

**Promising Models of HIV Prevention
Programming for Youth in
Saskatchewan:
An Environmental Scan**

Prepared for the Saskatchewan Prevention Institute

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Promising Models of HIV Prevention Programming for Youth in Saskatchewan

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1. Introduction

Since 2004, Saskatchewan has seen a steady increase in the number of new human immunodeficiency virus (HIV) infections, with a peak occurring in 2009 at 199 cases (Saskatchewan Ministry of Health, 2014). The number of new infections stayed fairly constant from 2010 to 2012, with a significant 27% decrease occurring in 2013 (Saskatchewan Ministry of Health, 2014). This sizeable decrease is a positive indicator for the province, but Saskatchewan still surpasses the national HIV rate by twice the number of new HIV infections (Saskatchewan Ministry of Health, 2014). Due to the high HIV rates in Saskatchewan, it is necessary to identify the populations that are at risk and implement appropriate prevention programming.

The majority of HIV diagnosed cases can be found within Saskatchewan's urban populations. The Saskatoon Health Region has the highest proportion of reported HIV cases at 42%, with Regina Qu'Appelle Health Region at 24%, Prince Albert Parkland Health Region at 12%, and all other Saskatchewan Health Regions combined at 22% (Saskatchewan Ministry of Health, 2014). The 2014 Saskatchewan Ministry of Health report did find a decrease in the number of HIV diagnosed cases among the young adult population (20-29 years of age, both male and female) in 2013.

Unfortunately, they did not identify HIV rates when it came to Saskatchewan adolescents (those under 20 years of age). That being said, the Public Health Agency of Canada's (PHAC) *HIV/AIDS Epi Update* identified that Canadian youth (identified as 15 to 29 years old) are at risk of HIV infection both due to their participation in risky behaviours (e.g., injection drug use, unprotected sex, sex with multiple partners) and knowledge gaps (PHAC, 2010). In order to counter the knowledge gaps and risky behaviours, PHAC identified that "a wide range of prevention activities need to be implemented to help minimize the risk of HIV transmission among youth" (2010, p. 1).

1.1 Current Report

In December 2010, the Saskatchewan Ministry of Health implemented the Saskatchewan HIV Strategy, which worked towards three provincial goals: 1. reducing the number of new HIV infections; 2. improving quality of life for HIV infected individuals; and 3. reducing risk factors for the acquisition of HIV infection. In order to accomplish these goals, the Ministry identified the need for "a comprehensive and integrated approach," which includes four strategic pillars (Ministry of Health, 2014, p. 3). The second pillar identifies the need for prevention and harm reduction, which relates back to the purpose of this report. The Ministry has done an array of work to implement primary prevention programming around the province, including the creation of community level interventions, the development of local strategies and partnerships, a provincial communication plan, broad-based education efforts, and a push for more HIV testing. None of this prevention programming has been identified as youth-focused.

The evaluation of these programs is still ongoing, as the Strategy completed its final year in 2014. As of yet there is not a comprehensive overview of current provincial prevention programs available. Prior to the implementation of new programming, it is important to identify what programs are currently available in order to avoid overlap and the possible implementation of

previously failed programs. The current report specifically looks at HIV prevention programming for youth, as they are a potential high-risk population for HIV infection as identified by PHAC. In order to identify if there are any Saskatchewan-based support programs and services focusing on HIV prevention for youth, email contact was made with existing AIDS service organizations. Appendix A gives a list of AIDS service organizations based in the province that were contacted for this report.

Appendix B identifies the Saskatchewan-based organizations from Appendix A that replied and identified their current work in the area of HIV prevention. Some of the programming was not youth-specific, but it could be provided to youth. To identify national prevention programs, an online search was conducted with the parameters that it needed to be: 1. youth-specific (or at least applicable to youth); 2. prevention-focused; and 3. created within the last 10 years. Appendix C provides an index of the Canadian programs that met the search parameters, with further information being provided in Appendix D. The above parameters were also implemented when it came to searching for programming in the United States. The list is not exhaustive of the programming done in the United States, but it does highlight key youth-focused HIV prevention programs.

The importance and overall purpose of this report is to identify youth-specific HIV prevention programming in Saskatchewan, while also highlighting programming in North America that may be able to be adapted for Saskatchewan. Programs that did not meet all of the parameters identified above were not included in this report. Also, it should be noted that the programs identified are all in English, as that is the primary language of the researcher. Therefore, programming in other languages has not been included. For more information about programs for youth living with HIV, please refer to a report prepared by the Saskatchewan Prevention Institute in 2013 titled "Promising Models of Programming for Youth Living with HIV." For more information about HIV prevention, please refer to the Saskatchewan Prevention Institute's literature review titled "Prevention of HIV Infection in Adolescents."¹

2. Saskatchewan-Based Prevention Programs and Services for Youth

Upon contacting the Saskatchewan-based organizations (Appendix A), those who responded identified that they do not have specific programming related to HIV prevention for youth. What they did identify is that there are programs and tools that touch on HIV prevention that can be formatted to meet the needs of this population. One of these tools is educational presentations, where content can have a specific focus. The educational presentation format and content are dependent on the service provider. They can be formatted to meet the request of the individual, group, or school who may be interested. Programs in Saskatchewan that stated that they offer

¹ Both of these reports can be downloaded from the Saskatchewan Prevention Institute's website (www.skprevention.ca) under the "Sexual and Reproductive Health" program tab.

educational presentations include the Prince Albert Metis Women's Association, the Saskatoon and Sunrise Health Regions, and 601 East Outreach.

Another aspect of HIV prevention programming is the provision of contraceptives. The Prevention Institute created the app, Keep It Safe Saskatchewan (KIS-SK). The KIS-SK app is an easily accessible app that allows individuals to learn about healthy sexual choices to reduce the risk of HIV, sexually transmitted infections (STIs), and unplanned pregnancy. The app can identify your location and show you a list of nearby places that offer testing and free or reduced-cost contraceptives. The app also allows people to set reminders for taking contraceptives or booking health appointments. KIS-SK can be downloaded from the Apple App Store and the Google Play store. For more information, please go to the Prevention Institute website (<http://www.skprevention.ca/keep-it-safe-saskatchewan/>).

