

STBBIs NEWSLETTER

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

saskatchewan
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our goal is **healthy** children

FALL 2021 ISSUE



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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.

Rates of sexually transmitted and blood-borne infections (STBBIs) continue to rise dramatically in Saskatchewan. The COVID-19 pandemic has strained our health system's capacity to respond effectively to the rising rates of infectious diseases like HIV, syphilis, and hepatitis C, and has compounded issues of access to testing, treatment, and support services. Preventive education remains an important strategy for limiting the spread of STBBIs and preventing negative outcomes during the pre-conception and perinatal periods.

New Resources

Free shipping to December 31, 2021

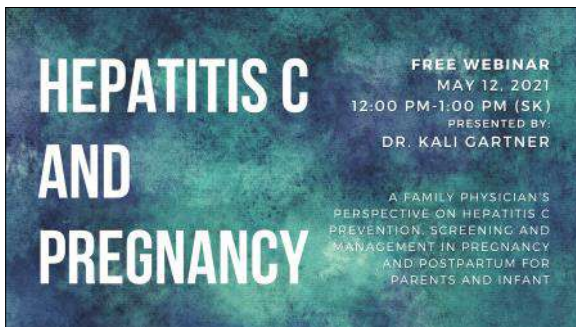
HCV and Pregnancy

Hepatitis C, also known as HCV, is a liver infection caused by the hepatitis C virus. Saskatchewan has high rates of HCV, particularly in those of childbearing age. HCV can be passed from mother to baby during pregnancy or delivery (called perinatal or vertical transmission). Testing and treatment prior to pregnancy are important, whenever possible. The Prevention Institute has recently created the following new resources on HCV and pregnancy, including information about vertical transmission, screening and treatment during pregnancy, pregnancy outcomes and impact on infants, and aftercare for parent and baby.

- **Hepatitis C (HCV) and Pregnancy webpage:**
<https://skprevention.ca/sexual-health/hepatitis-c-hcv-and-pregnancy/>
- **HCV and Pregnancy Fact Sheet:**
<https://skprevention.ca/resource-catalogue/pregnancy/hcv-and-pregnancy-fact-sheet/>



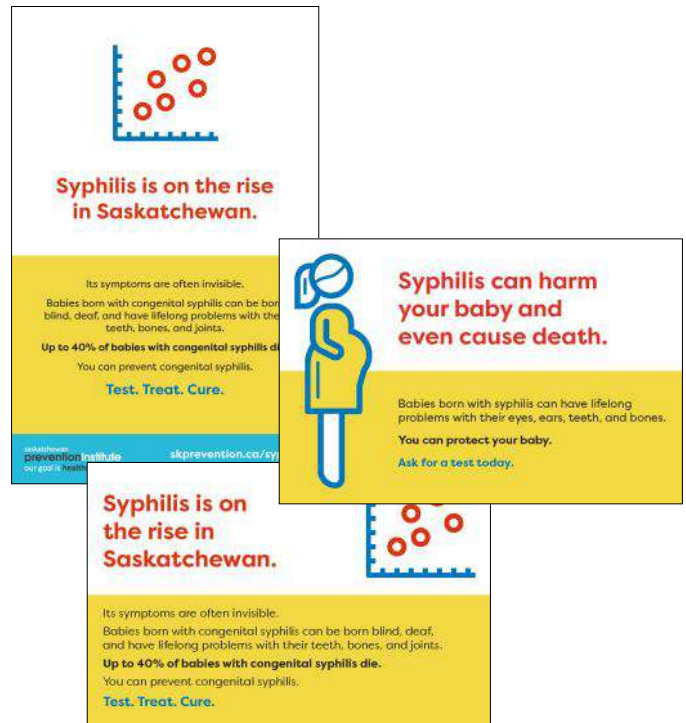
- **Hepatitis C and Pregnancy Webinar with Dr. Kali Gartner:**
<https://skprevention.ca/event/hepatitis-c-and-pregnancy/>



Syphilis

Rates of syphilis have significantly increased in Saskatchewan in the past few years, with several areas of the province issuing syphilis alerts and outbreak notices. Women of reproductive age are of particular concern because of the risk for congenital syphilis (syphilis passed from mother to baby during pregnancy or delivery). The Prevention Institute recently worked with Foundation Communications to create new resources to increase awareness and share information about the risks of prenatal syphilis.

- **Syphilis Poster – Healthcare:**
<https://skprevention.ca/resource-catalogue/sexual-health/syphilis-poster-healthcare/>
- **Syphilis Postcard – Mother:**
<https://skprevention.ca/resource-catalogue/sexual-health/syphilis-postcard-mother/>
- **Syphilis Postcard – Healthcare:**
<https://skprevention.ca/resource-catalogue/sexual-health/syphilis-postcard-healthcare/>



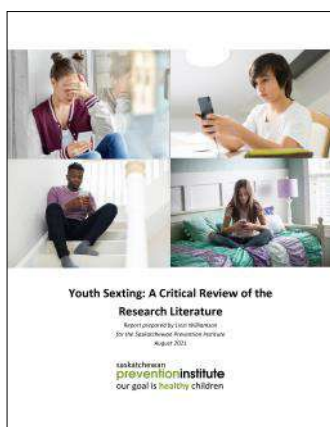
Back to School

Saskatchewan youth have high rates of sexually transmitted infections (STIs) and unintended pregnancies, and provincial rates of sexualized violence are among the highest in the country. Effective sexual health education is an important tool to help ensure that youth have the information and skills they need to make informed decisions about their sexual health. The following are new and updated resources relevant to sexual health education.

