

Environmental Scan of Available Online Indigenous Sexual and Reproductive Health Resources

Prepared by the Saskatchewan Prevention Institute

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The Saskatchewan Prevention Institute provides services to all those living on Treaty Lands 2, 4, 5, 6, 8, and 10, and the homeland of the Métis. The Saskatchewan Prevention Institute is dedicated to moving forward on a shared path of reconciliation and partnership. We are all Treaty people.

Table of Contents

1. Introduction	3
1.1. Current Report.....	4
2. Method.....	4
3. Summary of Findings.....	5
4. Conclusions.....	6
References.....	8
Appendix A: Indigenous-Led Organizations with Related Resources and Services	10
Appendix B: Resources and Services Created in Collaboration with Indigenous People	22

1. Introduction

Sexual and reproductive health are important for overall health and well-being (Vasconcelos et al., 2024). Sexual health is defined by the World Health Organization as “a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity” (World Health Organization [WHO], 2006, p. 5). Sexual health includes developing safe and healthy relationships and experiencing pleasure during sexual activities (Government of Canada, 2025; WHO, 2025b). Indicators of sexual health include sexual activity participation rates, number of sexual partners, safer sex practice rates (e.g., condom use), self-efficacy in using safer sex practices, access to sexual health education, access to sexual health services, and rates of sexually transmitted and blood-borne infections (STBBIs) (Public Health Agency of Canada [PHAC], 2012). Sexual violence is also included as an indicator in sexual health surveys as it has significant consequences for sexual health (Guler et al., 2024; Norman et al., 2019; PHAC, 2012).

Similar to sexual health, WHO describes reproductive health as not just the absence of disease or infirmity, but also the ability for individuals to “have a satisfying and safe sex life and that they have the capability to reproduce and the freedom to decide if, when and how often to do so” (WHO, 2025a, para. 1). Indicators of reproductive health include pregnancy history, contraception history, pregnancy intentions, pregnancy outcomes, and infertility or subfertility (Norman et al., 2019). Sexual and reproductive health are linked to individual well-being, gender equality, and public health through their association with maternal and child health, STBBIs, and informed decision-making (Government of Canada, 2024). In order to make informed decisions about their sexual and reproductive health, and to reduce the risk of negative sexual health outcomes, people need access to quality, inclusive, and culturally relevant education and services (Government of Canada, 2024).

It is important for all people to have access to sexual and reproductive health information and services. Indigenous communities in Canada continue to experience sexual and reproductive health disparities, related to limited access, poor quality of care, discrimination within the healthcare system, and ongoing impacts of colonization (Horrill et al., 2018).¹ In an effort to reduce these disparities and improve sexual and reproductive health outcomes, communities and organizations are creating resources, services, and programs that better meet the needs of Indigenous people. Health services that utilize traditional practices have been shown to be more effective in improving quality of life and health outcomes for Indigenous people (Howell et al., 2016; NWAC, 2020).² Indigenous-led sexual and reproductive health initiatives specifically in the

¹ For more information about factors impacting the sexual and reproductive health of Indigenous people in Canada, visit the Native Women’s Association of Canada’s website at <https://stbbi.nwac.ca/wp-content/uploads/2024/11/SRH-Literature-Review-Updated-Nov-2024.pdf> and <https://nwac.ca/wg2stgd/sexual-reproductive-health/>.

² For more information on traditional practices related to sexual and reproductive health, visit: <https://guides.library.ubc.ca/c.php?g=735133&p=5293056>.

areas of STBBIs have also been successful (NWAC, 2020; Oliver et al., 2015).

1.1. Current Report

The purpose of the current report is to highlight available sexual and reproductive health resources and services in Canada created by or in partnership with Indigenous people through a comprehensive online environmental scan. This report is intended to support health professionals, service providers, educators, community leaders, youth, and the public. By consolidating this information, the report aims to facilitate improved access to and utilization of Indigenous sexual and reproductive health resources and services for individuals in Canada. Additionally, the findings may inform the development of new resources and strategies and/or the adaptation of existing resources and strategies.

Resources were considered current if they were published or updated within the last ten years. The environmental scan only included resources and health services with an online presence (e.g., websites, downloadable resources). The report includes national and provincial resources and services developed by Indigenous-led organizations (Appendix A), and resources and services developed in collaboration with Indigenous people (Appendix B).

2. Method

The current environmental scan was conducted through online searches primarily using Google. Keywords and phrases were searched in various combinations to yield the most saturated, up-to-date results. Keywords included, but were not limited to, Indigenous, sexual, reproductive, health, programs, services, resources, reclaiming, decolonizing, STBBI, HIV, and Canada. Potentially relevant resources and websites were thoroughly searched to gather information. Additionally, organizations' reports and online resource indexes were searched for resources and services. Given that the current environmental scan was conducted using an online search strategy, it is important to note that resources and services offered that are not described or accessible online are likely missing.