One such place that provides this type of service is the "Outlet," a teen drop-in centre in Yorkton that works with the Sunrise Health Region to provide free condoms. When the Sunrise Health Region identified that they provide free condoms, they did not state whether or not they provide any information with the condoms (e.g., pamphlets or cards highlighting the importance of using condoms and how condoms can protect individuals from HIV, STIs, and unplanned pregnancy). This information could be provided with the use of the KIS-SK app. In addition to providing condoms, the Sunrise Health Region also has a media campaign called "Making Heat in the Backseat: Know Your Risk." This campaign includes posters, billboards, drink coasters, chatterbox/fortune tellers, and a webpage (<http://www.aidsaskatoon.ca/web/content/whats-your-risk-ml>). The Saskatoon Health Region also has a list of HIV-related resources and links on their website (https://www.saskatoonhealthregion.ca/locations_services/Services/Positive-Living/Pages/Resources.aspx). A list of Saskatchewan organizations contacted that provide either HIV prevention presentations or resources to youth can be found in Appendix B.

When doing the online search, one program was identified that involved peer-to-peer health messaging, although it was not specific to HIV prevention. Planned Parenting Regina has a program called "Youth Educating About Health" (YEAH) (see Appendix B for more information). This program has been running since 2000 and is led entirely by Saskatchewan youth. The goal of the group is to share messaging about sexual health to their peers, which they do through mini-conferences, camps, workshops, and theatrical presentations. After an online search and contacting Saskatchewan-based organizations, YEAH was the only identified program created solely with a youth focus around sexual health. However, it is possible that there are other programs in Saskatchewan that have a youth focus that were not identified during the creation of this report.

3. North American Programs and Services for Youth

In other parts of Canada and throughout the United States, there are programs related to HIV prevention within youth populations. That being said, not all of the programs highlighted in this report are youth-specific, but they can be adapted to meet the needs of youth. The majority of the

included programs have resources that can be found online, making them easily accessible for youth. The following section is separated into Canadian and American programs. The full list of Canadian programs, including the overall goal of the organization/program, a program description, identified services, and contact information can be found in Appendix D.

3.1 Canadian Programs and Services

Canada has a diverse set of materials for HIV prevention. Some of these specifically address youth populations, including street youth and Aboriginal youth. Six categories emerged from the online search of Canadian youth-focused HIV prevention programs and services. These categories include: 1. education materials, such as booklets and how-to guides; 2. educational presentations; 3. prevention-focused webpages; 4. resource lists; 5. outreach; and 6. youth-created and/or focused programs. The following section identifies each of these categories, along with program examples found during the online search. At the end of this section, there is a focus on the importance of Aboriginal-specific programming and services. A full list of identified programs, along with more information about the programs discussed below, can be found in Appendix D.

3.1.1 Educational Presentations

Much like with the Saskatchewan data, educational presentations appear to be the most common prevention tool. Many of the organizations that offer educational presentations are able to alter the format to fulfill specific needs, such as targeting to specific populations, length of presentations, and focus of the presentation. For the most part, these presentations are offered free to the community, and facilitators will travel to designated areas instead of having the group come to them. Some do have a presentation cost attached to them, but there is no evidence to show whether this hinders people making use of their services or not. To find out which programs have a cost related to them, please refer to Appendix D.

HIV West Yellowhead, AIDS Network Kootenay Outreach and Support Society (ANKORS), YouthCO, Planned Parenthood Ottawa, AIDS Community Care Montreal (ACCM), Chee Mamuk Aboriginal Program and Youth Services identified on their websites the ability to provide educational presentations to their communities and other organizations. Other identified organizations may also provide educational presentations, but this was not specifically highlighted on their websites.

3.1.2 Education Materials

Educational materials have been identified as specific resources that can be used by youth, healthcare providers, and other individuals involved in educational programming from organizations that look to prevent HIV and acquired immune deficiency syndrome (AIDS). Two sources found during the online search fall specifically under this category. *Sex + HIV: It's Worth Knowing the Facts and Risks – A Booklet for Teens* is an information-based resource for youth to understand what sex is and the risks of sex, including HIV/AIDS and

STIs. The booklet gives an overview of how HIV is transmitted, while debunking myths. It also has a section of common questions asked by youth and provides the answers for each of these questions. Finally, it gives a list of websites that teens can visit to retrieve more information about safer sexual behaviour. This resource can be found at http://orders.catie.ca/product_info.php?products_id=162.

Empower: Youth, Arts and Activism – An HIV/AIDS Arts Activism Manual for Youth by Youth reads more like a magazine than a manual. The manual identifies what HIV is, provides AIDS 101 information, and looks at how youth throughout the country are tackling HIV/AIDS using different mediums of art and social activism. It is an inspiring piece that is easy to understand, and the information is shared in a fun, youth-friendly way with a magazine format. This resource can be found at <http://www.catie.ca/sites/default/files/empower-youthartsandactivism%20.pdf>.

3.1.3 Prevention-Focused Webpages

Some of the programs found during the online search have fully developed prevention-focused webpages. Sites like this include HIV Community Link (<http://www.hivcl.org/>) and HIV 101 (<http://hiv101.ca/>). These websites are set up so that anyone can access information about prevention, testing, and commonly asked questions around HIV. HIV Community Link has a specific page focusing on prevention, identifying specific tools to reduce the risk of HIV. HIV 101 has a page for youth to find information on how HIV is transmitted, along with a list of resources that link youth to other informative sites. Other websites, such as HIV Edmonton, AIDS Community Care Montreal, and Planned Parenthood Ottawa, have at least one page dedicated to understanding HIV. These webpages can be an easy resource for youth to access if they have the technology. AIDS Network Kootenay Outreach and Support Society has computers accessible for those who come into their facilities as a way for them to find their own information on HIV/AIDS and STIs. Not all of the webpages identified are specifically youth-focused, but because the majority of the sites are laid out in a user-friendly, easy to understand way, they can be used by youth.

