

Online Resources for Sexual Health Educators



Saskatchewan youth have high rates of sexually transmitted infections (STIs), unintended 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 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 many 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.
- www.sieccan.org - SIECCAN (The Sex Information and Education Council of Canada) works to ensure that all Canadians have access to high quality sexual health information. Provides links to numerous reports focused on adolescent sexual health, including [Sexual Health Education in Schools: Questions and Answers](#).
- 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 on many topics (e.g., sexuality, STIs, contraception).

Video Resources for Sex Education

- www.sexedschool.ca - YouTube series about sexuality and healthy relationships for youth ages 9-12, hosted by expert educators Nadine Thornhill and Eva Bloom.
- Amaze.org - Sexual health education videos for children, teens, young adults, parents, and educators. Includes free toolkits, lesson plans, and other resources for topics like sexuality and tech, sexual violence, LGBTQ issues, consent, and puberty.
- <https://www.plannedparenthood.org/learn/for-educators/digital-tools> - Videos and lesson plans developed by Planned Parenthood Federation of America, covering STIs, communication, consent, contraception, pregnancy, and more.

Information about Contraceptives and Sexually Transmitted Infections

- <https://skprevention.ca/product-category/sexual-health/> - Provides information about HIV/AIDS, STIs, First Nations traditional teachings, and parents as sexual health educators. Includes fact sheets, pamphlets, videos, and more.
- <https://skprevention.ca/kis-sk> - A downloadable mobile app from the Saskatchewan Prevention Institute that provides Saskatchewan-specific information about contraceptives and STIs. Also includes “how-to” videos, answers to frequently asked questions, and a reminder calendar.
- www.sexualhealthsaskatoon.ca - Provides information on contraception, pregnancy options, and STIs. Includes specific pages for parents and healthcare providers.
- www.plannedparenthoodregina.com - Provides information on contraception, pregnancy options, and STIs. Includes links to games, fun facts, and information on emerging sexual health trends.
- <http://www.catie.ca/en/home> - Provides resources and information specific to HIV/AIDS for educators.

Information about Sexual Orientation

- <https://advocatesforyouth.org/resources-tools/> - 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, visit: <https://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: <https://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 is associated with reduced participation in high risk behaviours and a reduction in the risk of HIV, STIs, and unplanned pregnancies.