

STBBIs NEWSLETTER

Sexually Transmitted and Blood-borne
Infections (STTBIs) and Reproductive Health

WINTER 2021 ISSUE

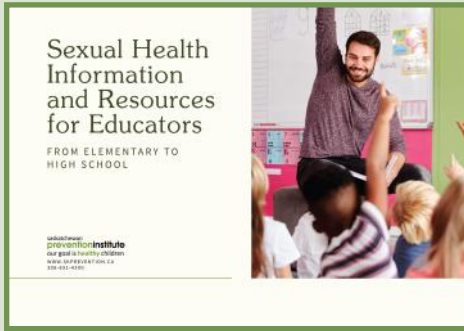


Welcome to the Saskatchewan Prevention Institute's Sexually Transmitted and Blood-borne Infections (STBBIs) and Reproductive Health Newsletter. The Prevention Institute is a provincial, non-profit organization that strives to reduce the occurrence of disabling conditions in children.

This edition of the newsletter highlights the importance of youth-friendly resources, education, and health promotion. Non-judgemental, harm reductive, and relevant care and messaging can help empower young people to make healthier choices and increase their access to essential information and support services. Focusing on the reduction of stigma and ensuring youth feel safe and respected can play a critical role in the prevention of STTBIs and unintended pregnancy among young people. This newsletter explores new resources available for youth and the people who work with them to support education and access to knowledge and care, as well as increase awareness of emergent STBBI issues within the province.

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Prevention Institute Resource Highlights



Sexual Health Information for Educators (2021)

The Saskatchewan Prevention Institute has created a new webpage for educators providing information about:

- the importance of comprehensive sexual health education
- related Saskatchewan curriculum outcomes
- free educational resources that can be used by educators and students

Curriculum support documents that link important age-appropriate topics to curriculum outcomes are also included, along with a list of past and future webinars in the Saskatchewan Prevention Institute's *Teaching Sex-Ed* series.

Educators are uniquely positioned to equip students with meaningful and accurate sexual health information, motivation, and skills to help prevent negative relationship and sexual health outcomes.

To learn more and to download the new curriculum support documents, visit: www.skprevention.ca/sexual-health-information-for-educators.

The KIS-SK App (Updated)

This fall, the Saskatchewan Prevention Institute updated the KIS-SK (Keep it Safe Saskatchewan) App, a smartphone resource that helps individuals make healthy choices and informed decisions related to their sexual health. The KIS-SK App is available in the iOS and Android app stores for download, and provides updated information on sexually transmitted infections, contraceptive options, and frequently asked questions. An interactive map that allows users to find sexual health services and resources near them is also included.

To learn more and find links to download, visit: <https://skprevention.ca/kis-sk>.



Noteworthy Provincial Resources

SexLifeSask.ca

Submitted by SexLifeSask.ca

With the commitment of many community stakeholders, a new comprehensive, inclusive, and evidence-based sexual health website has been launched in Saskatchewan!

Comprehensive, quality educational resources and access to clinical services are necessary for the people of Saskatchewan to make informed decisions about their own sexual health at all stages of life. The SexLifeSask website will be responsive to the province's changing sexual health needs by providing engaging, relevant, and local information while promoting access to sexual health services, free of judgement.



SexLifeSask offers inclusive client resources on a comprehensive list of sexual health topics as well as an interactive map of sexual health services in Saskatchewan. The website also includes a page dedicated to resources for sexual healthcare providers in Saskatchewan, including links to best practice documents, local STI testing and treatment information, and so much more.

We strive to continually improve the SexLifeSask resources and welcome your input. If you think there is something that would improve this website for care providers and clients, or if you would like to order free cards and posters, please use the Contact Us link at the bottom of www.sexlifesask.ca.

Noteworthy Provincial Resources

(Continued)



Syphilis “Mask Up” Campaign

Submitted by Saskatoon Sexual Health

On January 11, 2021, Saskatoon Sexual Health and OUTSaskatoon debuted a new syphilis campaign. Skyrocketing syphilis infection rates in Saskatchewan have led to great concern and demonstrate a need for greater public education. The campaign features billboards in Saskatoon, Prince Albert, Yorkton, and North Battleford. In Saskatoon, the campaign is also featured on city buses and in bars and restaurants. Other communities will be targeted for digital ads. This particular campaign is aimed at hard-to-reach 2SLGBTQ+ youth between the ages of 15-24. This is a critical intervention; between 2018-2019, the greatest increase in syphilis cases in Canada were observed in youth between 15-24 years of age (Public Health Agency of Canada, 2020). The campaign was created with support from Arcana Creative and Eco-Anxious Stories, and led by SHOUT YXE, a youth advisory team focused on the promotion of sexual health. Check out the campaign at maskupdownthere.ca.