3.1.4 Resource Lists

Having a resource list allows individuals, groups, and organizations to see what others are doing and how they can supplement/enhance their own programming. The Canadian AIDS Society, HIV Edmonton, Canadian AIDS Treatment Information Exchange (CATIE), and Chee Mamuk provide excellent resource lists for people to use and get an understanding of what is happening at other organizations. The Canadian AIDS Society has a tab that specifically addresses prevention, looking at the different ways in which HIV can be transmitted. After the overview, this webpage identifies different resources from reports to news articles for individuals to further their understanding around HIV prevention. Under CATIE's prevention page, the section for young people has a list of resources to

help youth better understand HIV, how to prevent it, and sites that offer support if they have been recently diagnosed as HIV positive.

3.1.5 Outreach

Outreach programs are offered at a number of organizations around Canada. Many are considered as a safe, judgement-free place, where youth can have their questions or concerns addressed. What is offered varies between organizations, but they can provide counselling, HIV testing, financial assistance, harm reduction tools (safer sex tools and needle exchange), and access to computers and phones. HIV West Yellowhead, the Youth Services Bureau of Ottawa, and ANKORS all offer an array of these listed services. The HIV West Yellowhead office is located in Jasper, Alberta with staff travelling to the communities of Hinton, Edson, and Whitecourt. Services can be accessed in person at the office, by phone, or by arranging a meeting at another location. The Support and Outreach Worker is based in Edson and can be contacted for information, to arrange a meeting at a different location, or to deliver supplies. The ANKORS needle exchange program is a comprehensive approach to the prevention of HIV/AIDS, Hepatitis B and C (ANKORS, 2014). It operates in three sites, which are Nelson, New Denver Health Center, and a mobile service throughout the Kootenay Boundary region that runs on a monthly schedule. These outreach services can help youth access and learn more about HIV preventative measures.

3.1.6 Youth-Created and/or Focused Programs

Two powerful prevention tools are youth-focused and youth-created programs. Youth-focused programs work to provide information to youth in a comprehensive and intriguing format that lets them fully understand and engage with the material. Youth-created programs use peer-to-peer education in order to get the message across. Having youth educate other youth removes the hierarchies that can sometimes be embedded within health awareness programs. Three of the four examples highlighted below are Aboriginal-based, which adds another layer of connection between the youth who are providing and receiving the education.

Patrick 4 Life (P4L) AIDS Awareness and Education is dedicated to educating youth about HIV and AIDS. This Ontario program works to raise awareness around HIV through education, leadership, fundraising, and partnerships. Youth 4 Youth is a committee within P4L that consists of secondary school student representatives from the community who work towards informing their peers about HIV/AIDS. They work on a variety of events to share information about HIV/AIDS, including a “Pizza 4 Patrick” dinner and “YouthFest,” which involves over 1000 students who attend a function with guest speakers and entertainers who work to increase awareness of HIV/AIDS (see <http://www.p4l.ca/>).

YouthCo was created and organized by young leaders who want to reduce the impact of HIV and Hepatitis C on British Columbia youth. They do this through peer support,

education, and community engagement. YouthCo runs four main programs, three of which relate back to HIV prevention: 1. MpowermentYVR, a community-led health promotion program; 2. Yúusnewas, their Aboriginal Youth Program working with indigenous communities to deliver sexual health and harm reduction information; and 3. workshops and training led by the peer facilitation team who can come to a classroom or youth group to talk about HIV or other information around sexual health.

“Star in Your Own Stories” was a 2006/2007 campaign launched by Chee Mamuk to educate youth about HIV/AIDS. With the help of HIV/AIDS educators and staff from a new media company, youth from the community of Kitamaat, BC spent two days in workshops learning about HIV/AIDS. From there, they created a video focusing on rumours and how quickly they spread, much like HIV and STIs. This project both educated youth about HIV and empowered them to create their own messaging.

“Taking Action! Project: Art and Aboriginal Youth Leadership for HIV Prevention” was a national project led by Aboriginal youth from across Canada. The goal of this project was to create an understanding of HIV in Aboriginal communities through the use of culture and different forms of art. Part I of this project focused specifically on using art (e.g., painting, drawing, graffiti) as an effective tool to help youth talk about HIV/AIDS and learn how to mobilize action. Some of this artwork can be found at <http://www.takingaction4youth.org/art/>. Part II of this project used the same idea of creating awareness around HIV, sexual health, and decolonization in Aboriginal communities, but used the medium of digital stories (short movies). These digital stories are also available to the public at <http://www.takingaction4youth.org/digital-stories/>.

3.1.7 Aboriginal Programming and Services

In Canada, Aboriginal people make up about 3.8% of the general population, yet HIV rates are 3.6 times higher in Aboriginal populations than non-Aboriginal populations. Aboriginal people represent about 8% of all people living with HIV/AIDS and 12.5% of new diagnosed HIV/AIDS cases in Canada (PHAC, 2010). This data indicates that Aboriginal people are over-represented in HIV/AIDS cases in Canada. Therefore, it is important to have programs, prevention or otherwise, that are specifically tailored to Aboriginal people.

A 2004 report that focused on HIV prevention for Aboriginal youth identified that there is limited messaging directed at Aboriginal youth. At the time, programs that focused on Aboriginal youth were considered to be broad messaging (e.g., treating Aboriginal people as a homogeneous group) that was often seen as ineffective (Canadian Aboriginal AIDS Network [CAAN], 2004). Since this report, it appears that more work has been done around the prevention of HIV by implementing Aboriginal culture into the programming. For example, Chee Mamuk works to “provide innovative and culturally appropriate STI, Hepatitis and HIV training, educational resources, and wise practice models” (BC Centre for Disease Control, 2013). These are then implemented into all of their programming,

including those for youth. A couple of the sources that were found during the online search identified the importance of culture in program planning and creation. Identified Aboriginal-specific programs have been highlighted in Appendix C with a double asterisk (**) by their name.

3.2 American Programs and Services

According to the Centers for Disease Control and Prevention (2014), 1.2 million Americans are living with HIV, with 14% of them unaware that they are infected. With these high rates, the United States has looked into different forms of prevention, including treatment and harm reduction, presenting a diverse set of materials for HIV prevention, and youth-specific prevention. As the number of American HIV prevention programs and resources is very high, this section will highlight 5 programs that are successful, long-lasting, and are specifically focused on HIV prevention in youth. The programs identified give examples of educational materials, prevention-focused webpages, a guide on creating a youth-focused prevention program, and an example of a worldwide mass media campaign focusing on awareness and prevention.