New Sexting Resources

Youth sexting is on the rise due to the popularity of smart phones and certain social media apps. While this technology offers opportunities for self-expression and connection, it also poses challenges and risks. The Prevention Institute has created two new resources that introduce the concept of sexting, explore youth-relevant issues related to sexting, and introduce strategies and resources for sexting education.

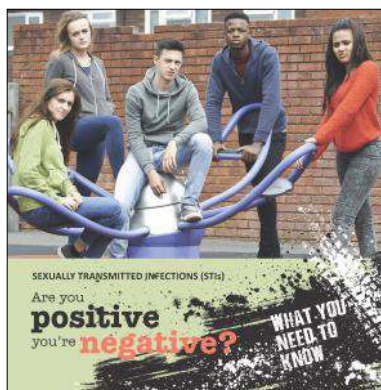
- **An Environmental Scan of Online Resources Related to Sexting:**
<https://skprevention.ca/resource-catalogue/sexual-health/an-environmental-scan-of-online-resources-related-to-sexting/>
- **Youth Sexting: A Critical Review of the Research Literature:**
<https://skprevention.ca/resource-catalogue/sexual-health/youth-sexting-a-critical-review-of-the-research-literature/>



Updated Resources

In response to community input and to reflect Health Canada's recent approval of the contraceptive implant, the Prevention Institute has updated our most popular resources for supporting sexual health education.

- **Sexually Transmitted Infections: What You Need to Know**
This booklet provides information on the most common STIs, including possible symptoms, how they spread, how to get tested, and what happens if they are not treated. Updates include information on conditions that can be mistaken for STIs (i.e., yeast infections and bacterial vaginosis).
<https://skprevention.ca/resource-catalogue/sexual-health/sexually-transmitted-infections-what-you-need-to-know/>



- **Contraceptive Options: Finding the Best Method of Birth Control for You**
This booklet provides information about the different types of contraception available, including the effectiveness, use, and how to access each type. It has been updated to include information about the contraceptive implant, fertility awareness methods, and the lactation amenorrhea method.
<https://skprevention.ca/resource-catalogue/sexual-health/contraception-options-finding-the-best-method-of-birth-control-for-you/>



- Youth-Friendly Sexual Health Information Cards**
 This information card provides Saskatchewan-specific contacts for youth to access free, anonymous, and confidential sexual and reproductive health services via telephone and/or the internet. The card's design has recently been refreshed and it now also includes Action Canada's Text Line.

<https://skprevention.ca/resource-catalogue/sexual-health/youth-friendly-sexual-health-information/>

24/7
Available any hour, every day

FREE
No cost to call from phone, cell phone, or pay phone

ANONYMOUS
You do not need to give your name, phone number, or address

CONFIDENTIAL
Your information will not be shared with anyone else

ADVICE
Information to connect you with the support and services you need

Youth-Friendly Sexual Health Information
24/7 Free, Anonymous, and Confidential Advice

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RESOURCE 7-015 REVISED 07/2021

Saskatchewan HealthLine: 811
Kids Help Phone: 1-800-668-6868
The Access Line: 1-888-642-2725
or Text: 1-613-800-5767

(provides information on reproductive and sexual health and referrals on pregnancy options)

Youth Sexual Health Sites
www.sexandu.ca
www.skprevention.ca/kis-sk
www.kidshelpline.ca
www.plannedparenthoodregina.com
www.saskatoonsexualhealth.ca
www.srhweek.ca

Gender and Sexual Diversity Sites
www.outsaskatoon.ca
www.urpride.ca

Related American sites
www.goaskalice.com
www.scarleteen.com
www.sexetc.org
www.twannaknow.org

Sexual Assault Services
www.sassk.ca

Upcoming Free Webinars

Peggy Orenstein - Let's Talk About Sex: How a New Generation Navigates Hookups, Porn, Love & Consent

October 6, 2021 at 12:00 p.m. CST
 Register at <https://bit.ly/PegOren>.

Join us for a discussion with Peggy Orenstein, bestselling author of *Girls & Sex* and *Boys & Sex*, as she draws on her work with young people to separate myth from reality and give youth, parents, educators, and advocates the conversational tools they need to ensure safe, pleasurable, mutually satisfying sexual encounters and intimate relationships.

FREE WEBINAR

LET'S TALK ABOUT SEX
 How a new generation navigates hookups, porn, love & consent

PEGGY ORENSTEIN
 New York Times bestselling author of *Girls & Sex*, *Boys & Sex*, and *Cinderella Ate My Daughter*

OCTOBER 6
 12:00 PM CST

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Teaching Sex-Ed: 2SLGBTQ+ Inclusive Sex-Ed
 November 4, 2021 at 12:00 p.m. CST
 Register at <https://bit.ly/TSEGSD>.

Comprehensive sexual health education is a highly effective strategy for reducing negative health and social outcomes for youth. Unfortunately, traditional sexual health education has often been critiqued for not being inclusive, not fitting the needs of 2SLGBTQ+ students, and even causing harm through the messaging used. Join us for this webinar with Natalya Mason, Education and Outreach Coordinator with Saskatoon Sexual Health, to learn about strategies for offering inclusive sex-ed.

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.

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