

STBBIs NEWSLETTER

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

saskatchewan
preventioninstitute
our goal is **healthy** children

Fall 2022 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 with the mandate of helping all children thrive through primary prevention and the promotion of well-being. Our goal is healthy children.

This edition of the newsletter focuses on healthy relationships and violence prevention. Sexual and intimate-partner violence is a well-documented risk factor for STBBIs. The experience of violence can result in a loss of control over decision making, including the ability to provide consent, negotiate safer sex, and seek care. Teaching about healthy relationships is important to cultivate the attitudes, skills, and knowledge needed to establish and maintain positive relationships and support healthy decision making.

The first section of the newsletter outlines resources for building and teaching healthy relationships with youth. The subsequent sections highlight the Prevention Institute's Youth-Led Community Health Grant Program, an updated webpage on pregnancy and domestic violence, Saskatchewan Violence Prevention Week, and webinar learning opportunities.

Resources for Building Healthy Relationships

Saskatchewan Prevention Institute Resources

Building Healthy Relationships: Yes, that includes dating relationships! (Booklet)

Teaching young people how to build healthy relationships provides them with valuable skills that can promote their overall health. This booklet is designed for use with young adolescents (including those who aren't dating yet), in addition to older adolescents. It provides information about how to build healthy relationships of any kind (e.g., friendships, relationships with family, dating relationships, etc.), as well as information specific to healthy dating relationships. Saskatchewan adolescent perspectives were collected to inform the development of this resource. This resource is approved by Saskatchewan's Ministry of Education in the additional resources of the curriculum.

Available for order or download at: <https://skprevention.ca/resource-catalogue/sexual-health/building-healthy-relationships-yes-that-includes-dating-relationships/>



Tips for Talking With Your Students: How to Build Healthy Relationships, Including Dating Relationships

This resource is designed for educators, providing background literature and rationale for the *Building Healthy Relationships* booklet. Within the guide, educators will find suggestions for engaging with students using a whole-school and strength-based approach. Additionally, the guide outlines additional resources to support educators teaching about healthy relationships.

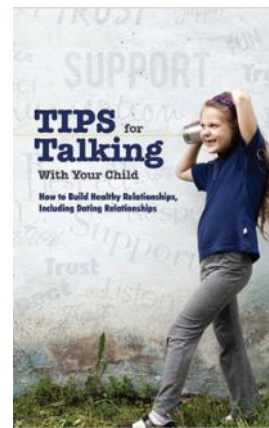
Available for download at: <https://skprevention.ca/resource-catalogue/pregnancy/tips-for-talking-with-your-students-how-to-build-healthy-relationships-including-dating-relationships/>



Tips for Talking with Your Child: How to Build Healthy Relationships, Including Dating Relationships

This resource is designed for parents and caregivers. Like the educators' guide, this resource provides background information on the importance of teaching healthy relationships. It also includes evidence-based tips to use when talking about healthy relationships with children and youth.

Available for order or download at: <https://skprevention.ca/resource-catalogue/sexual-health/tips-for-talking-with-your-child-how-to-build-healthy-relationships-including-dating-relationships/>



Youth-Friendly Sexual Health Information Card

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, including services that provide support for individuals experiencing violence.

Available for order or download at: <https://skprevention.ca/resource-catalogue/sexual-health/youth-friendly-sexual-health-information/>

<p>24/7 Available any hour, every day</p> <p>FREE No cost to call from phone, cell phone, or pay phone</p> <p>ANONYMOUS You do not need to give your name, phone number, or address</p> <p>CONFIDENTIAL Your information will not be shared with anyone else</p> <p>ADVICE Information to connect you with the support and services you need</p> <p>RESOURCE 7-015 REVISED 07/2021</p>	<p>Youth-Friendly Sexual Health Information</p> <p>24/7 Free, Anonymous, and Confidential Advice</p> <p>saskatchewan prevention institute our goal is healthy children</p>	<p>Saskatchewan HealthLine: 811 Kids Help Phone: 1-800-668-6868 The Access Line: 1-888-642-2725 or Text: 1-613-800-5767 <small>(provides information on reproductive and sexual health and referral to pregnancy options)</small></p> <p>Youth Sexual Health Sites</p> <p>www.unccds.ca www.skprevention.ca/fo-ri www.kidsthephone.ca www.plansforparenthood.ca www.uskatoonshealth.ca www.stharc.ca</p> <p>Gender and Sexual Diversity Sites</p> <p>www.outsidetoom.ca www.cupride.ca</p> <p>Related American Sites</p> <p>www.goskalice.com www.skafteen.com www.skstet.org www.wamablow.org</p> <p>Sexual Assault Services www.stak.ca</p>
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Promoting Relationships & Eliminating Violence Network (PREVNet) Resources

Healthy Relationships Training Module (HRTM)

The HRTM gives adults the training they need to help youth develop social skills and build healthy relationships. The online training has the following five modules: Building Healthy Relationships, Power in Relationships, Peer Dynamics and Bullying, Strategies to Promote Healthy Relationships, and Creating Healthy Group and Social Climates.