Advocates for Youth was established in 1980 and works to provide young people with the information needed to make informed and responsible decisions about their reproductive and sexual health. Their website works to integrate STI, HIV/AIDS, and pregnancy prevention strategies, which they identify as usually being isolated from one another. Information is provided through print and electronic sources that are research-based best practices. More information about Advocates for Youth and their resources can be found at <http://www.advocatesforyouth.org/index.php>.

The “Guide to Implementing Teens for AIDS Prevention (TAP)” is a resource from Advocates for Youth that guides individuals, schools, and other community organizations to create a prevention program within their school or community. It gives a step-by-step guide on how to create peer education programs by introducing key components, such as but not limited to: building support for a peer education program; planning and finding program funding; how to select staff and recruit members; and training youth to be peer educators. It also gives resource examples for items such as permission slips, pre- and post-survey evaluations, photography consent forms, and activity planning sheets. To access the TAP PDF, please go to <http://www.advocatesforyouth.org/storage/advfy/documents/TAP.pdf>.

The American Foundation for AIDS Research (amfAR) is a research-based foundation formed in 1985 working towards ending the global AIDS epidemic. The website covers a vast population, but has a page which specifically focuses on young people and HIV. This page works to educate young people around HIV, including but not limited to, what HIV is, how it is transmitted, how it can be prevented, and where to go for testing. More information about amfAR can be found at <http://www.amfar.org/>.

The National Resource Center for HIV/AIDS Prevention among Adolescents is a newer program which was created in 2011. It works to provide an online, central location where individuals can access up-to-date information on training, technical assistance, published literature, and evidence-based programs. The website is directed to a broad range of youth providers, but youth can also access the site. Individuals can browse the website by topic, which includes gender, sexuality, and cultural and social identifiers. To view their website, please visit <https://preventyouthhiv.org/>.

The MTV Staying Alive Foundation is a bit different from the other highlighted American programs, as it is a worldwide mass media campaign. This program funds creative and ambitious young leaders who work towards stopping HIV before it starts. MTV and the projects they fund push for the pursuit of prevention by giving young people worldwide the knowledge needed to protect themselves and others from HIV. They identify that campaigns need to be multi-pronged, meaning that they combine several elements to create “big picture” campaigns (as opposed to those that focus on one aspect of prevention). For example, their HIV prevention campaigns have used a range of media, such as documentaries, advertising, concerts, dramas, and a movie. They also use social media to connect with young people, such as Facebook, Twitter, and a regularly updated blog. There is also grant funding available for youth who want to create youth-led organizations. To learn more about MTV Staying Alive including the blog, featured projects, and videos, please visit their website at <http://stayingalivefoundation.org/>.

4. Discussion and Recommendations

This report has found that there is prevention programming occurring throughout Canada and the United States, but it is mostly in the form of resource materials or presentations. Youth-specific HIV prevention programs appear to be lacking in many areas of Canada, including Saskatchewan. Work needs to be done on creating on-going, multi-pronged, and fact-based campaigns that go beyond educational presentations and online materials. There also needs to be work done when it comes to age-appropriate prevention programs. It is useful to have information that can be used by all age groups, but age-specific programming and resources are also needed. Finally, wherever possible, evaluations should be implemented to find out if the program is working and if youth are retaining and using the information given to them on HIV.

The online search revealed several beneficial aspects to include in online youth HIV prevention resources. For example, it is important to ensure that the information is accessible, factual, and unbiased. This helps to debunk myths that youth (and the general population) may hear and believe about HIV. It is also useful when programs have lists of contacts to go to for more information or resources about HIV. Many online websites also try to create a social area, where youth can talk to other youth about their issues. This is related to the importance of having more peer-to-peer programs, where youth are educated on how they can work with and support other youth on HIV prevention.

When it comes to designing youth-specific HIV prevention programs, it is important to identify behavioural, cultural, and environmental influences that have an impact on youth and their risk for HIV. For example, it is important for youth to understand the possible consequences of sexual behaviours, making sure that youth feel that they are able to make the right choices for themselves. It is also important to include information about having safe, healthy relationships. A way to address this is by creating multi-pronged campaigns where a combination of education, research, and hands-on programming is used to help youth find the information they need to avoid HIV and other STIs.

5. Conclusion

As found in this report, there are a number of promising programs and services in North America that could be used to create youth HIV prevention programs and/or resources in Saskatchewan. There is a range of resources from online information pages to in-depth how-to guides incorporating targeted populations and involving culture as a form of prevention and treatment. As reports have suggested, the number of new cases of HIV infection identified in Saskatchewan youth decreased in 2013, making the present time a chance to capitalize on continuing to lower numbers of new HIV infections by creating strong, evidence-based, multi-pronged prevention campaigns.

A provincially-created program that can be delivered in schools, within community organizations, and that has an online presence may be an option within Saskatchewan. This could involve members of the Saskatchewan Ministry of Health, provincial education leaders, Aboriginal community leaders, Saskatchewan HIV/AIDS service providers, other health providers, and youth from across the province working together to create a multi-pronged program. As Saskatchewan still has the highest rates of new HIV infections in the country, HIV prevention programs are of the utmost importance. Creating HIV prevention programs and resources for youth, including those specific to Aboriginal youth, may go a long way to reducing the numbers of new HIV infections in Saskatchewan.

