

Online Resources for Sexual Health Educators



Saskatchewan youth have high rates of sexually transmitted infections (STIs), unplanned pregnancies, and HIV infections. These rates indicate that youth are participating in unsafe sexual behaviours. Effective sexual health education is an important tool to address potential gaps in knowledge and to help ensure that Saskatchewan youth are making informed decisions about their sexual health. Teachers and other sexual health educators are well-positioned to provide sexual health education because they are seen as trusted sources of information and often serve as role models, advocates, and mentors.

There are numerous Canadian and American organizations that provide information and resources to help sexual health educators increase their knowledge and ability to teach youth about factors related to their sexual health. A list of some of these organizations and links to their websites are provided below.

Teaching Sexual Health Education

- <http://www.sexualityandu.ca/teachers> - Information site for teachers from the Society of Obstetricians and Gynaecologists of Canada. Provides information and resources with the goal of helping educators teach their students about sexual health. Resources include a teaching manual and examples of classroom presentations.
 - Notable resource - 3rd edition of the “Canadian Guidelines for Sexual Health Education” (<http://www.phac-aspc.gc.ca/publicat/cgshe-ldnemss/index-eng.php>) published by the Public Health Agency of Canada.
- www.sieccan.org - SIECCAN (The Sex Information and Education Council of Canada) works with health professionals, educators, and community organizations to ensure that all Canadians have access to high quality sexual health information, education, and related health and social services. Provides links to numerous reports focused on adolescent sexual health.
 - Notable resource - “Sexual Health Education in the Schools: Questions & Answers Third Edition” (http://www.sieccan.org/pdf/she_q&a_3rd.pdf), provides answers to some of the most common questions that parents, community educators, program planners, and school and health administrators may have about sexual health education in schools.
- www.teachingsexualhealth.ca - Alberta-based website that provides teachers with evidence-based sexual health education and delivery methods, lesson plans and activities, and comprehensive resources. Includes fact sheets on many topics including sexuality, sexually transmitted infections, and contraception.

Information about Contraceptives and Sexually Transmitted Infections

- <http://www.skprevention.ca/sexual-and-reproductive-health/> - Provides information about HIV/AIDS, sexually transmitted infections, First Nations traditional teachings, and parents as sexual health educators. Includes fact sheets, pamphlets, videos, and more.
- <http://skprevention.ca/keep-it-safe-saskatchewan/> - A downloadable mobile app from the Saskatchewan Prevention Institute that provides Saskatchewan-specific information about contraceptives and sexually transmitted infections. Also includes helpful “how-to” videos, answers to frequently asked questions, and a reminder calendar.
- www.sexualhealthsaskatoon.ca - A pro-choice organization providing information on contraception, pregnancy options, and sexually transmitted infections. Includes specific pages for parents and healthcare providers.
- www.plannedparenthoodregina.com - A pro-choice organization providing information related to contraception, pregnancy options, and STIs. Site includes links to games, fun facts, and information on emerging sexual health trends.
- <http://www.catie.ca/en/home> - CATIE (Canadian AIDS Treatment Information Exchange) provides resources and information specific to HIV/AIDS for educators.

Information about Sexual Orientation

- <http://www.advocatesforyouth.org/sexual-orientation-and-gender-identity-lessons> - Provides lesson plans designed for students aged 13 – 18 years, specific to sexual orientation and gender identity.
- <http://www.outsaskatoon.ca/> - Provides information and resources about sexual orientation including terminology, how to create safe spaces, and frequently asked questions.

Related Prevention Institute Resources

For a wallet-sized sexual health resources card that can be shared with youth, please see <http://skprevention.ca/resource-catalogue/sexual-health/youth-sexual-health/>.

For more information about effective sexual health education, including important characteristics and considerations, please refer to the evidence summary titled “Effective Sexual Health Education for Youth” available at:

<http://skprevention.ca/resource-catalogue/sexual-health/effective-evidence-based-sexual-health-education-for-youth/>.



Sexual health education matters! Research has consistently shown that well-planned and implemented sexual health education reduces participation in high risk behaviours and a reduction in the risk of HIV, STIs, and unintended pregnancies.