More specifically, sexual and reproductive health resources and services were included in the current report if they:

- appeared on an Indigenous-led organization's website,
- or were developed by Indigenous people,
- or were developed in collaboration with Indigenous people,
- and appeared to be current (i.e., developed or updated within the last ten years) and evidence-based.

Using the information gathered through this scan, tables were created to summarize the available online resources and services developed by Indigenous-led organizations (Appendix A) and

resources and services created in collaboration with Indigenous people (Appendix B) at national and provincial levels. These tables include the organization's name, website, title of the resource(s), applicable links, indication of the type of resource(s), intended audience of the resource(s), and a brief summary in cases where resource titles were not sufficient.

3. Summary of Findings

The environmental scan identified a total of 82 distinct Indigenous sexual and reproductive health resources and services across Canada from 22 organizations. The organizations provide information in various formats (e.g., programs, events, toolkits, trainings, guides, videos, presentations, fact sheets, pamphlets, online service directories, card decks, podcasts, and webpages). The services offered include HIV, hepatitis C, and/or other STBBI testing and treatment, medical exams and health assessments, referrals, birth control, pre- and postnatal care, vaccinations, counseling, and mental health supports.

National Indigenous-led organizations have created resources to help communities and community-based organizations across Canada build capacity to utilize evidence-based, culturally relevant, and trauma-informed approaches to meet the sexual and reproductive health needs of their community members (e.g., Communities, Alliances & Networks [CAAN]; Native Women's Association of Canada [NWAC]). The online scan identified 32 national resources from Indigenous-led organizations (Appendix A) and an additional 3 resources that were created in collaboration with Indigenous people (Appendix B). Many of these resources were developed to be customizable to the unique needs of each area (e.g., Native Youth Sexual Health Network [NYSHN]). National organizations that have collaborated with Indigenous people to develop resources have focused on creating culturally relevant resources that health professionals and service providers can use to support individuals' sexual and reproductive health. For example, the Canadian AIDS Treatment Information Exchange (CATIE) has resources focused on encouraging people to get tested for HIV and to start or resume HIV treatment. National organizations are important as their resources and services are available to all individuals regardless of geographical location. This is especially critical as the majority of provinces and territories do not currently have sexual and reproductive health resources and/or services accessible online that are created by or in collaboration with Indigenous people.

At the provincial level, Indigenous sexual and reproductive health resources and services were found in only five provinces: Saskatchewan, British Columbia, Manitoba, Nova Scotia, and Ontario. Of these, 34 of the resources and six of the health services were developed by Indigenous-led organizations (Appendix A), and 6 resources and 1 health service were created in collaboration with Indigenous people (Appendix B). Provincial resources and services are important as they are tailored to meet the unique needs within specific provinces. For example, Healing Our Nation in Nova Scotia brings youth and Elders together to learn about traditional practices of First Nations communities across Atlantic Canada. Their yearly gathering educates attendees on HIV, hepatitis

C, and other STBBIs. The Call Aunties Clinic in Ontario identified a critical local need related to sexual and reproductive health for those people forced to live outside (e.g., STBBI testing and treatment), as well as needs related to general health, pregnancy care, lab work, health referrals, and foot care.

Overall, at the provincial level, Indigenous-led organizations have focused on utilizing traditional knowledge to develop and provide sexual and reproductive health trainings, toolkits, educational resources (e.g., presentations), and health promotion materials (e.g., posters) for local communities (e.g., All Nations Hope Network, Healing Our Nation, Know Your Status). Regarding Indigenous-led health services, clinics have integrated cultural and traditional practices with Western knowledge to provide sexual and reproductive health care, including testing, treatment, and social supports (e.g., Ahtahkakoop Health Services, All Nations' Healing Hospital, Ka Ni Kanichihk-Mino Pimatisiwin Sexual Wellness Lodge, Persons Living with AIDS Network of Saskatchewan). While a Western approach to healthcare typically focuses on biomedical aspects, it can fail to meet the various holistic needs of the patient (Cameron et al., 2019). Indigenous perspectives of health care view health as a balance between physical, emotional, mental, and spiritual wellness to support the wellness of the whole person (Beaulieu et al., 2025; National Collaborating Centre for Indigenous Health, 2016). Non-Indigenous led clinics and centers included in this report (e.g., Community-Based Research Centre, Dr. Peter Centre) collaborated with Indigenous people to co-create health service programs (e.g., Medicine Bundle program, weekly cultural events and ceremonies for people living with HIV/AIDS).

4. Conclusions

The findings of the current environmental scan indicate that there is a variety of national and provincial sexual and reproductive health resources and services developed by and with Indigenous people. The 82 resources and health services across 22 national and provincial organizations reflect a growing, multi-faceted approach to addressing the need for culturally relevant sexual and reproductive health resources and services. The identified resources are ones that are accessible for those with internet access, highlighting organizations with online resources and/or information online about the health services they provide. Many of the resources are available in downloadable and printable formats so that they can be used by health professionals, service providers, community leaders, and educators during one-on-one and group interactions.