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Appendix A: Saskatchewan-Based Organizations Contacted for Information

La Ronge

Mamawetan Churchill River Health Region
227 Backlund Street
La Ronge, SK S0J 1L0
Tel: (306) 425-2422
Website: <http://www.mcrhealth.ca/>

Meadow Lake

Prairie North Health Region
2 – 711 Centre Street
Meadow Lake, SK S9X 1E6
Tel: (306) 236-1558
Website:
<http://www.pnrha.ca/bins/index.asp>

Prince Albert

Prince Albert Parkland Health Region
1521 6 Avenue West
Prince Albert, SK S6V 5K1
Tel: (306) 765-6400
Website:
[http://www.princealbertparklandhealth.com/
menu_pg.asp](http://www.princealbertparklandhealth.com/menu_pg.asp)

Prince Albert Metis Women's Association
54 10 Street East
Prince Albert, SK S6V 0Y5
Tel: (306) 763-5356
Website:
<http://www.princealbertmetiswomen.ca/en/>

Regina

AIDS Programs South Saskatchewan
2911 5 Avenue
Regina, SK S4T 0L4
Tel: (306) 924-8420
Website:
<http://www.aidsprogramssouthsask.com/>

All Nations Hope Network
2735 5 Avenue
Regina, SK S4T 0L2
Tel: (306) 924-8424
Website: <http://allnationshope.ca/>

Regina Qu'Appelle Health Region
2180 23rd Avenue
Regina, SK S4S 0A5
Tel: (306) 766-5100
Website: <http://www.rqhealth.ca/>

Saskatoon

AIDS Saskatoon

1143 Avenue F North

Saskatoon, SK S7L 1X1

Tel: (306) 242-5005

Website: <http://www.aidsaskatoon.ca/web/>

Saskatoon Health Region

701 Queen Street

Saskatoon, SK S7K 0M7

Tel: (306) 655-7500

Website:

<https://www.saskatoonhealthregion.ca/>

Yorkton

601 East Outreach

130 345 Broadway Street West

Yorkton, SK S3N 0N8

Tel: (306) 783-1722

Sunrise Health Region

270 Bradbrooke Drive

Yorkton, SK S3N 2K6

Tel: (306) 786-0100

Website:

<http://www.sunrisehealthregion.sk.ca/>

Appendix B: Youth HIV Prevention Programming & Services Provided by Saskatchewan-Based Organizations

Organization

*Planned Parenthood
Regina (PPR)*

Programming Provided for Youth

PPR has supported the youth-led program called “Youth Educating About Health” (YEAH) since 2000. This program is completely led by Saskatchewan youth, and uses mini-conferences, camps, workshops, and theatre to relay messages about sexual health to their peers.

*Prince Albert Metis
Women’s Association*

The Prince Albert Metis Women’s Association has programming focused on educating the community about HIV. Recently, a youth educator was hired whose responsibilities include educational presentations. The program and the format of the presentations are still in planning phases.

Saskatoon Health Region

The Saskatoon Health Region has a working relationship with the Saskatoon Sexual Health Centre by providing funding to increase the number of HIV tests. They also fund the Avenue Community Centre to provide a weekly sexual health clinic to individuals who access their services. They partnered on a project with the Saskatoon Community Youth Arts Programming (SCYAP) for several years called “Streetgraphix.” Work included graphic novels, videos, and general information about HIV. The project has ended, but the website is still available at www.streetgraphix.ca.

Sunrise Health Region

The Sunrise Health Region did not identify any specific youth programming, but they did highlight the work that the 601 East Outreach and their Public Health Office does in Yorkton. Upon request, presentations for youth in schools and other areas can be done. They provide free condoms at the “Outlet,” a teen drop-in centre in Yorkton. There is also a social media campaign called “Making Heat in the Backseat: Know Your Risk,” which includes multiple print items and a webpage, found at <http://www.aidssaskatoon.ca/web/content/whats-your-risk-ml>.

Organization

601 East Outreach

Programming Provided for Youth

601 East Outreach identified that they are currently in the planning stages of a girls' night group that would meet monthly. They do prevention and educational presentations to youth on a fairly regular basis. They also have drop-in hours and encourage people to come in and access the services whenever they can.

Appendix C: National Program Service Checklist

Program	Educational Materials	Educational Presentations	Prevention Focused Webpages	Outreach	Resource List	Youth Created and/or Focused	Aboriginal Focus
NATIONAL							
Canadian Aboriginal AIDS Network (CAAN)			✓		✓		✓
Canadian AIDS Society (CAS)	✓		✓				
Canadian AIDS Treatment Information Exchange (CATIE)	✓		✓		✓	✓	
Canadian Public Health Association	✓		✓				
Taking Action! Program	✓			✓	✓	✓	✓
ALBERTA							
HIV Community Link		✓	✓	✓	✓		✓
HIV Edmonton		✓	✓			✓	
HIV West Yellowhead		✓	✓	✓	✓		
Strong Voices (Aboriginal communities)		✓	✓	✓			✓
BRITISH COLUMBIA							
AIDS Network Kootenay Outreach & Support Society		✓	✓	✓	✓		
Chee Mamuk, BC Centre for Disease Control	✓	✓			✓	✓	✓
HIV 101		✓			✓	✓	✓
YouthCO: Youth Leading the HIV & HEP C Movement		✓			✓	✓	✓

Program	Educational Materials	Educational Presentations	Prevention Focused Webpages	Outreach	Resource List	Youth Created and/or Focused	Aboriginal Focus
MANITOBA							
Nine Circles Community Health Centre	✓	✓		✓	✓		✓
ONTARIO							
Empower	✓	✓			✓	✓	
Patrick 4 Life	✓		✓	✓		✓	
Planned Parenthood Ottawa	✓	✓	✓	✓			
Réseau ACCESS Network: HIV/Hepatitis Health and Social Services			✓		✓	✓	
Youth Services Bureau of Ottawa		✓	✓		✓	✓	
QUÉBEC							
AIDS Community Care Montreal (ACCM)			✓	✓			
SASKATCHEWAN							
Planned Parenthood Regina		✓				✓	✓
Prince Albert Metis Women's Association	✓	✓	✓				✓
Saskatoon Health Region	✓	✓	✓	✓	✓		
Sunrise Health Region	✓	✓	✓	✓	✓		
601 East Outreach	✓		✓	✓	✓		✓

More information about each of the above programs can be found in Appendix D.

Appendix D: Canadian HIV Prevention Programs for Youth

National Programs

Canadian Aboriginal AIDS Network (CAAN)**

6520 Salish Drive	113-154 Willowdale Drive
Vancouver, BC V6N 2C7	Dartmouth, NS B2Y 2N6
(T) 604-266-7616	(T) 902-433-0900
(F) 604-266-7612	(F) 902-433-3041
(E) info@caan.ca	(E) info@caan.ca
(W) http://caan.ca	(W) http://caan.ca

Young Eagles Challenge: Guide 1 – Know It!; Guide 2 – Do It!

