after school programs
- workshops for parents

Most schools in Toronto are assigned a TPH Liaison Public Health Nurse (LPHN). Contact your school's LPHN or a Promoter of Sexual Health through Health Connections:

**Contact Health Connections at:
416-338-7600 or publichealth@toronto.ca**

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AIDS and Sexual Health InfoLine
1-800-668-2437 or 416-392-2437

Ever wonder what misinformation and knowledge gaps youth commonly report to staff at sexual health clinics?

Here are some sexual health facts that youth often don't know:

- most people with a sexually transmitted infection (STI) do not have any symptoms at all
- STIs can be transmitted through oral sex
- contracting an STI has nothing to do with how 'clean' you are
- when you have no symptoms, a urine sample is often sufficient to test for chlamydia and/or gonorrhea
- the PAP test is **not** a test for STIs – a PAP test checks for the presence of any cervical cell changes (which could be caused by a virus called HPV)
- if youth want to have STI testing done, they need to **ask** their doctor – do not assume it is being done!
- some STIs can be easily treated/cured with a simple course of antibiotics – available free from TPH Sexual Health Clinics
- communicating with your partner is an important skill when negotiating safer sex practices
- vaginal secretions can be normal and are usually **not** a sign of an STI
- the birth control pill will **not** make you fat
- STIs can be passed between females
- birth control pills are effective contraceptives, but **do not** protect against STIs
- the majority of females do not have an orgasm through intercourse
- just because someone did not say **no** does not mean that they were saying **yes**

Reproductive Health Updates

You have likely already heard of Plan B but did you know that there is also a new emergency contraceptive pill available? It is called **Ella**.

Ella can be taken up to 5 days after unprotected sex if pregnancy is not wanted right now.

Ella is available at sexual health clinics or from the pharmacy with a prescription.

It is important to remember that the most effective form of emergency contraception is still the insertion of a **copper IUD** within 7 days of having unprotected sex.

Health Canada has recently approved **Mifegymiso**, a medication that can be used for a medical abortion.

Mifegymiso is taken orally and is often referred to as 'the abortion pill.' Although Mifegymiso has only recently been approved for use in Canada, it has been used effectively in other countries for nearly 30 years.

Medical abortion is now available at many abortion clinics in Toronto. A physician prescription for Mifegymiso is required. In Ontario, the cost of Mifegymiso is covered with a valid health card.

Many people still believe that it is unsafe for young people, especially those who have never been pregnant, to use an IUD (intrauterine device).

In fact, research recommends that intrauterine contraception (including the copper IUD and hormonal IUS) be considered as an effective form of birth control in all ages, recognizing that intrauterine contraception is a safe and effective form of birth control for many youth¹.

Contact your LPHN or Promoter of Sexual Health to learn more!

Sexual Health Clinics

There are more than 20 sexual health clinics across the city of Toronto.

Some confidential clinics are open to people of all ages and some are youth-focused. A health card (e.g., OHIP) is not required and youth do not need parental permission (although the Ontario's Age of Consent laws and Duty to Report Sexual Abuse of a Minor law will be applicable). See the Ministry of Ontario website for details (in this booklet's "Further Resources" section)

Clinics offer sexual health testing (including tests for chlamydia, gonorrhea, HIV, pregnancy, and PAP tests), free treatment for STIs, counselling, and birth control options at low cost (including different forms of emergency contraception).

Some Toronto Public Health clinics require appointments, whereas others have **drop-in hours** to see healthcare staff.

For hours and locations, visit: <https://www.toronto.ca/community-people/health-wellness-care/health-clinics/sexual-health-clinics/>

Student Survey Results

The TPH Student Survey² findings on sexual health provide the context needed to plan programs specific to the experiences of Toronto youth. Although school-based programs remain an important source for accurate sexual health education, 45% of Toronto youth identify their peers as the primary group that they can talk to about sexual health. This provides further evidence for offering a multi strategy approach including youth engagement initiatives, teacher and parent resources, and increased accessibility to sexual health clinics.

1 in 5 secondary students have had sex

- 3 in 5 of those used a condom the last time
- 1 in 5 of those had been to a clinic for STI testing

53% of guys said they feel like their bodies are not the right size

Youth Engagement in Your School

The Sexual Health Promotion program's Youth Engagement Initiatives aim to build sexual health knowledge among youth leaders in grades 9 to 12. This is accomplished by supporting youth in learning about relationships, consent, sexually transmitted infections, birth control, sexual health supports, etc., in order to build leadership skills and assist them in taking action on topics of interest.

Young people will benefit from youth engagement because it:

- ✓ Increases self-esteem
- ✓ Builds new relationships
- ✓ Strengthens resiliency
- ✓ Promotes personal growth and identity development
- ✓ Increases critical thinking

TPH Promoters of Sexual Health will work together with school staff to implement programs with students/youth. They will facilitate and support youth through the following process:

Step 1: Recruit a group of youth in secondary school (ages 13-18) who are interested in being peer leaders

Step 2: Establish the team of peer leaders to accomplish Steps 3 to 7

Step 3: Identify topics of interest that are relevant to their school/community (e.g., Relationships and Consent, STI's, Birth Control, Body Image, Self Esteem, etc.)

Step 4: Prioritize and decide on a key topic to address

Step 5: Develop an action plan to influence others in their school or community (e.g. lunch and learns, workshop at assembly, class to class workshops, promoting on school social media)

Step 6: Implement the plan

Step 7: Evaluate and celebrate successes

Guys & Body Size

The TPH Student Survey of Gr. 7-12 students showed that many young males considered themselves not to be the right body size. Below are possible discussion points to address masculinity and to promote positive self-image for young men:

Healthy bodies come in all different sizes

- Emphasize that it is our genetics that determine our size and shape (including penis size)
- Show different sizes and shapes when using pictures of people and bodies

Society places too much emphasis on appearance

- Body image ideals are socially constructed and are not real
- Reinforce someone's qualities versus how someone looks

Bodies in the media are often hyper-masculinized and aren't always representative of the true diversity

- Images do not depict realistic body shapes and can be distorted using airbrushing or technology to achieve a certain look

Pornography doesn't reflect real body shapes or sizes

- Reinforce that pornography does not necessarily reflect realistic body shapes or realistic relationships
- Discuss that comparing oneself to erotic images can affect ones self-esteem

Penis size does not affect its function

- Validate students' feelings and concerns but highlight that size does not affect a penis' functioning: urination and ejaculation.
- For sexual satisfaction, explain that discussing with a partner about what they want can have a much greater impact on satisfaction than penis size

Utilizing resources that promote young people's self-esteem and positive body image can go a long way in reducing judgement and negative body image.