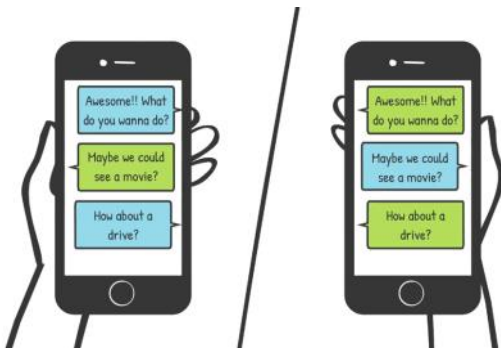
To access the HRTM, visit: <https://www.prevnet.ca/resources/healthy-relationships-tool/healthy-relationships-training-module>



Animated Whiteboard Videos

PREVNet's National Youth Advisory Committee recently created two animated whiteboard videos to help start difficult conversations about dating scenarios that youth people may find themselves in. The videos are meant to support classrooms and youth programs to discuss healthy relationships and consent.

The videos can be accessed at: <https://youthdatingviolence.prevnet.ca/learn-more/youth/>.



Youth-Led Community Health Grants Program

The Saskatchewan Prevention Institute is pleased to offer a Youth-Led Community Health Grant Program to Saskatchewan communities. Youth ages 14-24, and the organizations that work with them, are eligible to receive up to \$3,000 for projects focused on preventing alcohol-related harms and/or promoting sexual health education.

For more information, visit the Prevention Institute website: <https://skprevention.ca/yap/youth-led-community-health-grants-program>.

The following resources are available to support grant applications:

- [Introduction to Youth Led Community Health Grant](#)
- [Youth Engagement in a Grant Project](#)
- [Step-by-Step Grant Application Guide](#)
- [Youth Grant Writing Workshop with Jacq Brasseur](#)

The next application deadline is **November 16, 2022**.



Updated Webpage: Pregnancy and Domestic Violence

In collaboration, the Sexual and Reproductive Health Program and the Perinatal and Infant Health Program launched an updated webpage entitled *Pregnancy and Domestic Violence (DV)*. DV during pregnancy can have negative impacts for both the pregnant person and the baby. The webpage highlights signs and effects of DV during pregnancy and the postpartum period for both the pregnant person and the infant. The webpage also includes information on screening and support, as well as external links to Saskatchewan-based services.

To view the webpage, visit: <https://skprevention.ca/pregnancy-and-domestic-violence/>.

STOPS to Violence: Saskatchewan Violence Prevention Week

Saskatchewan Towards Offering Partnership Solutions (STOPS) to Violence is a provincial network of individuals and organizations from across Saskatchewan with representation from community, government, public, and private sectors. The partnership shares the common desire to reduce interpersonal violence and abuse, while building active, creative, and engaged communities, where all people are safe and valued. The SRH program continues to engage with the STOPS provincial network to ensure timely access to information that meets the current needs of Saskatchewan people and organizations.

STOPS to Violence is the provincial leader for Saskatchewan Violence Prevention Week (SVPW). This year, SVPW will take place October 24 to October 28, 2022. SVPW serves to acknowledge the impact of violence in our province, increasing awareness of supports, programs, and services, and to recognize people who are working to build healthy, safe communities for all people. This year's theme for SVPW is "It Starts with You."

For more information, visit the STOPS to Violence website: <https://www.stopstoviolence.com/svpw>.



Feel free to distribute this newsletter to others. If someone you know is interested in receiving future editions of the newsletter, please contact Jasmin via email at jogren@skprevention.ca.

If you have a contribution for a future newsletter, contact Jasmin at jogren@skprevention.ca.

Upcoming Saskatchewan Prevention Institute Webinar

As part of SVPW, the Prevention Institute will be hosting a webinar *Teaching Sex-Ed: Healthy Relationships and Consent*, presented by Erica McNabb on **Thursday, October 27, 2022, at 2:00 p.m.**

The webinar will discuss the importance of teaching healthy relationships and consent as part of the comprehensive sexuality education. Erica will outline methods to cultivate safe, supportive environments when teaching, explore strategies for teaching healthy communication and consent, and highlight resources and activities to aid educators and individuals who support youth.

To register for the webinar, visit: <https://skprevention.ca/event/teaching-sex-ed-healthy-relationships-and-consent/>.

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