Goal To educate Aboriginal youth on HIV/AIDS.

Description & Services Guide 1 provides information to Aboriginal youth about HIV and AIDS in order to familiarize and give them understanding on how HIV is spread between individuals. The PDF can be found here: <http://caan.ca/wp-content/uploads/2012/05/Young-Eagle-Know-It.pdf>.

Guide 2 identifies tips, checklists, and resources that youth can use to talk to other youth and their community about HIV/AIDS. The PDF can be found here: <http://caan.ca/wp-content/uploads/2012/05/Young-Eagles-Dot-It.pdf>.

Canadian AIDS Society (CAS)

190 O'Connor Street, Suite 100
Ottawa, ON K2P 2R3
(T) 613-230-3580 / 1-800-499-1986
(F) 613-563-4998
(E) casinfo@cdnaids.ca
(W) <http://www.cdnaids.ca/welcome>

Connecting Youth with Youth: A Guide to Youth and HIV/AIDS-Related Programs and Projects Across Canada

Goal To connect youth, youth workers, and community-based organizations serving youth with each other so that information is readily available to those who need it.

Description & Services This document identifies HIV/AIDS-related programming for youth in Canada, broken down at a provincial level and then by identified cities. These programs include, but are not limited to: prevention education programs, awareness projects, outreach programs, and support programs. As this report was done in 2004, it should be noted that some of these programs may have been altered, fully changed, or are no longer available. The PDF can be found at: <http://www.cdnaids.ca/connectingyouthwithyouthaguidetoyou>.

Canadian AIDS Treatment Information Exchange (CATIE)

555 Richmond Street West
 Suite 505, Box 1104
 Toronto, ON M5V 3B1
 (T) 416-203-7122
 (F) 416-203-8284
 (W) <http://www.catie.ca/>

Database of Highlighted Prevention Programs for Young People

Goal CATIE's goal is to provide Canadians with an up-to-date, unbiased website of information about HIV and Hepatitis C (HCV).

Description & Services CATIE offers a database of information for young people to access. The index is youth-specific but is not limited to prevention programs. The information provided ranges from online webpages to magazines, activism information, and booklets. To access the index, please visit: <http://www.catie.ca/en/prevention/populations#youth>.

Canadian Public Health Association

404-1525 Carling Avenue
 Ottawa, ON K1Z 8R9
 (T) 613-725-3769
 (F) 613-725-9826
 (W) <http://www.cpha.ca/en/default.aspx>

Sex + HIV: It's Worth Knowing the Facts and Risks: A Booklet for Teens

Goal To give information to teenagers about sex and the risks of getting STIs and HIV.

Description & Services This is an online resource designated for teens to give them information to understand the potential risks that come along with sexual behaviours. It provides information about risky sexual behaviours, STIs, and HIV/AIDS. It also debunks some of the myths on how STIs and HIV/AIDS are transmitted. For the PDF, go to: <http://librarypdf.catie.ca/PDF/ATI-20000s/21369.pdf>.

Taking Action! Program***General contact*(E) info@takingaction4youth.org(W) <http://www.takingaction4youth.org/>*Specific contact:* Jessica Danforth(E) jdandforth@nativeyouthsexualhealth.com*Taking Action! Project: Art and Aboriginal Youth Leadership for HIV Prevention – Part 1 and Part 2*

Goal The goal of the website is to share information about the project, including the work done by Aboriginal youth from across the country.

Description & Services The *Taking Action! Project* is a national project working with Aboriginal youth and communities across Canada. Led by Indigenous youth, they seek to understand HIV in relation to Indigenous communities and cultures, and also to see if art and digital story telling is an effective tool for working with youth to talk about HIV/AIDS and to mobilize action. The *Taking Action Youth Story* can be found here: http://www.takingaction4youth.org/pdfs/Taking_Action_Youth_Story.pdf

Taking Action Part 2 can be found here:
http://www.takingaction4youth.org/wp-content/uploads/2009/11/1455_TakingAction2_Booklet_LowRes.pdf

A link to the findings from the project can be found here:
http://www.takingaction4youth.org/pdfs/Taking_Action_Government_Report.pdf

Alberta**HIV Community Link (Previously known as AIDS Calgary Awareness Association)**

Calgary Office
 110-1603 10 Avenue SW
 Calgary AB T3C 0J7
 (T) 403-263-7358
 (F) 403-263-7358
 (W) <http://www.hivcl.org/>

Medicine Hat Office
 356 2nd Street East
 Medicine Hat, AB T1A 0C1
 (T) 403-527-5882
 (W) <http://www.hivcl.org/>

Goal To reduce the harm associated with HIV/AIDS and HCV for all individuals and communities that they serve.

Description & Services Have a webpage focused specifically on HIV prevention (<http://www.hivcl.org/hiv-info/hiv/prevention/>). Though not specifically youth-focused, the information is relevant to youth.

HIV Edmonton

9702 111 Avenue NW
 Edmonton, AB T5G 0B1
 (T) 780-488-5742
 (F) 780-488-3735
 (W) <http://www.hivedmonton.com/>

Goal Dedicated to making life better for people living with or affected by HIV and AIDS.

Description & Services HIV Edmonton has a page dedicated to informing individuals about myths and facts, ways of prevention, and much more related to HIV. For this page, please visit: <http://www.hivedmonton.com/get-informed/myth-busters>. They also have a page with a list of resources, broken down by target populations (e.g., teens, youth, parents, women). Under each population is an array of information, with a brief description of what will be found on the site. To view this list of resources, please visit: <http://www.hivedmonton.com/resources>.

HIV West Yellowhead

105-612 Connaught Drive
 Box 2427
 Jasper, AB T0E 1E0
 (T) 1-877-291-8811 (Office – Toll Free)
 (F) 780-852-5273
 (W) <http://hivwestyellowhead.com/>

Goal To use harm reduction approach to create supportive environments for those at risk, infected and affected by HIV/AIDS, HCV and STIs through outreach, partnerships, leaders, education, and fund development.