Know Your Status: Sexual Health Textline

Submitted by Know Your Status Saskatoon

The Know Your Status: Sexual Health Textline is a text messaging system meant to bring the support of healthcare professionals right to your phone. Designed for all ages, the Know Your Status Textline can answer general questions related to sexual and reproductive health or more specific questions about where and how to access sexual and reproductive health care in Saskatchewan. Simply text your question to 1-306-381-4529 and a healthcare professional will be there to answer you between the hours of 8:00 a.m. and 4:00 p.m., Monday through Friday. Our Textline is free to use, confidential, and inclusive, so ask away!

Noteworthy National Resources

SRH Week 2021: Youth-Friendly Care – It’s Your Right!

Submitted by Action Canada for Sexual Health and Rights

SRH Week is an annual campaign hosted by [Action Canada for Sexual Health and Rights](https://www.actioncanadashr.org). The goal of the week is to bring attention to important and under-discussed areas of sexual and reproductive health and rights. This year’s campaign focuses on the importance of youth-friendly sexual health care. From February 8 to 14, we will release a [website](#) full of material, a Youth Bill of Rights poster, a podcast, and a webinar presented by members of our National Youth Advisory Board. We will be engaged on social media all week to spread the word about the importance of youth-friendly care! Follow us on Twitter, Instagram, and Facebook at [@actioncanadashr.org](https://twitter.com/actioncanadashr).

What is youth-friendly sexual health care?

Youth-friendly sexual health care centres the experiences of young people. It sees sexual health and wellness as an inherent right of all young people. It means having open, non-judgemental, trauma-informed, and sex-positive conversations about sex, sexuality, and sexual health. Youth-friendly care views youth as a diverse group with different needs, desires, and goals, and positions youth themselves as the experts on their own lives and health.

Visit www.actioncanadashr.org/srhweek to order posters and materials. A [social media toolkit](#) is also available to help spread the word.



Noteworthy National Resources

(Continued)

COVID-19 and Sexual Health

Sex Information and Education Council of Canada (SIECCAN) and Trojan

SIECCAN and Trojan have collaborated on new research and education materials specific to the COVID-19 pandemic and sexual health. Their new resources include two information sheets and an infographic that outline strategies for navigating sex and relationships during the ongoing pandemic. The resources include harm reduction strategies (e.g., masturbation, online dating, and play) and safety recommendations for sexual relationships with household members and non-household members.

Sexual Health and COVID-19 (Information sheet):

<http://sieccan.org/wp-content/uploads/2020/04/Trojan-SIECCAN-Sexual-Health-and-COVID-19.pdf>

Sex During COVID-19: Things to Think About (Information sheet):

<http://sieccan.org/wp-content/uploads/2020/09/Trojan-SIECCAN-Sex-During-COVID-19-Things-to-Think-About.pdf>

What Does COVID-19 Mean for My Sex Life? (Infographic):

<http://sieccan.org/wp-content/uploads/2020/09/What-Does-COVID-19-Mean-for-My-Sex-Life.pdf>

Please feel free to distribute this newsletter to others. If someone you know is interested in receiving future editions of the newsletter, please contact Savannah Holt at sholt@skprevention.ca.

Upcoming Saskatchewan Prevention Institute Webinar

Trauma- and Violence-Informed Care Related to STBBIs

Presented by Rachel MacLean and Laura Bouchard, Canadian Public Health Association

February 25, 10:00 – 11:00 a.m.

A webinar for health and allied health professionals and frontline service providers working with individuals living with or at risk of STBBIs.

Register here: <http://bit.ly/TVICwebinar>

PrEP and Pregnancy

Presented by Carley Pozniak, HIV Pharmacist, Positive Living Program

March 4, 10:00 – 11:00 a.m.

A webinar for health and allied health professionals working with people living with or at risk of HIV who may be sexually active, considering pregnancy, or already pregnant.

Register here: <http://bit.ly/PrEPpregnancy>

Teaching Sex-Ed: Facilitation Skills

Presented by Dr. Nadine Thornhill

March 23, 11:00 a.m. – 12:30 p.m.

A webinar for educators that will explore effective facilitation skills and strategies for the delivery of sexual health education.

Register here: <https://bit.ly/SexEdFac>

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