Description & Services In addition to the other programs that they offer, they do community education presentations that offer a wide variety of learning opportunities for individuals, schools, organizations, communities, and businesses. They can adapt the presentations to the audience based on needs and interest. They can also adapt the length of presentation time from 10 minutes to a full day workshop. For more information, please go to: <http://hivwestyellowhead.com/programs-and-services/>.

Strong Voices (Aboriginal Communities)**

(T) 403-508-2500 ext. 115

(C) 403-554-8202

(E) clowhorn@hivcl.org or strongvoices@hivcl.org(W) <http://www.hivcl.org/support-services/outreach-education/strong-voices/>

Goal To reduce the harm associated with HIV/AIDS and HCV for all individuals and communities that they serve.

Description & Services It is a culturally integrated HIV support, prevention, and awareness program led and delivered by and for Aboriginal people. It focuses on moving along the path of wellness and healing, engaging Aboriginal communities in training and workshops, Aboriginal client services, outreach and community engagement, and publications. It is not youth-specific, but it can easily be used with youth.

British Columbia**AIDS Network Kootenay Outreach & Support Society (ANKORS)**

West Kootenay Boundary Regional
Office

101 Baker Street

Nelson, BC V1L 4H1

(T) 250-505-5506

(F) 250-505-5507

(E) information@ankors.bc.ca(W) <http://www.ankors.bc.ca/>

East Kootenay Regional Office

46 17th Avenue South

Cranbrook, BC V1C 5A8

(T) 250-426-3383

(F) 250-426-3221

(E) gary@ankors.bc.ca(W) <http://www.ankors.bc.ca/>

Goal To respond to the evolving needs of those living with and affected by HIV/AIDS, HCV, and other blood borne pathogens; and to foster healthy, informed communities.

Description & Services ANKORS has a prevention and education program that provides education, information, resources, and counselling services on HIV/AIDS prevention to East and West Kootenay regions. Sessions can be delivered to a wide array of audiences, including organizations, schools, employee groups, individuals, and social service agencies. Topics covered range from understanding the basics of HIV to tips on safe partying. For a list of services, please visit:

<http://www.ankors.bc.ca/prevention.php>.

They also have a needle exchange program, which helps to reduce the spread of HIV/AIDS and HCV. For more information on their needle exchange program, please visit: <http://www.ankors.bc.ca/needle.php>.

Chee Mamuk, BC Centre for Disease Control**

STI/HIV Prevention and Control

655 West 12th Avenue

Vancouver, BC V5Z 4R4

(T) 604-707-5605

(F) 604-707-5604

(E) STDinfo@bccdc.ca

(W) <http://www.bccdc.ca/SexualHealth/Programs/CheeMamukAboriginalProgram/default.htm>

A Guide to Wise Practices for HIV/AIDS Education & Prevention

Goal To help communities create successful, research-based educational prevention programs.

Description & Services This guide has pulled together research and practice from successful projects at a local and international level to give readers ideas for planning their own program within their community. It also has a key focus on community and incorporating cultural practices to the program to strengthen the approach. Another key component to this is the importance of evaluation and to keep in mind the possibility of having to modify a program to fit the community. For a PDF of this program, please visit:

<http://www.bccdc.ca/NR/rdonlyres/ODFB72E1-9AF1-43CA-BD62-CF5CC8F66305/0/CheeMamukWisePracticesGuide.pdf>.

Resources

Goal A list of culturally specific educational materials that is available for others to download.

Description & Services The Chee Mamuk resource page offers numerous educational resources around HIV/AIDS. Though they are not all youth or prevention specific, they do highlight the importance of culture and community. The resources available have many different focuses, including sharing thoughts from forums, gender and youth-specific educational information, how-to guides and tool-kits, and incorporating culture into education.

Star in Your Own Stories

Goal To empower Aboriginal youth using their own voices to share the importance of sexual health.

Description & Services *Star in Your Own Stories* is a project that involved Aboriginal youth in BC. The youth used their voices to engage their peers on the importance of sexual health. Four groups created videos that focused on different story lines they identified as important in their community. Topics addressed within these films included: 1. the spreading of rumours and STIs within a community; 2. the importance of being tested for STIs; 3. condom use; and 4. colonization as an underlying

issue for HIV and STIs in their community. The online links to the films are no longer live, but the DVDs are still available to order; information on the creation and importance of such a program can be found in *A Guide to Wise Practices for HIV/AIDS Education and Prevention Programs* which is listed above, along with the link to the PDF.

HIV 101

Northern Health
1444 Edmonton Street
Prince George, BC V2M 6W5
(T) 250-645-6315
(W) www.hiv101.ca

Central Interior Native Health Society
1110 4th Avenue
Prince George, BC V2L 3J3
(T) 250-564-4422
(W) www.hiv101.ca

Northern BC First Nations HIV/AIDS Coalition
Main contact: Emma Palmantier
(T) 250-561-1271 Ext. 107
(E) emma@csfs.org
(W) www.hiv101.ca

Positive Living North
1563 Second Avenue
Prince George, BC V2L 3B8
(T) 250-562-1172
(F) 250-562-3317
(E) info@positivelivingnorth.ca
(W) www.hiv101.ca

Goal A website from Northern Health that provides educational information and resources to different identified populations.

Description & Services A youth and HIV/AIDS page covers basic information on HIV, including how it is transmitted. It also has links to other programs and educational resources that can be found at:
<http://www.hiv101.ca/Youth.aspx>.

YouthCO: Youth Leading the HIV & HEP C Movement

205-568 Seymour Street
Vancouver, BC V6B 3J5
(T) 604-688-1441
(E) info@youthco.org
(W) <http://www.youthco.org/>

*Programs include: MpowermentYVR, Yúusnewas**, Workshops and Training*

Goal To reduce the impact of HIV and Hep C on British Columbia youth.

Description & Services YouthCo is an organization of young leaders that is working towards making meaningful change through peer support, education, and community engagement. They have four main programs/services which include education and prevention methods that are targeted at certain youth populations. For specific information on their programs, go to: <http://www.youthco.org/programs>.

Manitoba

Nine Circles Community Health Centre

705 Broadway
 Winnipeg, MB R3G 0X2
 (T) 204-940-6000
 (C) 204-940-6001
 (F) 204-940-6003
 (E) <http://ninecircles.ca/contact/e-mail-us.html>
 (W) www.ninecircles.ca

Goal	Client-centred care that reduces the rate of infection for STIs, including HIV.
Description & Services	Nine Circles uses primary health promotion and outreach tools such as interactive workshops and training, education sessions, resources to hand out, harm reduction tools, and sexual health promotion. Their educational services are provided to individuals, groups, families, and communities. Their Health Promotion and Outreach Team work to create educational tools for special events in order to promote awareness around HIV/AIDS. They also do outreach, making their services available in individual's homes, communities, and other meeting places. The team offers harm reduction tools, resources, and referral information.

Ontario

Empower

168 Bathurst Street
 Toronto, ON M5V 2R4
 Contact Individual: Andii Bykes, Empower Project Coordinator
 (T) 416-703-8480 ext. 143
 (E) abykes@ctchc.com
 (W) <http://www.empoweryouth.info/>

Empower: Youth, Arts and Activism – An HIV/AIDS Arts Activism Manual for Youth by Youth

Goal	To inspire youth who are interested in art activism and have a connection with HIV/AIDS.
Description & Services	This manual brings together a range of projects that use art activism to bring information about HIV/AIDS to youth, including positive prevention methods. The manual can be found here: http://librarypdf.catie.ca/pdf/ATI-20000s/26158.pdf .

Patrick 4 Life

630 Brennan Street
 North Bay, Ontario
 Mailing Address:
 PO Box 22025
 North Bay, Ontario P1B 9P5
 (T) 705-223-4728
 (F) 705-494-7410
 (E) info@patrick4life.org
 (W) <http://www.p4l.ca/>

Youth 4 Youth

Goal A committee of Patrick 4 Life consisting of secondary school student representatives from all local secondary schools with the mission to inform peers about the importance of HIV/AIDS.

Description & Services Youth 4 Youth allows youth to help educate their peers about HIV/AIDS through different events, such as Pizza 4 Patrick which is a dinner event or YouthFest which has over 1000 students attend the function with guest speakers and entertainment to increase HIV/AIDS awareness.

Planned Parenthood Ottawa

403-2197 Riverside Drive
 Ottawa, ON K1H 7X3
 (T) 613-226-3234
 (F) 613-226-8955
 (E) info@plannedparenthoodottawa.ca
 (W) <http://www.ppottawa.ca/>

Goal To promote healthy sexuality and support informed sexual and reproductive health choices through education, counselling, information, and referral services.

Description & Services Planned Parenthood Ottawa offers educational presentations in a number of preventative areas to elementary and secondary schools and post-secondary institutions, along with drop-ins, clubs, and other community-based organizations. For a list of topics, please visit: <http://www.ppottawa.ca/programs.aspx?id=28>.

They also have a general information page on HIV/AIDS for individuals to access in order to understand what HIV/AIDS is, how it spreads, and ways to prevent it. For more information, please visit: <http://www.ppottawa.ca/resources.aspx?id=22>.

Réseau ACCESS Network: HIV/Hepatitis Health and Social Services

203-111 Elm Street
 Sudbury, ON P3C 1T3
 (T) 705-688-0500
 (E) aaninfo@reseauaccessnetwork.com
 (W) <http://www.accessaidsnetwork.com/>

Healthy Sexuality and Youth Program

Goal A non-profit, community-based charitable organization committed to promoting wellness, education, harm and risk reduction.

Description & Services The general website identifies different programs that have an education and prevention component. For more information, go to: <http://www.accessaidsnetwork.com/education-prevention-programs/>.

Education in Schools is a program to bring sexual education into the classroom. The organization identifies that schools are crucial places to teach young people about sexual safety; this is where many young people learn about themselves as they shape their attitudes and behaviours. For more information on the presentations and curriculum, please visit:

<http://www.accessaidsnetwork.com/education-prevention-programs/education-in-schools/>.

The *Healthy Sexuality and Youth Program* is designed to promote healthy sexuality and relationships for Lesbian, Gay, Bisexual, Transgendered, Two-spirited, Queer and Questioning people (LGBT2-SQQ) and youth. It looks to decrease homophobia and heterosexism, STIs, and HIV/AIDS through educational materials. These materials look at the promotion of safer sex, condom use, and risk reduction techniques that are developed and presented through workshops and support groups. This work can be found at: <http://www.accessaidsnetwork.com/even/healthy-sexuality-and-youth-program/>.

Youth Services Bureau of Ottawa

2675 Queensview Drive
 Ottawa, ON K2B 8K2
 (T) 613-729-1000
 (E) headoffice@ysb.on.ca
 (W) <http://www.ysb.on.ca/index.php?page=home&hl=eng>

HIV/AIDS and HCV Prevention Education Programs

Goal To teach youth about the risks of HIV/AIDS and HCV.

Description & Services The Youth Services Website offers drop-in programs for youth to learn about the risks of HIV/AIDS and HCV, and how to prevent infection. There are also harm reduction programs, counselling services, and treatment options. Presentations and workshops are led by program staff and youth educators. Along with drop-in times, organizations and service providers that work with high risk youth can book presentations and request information and other resources. For more information about the services that they provide, please visit: <http://www.ysb.on.ca/index.php?page=hiv-aids-and-hepatitis-c-hcv-prevention-education-program&hl=eng>.

Quebec**AIDS Community Care Montreal (ACCM)**

2075 Plessis, Ground Level
 Montréal, QC H2L 2Y4
 (T) 514-527-0701
 (E) info@accmontreal.org
 (W) <http://accmontreal.org/>

Goal Dedicated to empowering individuals to make informed decisions related to their health.

Description & Services ACCM has a page dedicated to prevention education. Within the page are three subpages, identifying: 1. the Education for Prevention mandate; 2. safer sex information; and 3. projects. The safer sex information page is broken down further to identify major STIs and HIV, giving information about each. They also have a number of projects, including a program that focuses on sexual health workshops. These workshops can be adapted according to the needs of the audience. Topics include understanding HIV and HCV basics, HIV stigma, safer sex, healthy relationships, and safer body art.