The combination of national and provincial resources and services is important for addressing both broad and localized needs. The national resources are of particular importance in terms of filling a current gap in online local/provincial Indigenous sexual and reproductive health resources and services. The national resources identified in this environmental scan are available online to all individuals regardless of geographical location. These resources may serve as a useful starting point for the creation of provincial or region-specific resources. The following are some recommended Canadian organizations; additional organizations and specific resources and

services can be found in the appendices.

Recommended Canadian Resources:

- Communities, Alliances & Networks (CAAN)
<https://www.caan.ca/>
- Native Women's Association of Canada
<https://www.nwac.ca/>
- Native Youth Sexual Health Network
<https://www.nativeyouthsexualhealth.com/>

While this environmental scan captures current online Indigenous sexual and reproductive health resources and health services, it also highlights a lack of provincial and community-specific resources and services and discrepancies across provinces and territories. Fortunately, some of the identified national organizations (e.g., CAAN, NYSHN) provide trainings and/or toolkits to help communities and community-based organizations address STBBI rates and other sexual and reproductive health issues at the local level. Saskatchewan is one of the provinces with multiple organizations and resources focused on STBBI and sexual and reproductive health, including those listed below.

Recommended Saskatchewan Resources:

- All Nations' Healing Hospital
<https://allnationshealinghospital.ca/>
- All Nations Hope Network
<https://allnationshope.ca/>
- Know Your Status
<https://knowyourstatus.ca/>

It is important to note that this environmental scan only includes service information and resources that are available online, meaning that there may be local resources and services that are only available/promoted offline.

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Appendix A: Indigenous-Led Organizations with Related Resources and Services

CANADIAN RESOURCES

1. Communities, Alliances & Networks (CAAN)

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

Non-profit, national organization created by Indigenous AIDS service organizations and the Canadian AIDS Society for Indigenous people to holistically address HIV/AIDS, STBBIs, hepatitis C, and co-morbidity issues. Provides resources that are current and culturally relevant.

Indigenous AIDS Awareness Day/Week [Event]

Week-long national public awareness campaign. Activity guides are created each year, including activities for youth and schools.

<https://www.caan.ca/indigenous-aids-awareness-week/>

Audience(s): Public, including youth and educators

Assessing Community Readiness [Program]

Training program for community-based organizations to enhance their capacity to implement evidence-based, culturally relevant interventions to address barriers to care and treatment faced by Indigenous people living with HIV, hepatitis C, and other STBBIs.

<https://www.caan.ca/assessing-community-readiness/>

Audience(s): Community-based organizations

Keeping Our Fires [Program]

Program that supports organizations and communities in co-creating resources, known as knowledge bundles, to build capacity to provide evidence-based, culturally safe and stigma-free STBBI prevention, testing, treatment, and care. Resources include prevention and educational materials that contain a training component on how to implement the co-created resource. Also partners with community service providers and community members to guide the delivery of the resources.

<https://www.caan.ca/keeping-our-fires/>

Audience(s): Community-based organizations

Re:Membering Stories of the Two-Spirit Indigenous HIV/AIDS Movement on Turtle Island - CAAN: Empowering Indigenous Communities [Video]

Documentary that provides a glimpse into the contributions of 2-Spirit Indigenous organizers during the 1980s HIV/AIDS crisis on Turtle Island. This film honours the strength, activism, achievements, and milestones of Indigenous and 2-Spirit leaders and the interconnectedness of community during this time.

<https://www.caan.ca/remembering-stories-of-the-two-spirit-indigenous-hiv-aids-movement-on-turtle-island/>

Audience(s): Public, including youth

Know Your Rights – Indigenous Communities: HIV, Privacy, and Confidentiality [Pamphlet]

<https://www.hivlegalnetwork.ca/site/know-your-rights-indigenous-communities-hiv-privacy-and-confidentiality/?lang=en>

Audience(s): Public, including youth

HIV Criminalization – Information for Indigenous Communities [Pamphlet]

<https://www.hivlegalnetwork.ca/site/our-work/indigenous-communities/hiv-criminalization-information-for-indigenous-communities/?lang=en>

Audience(s): Public, including youth

2. Feast Centre for Indigenous STBBI Research

<https://facsocsci.mcmaster.ca/the-feast-centre-for-indigenous-stbbi-research>

National, community-driven research centre guided by a Council of Elders that works to respond to STBBIs in Indigenous communities. The Centre facilitates partnerships between researchers, clinicians, community members, Indigenous Elders, and people with living and lived experiences of STBBIs.

Indigenous Sexual Future [Podcast]

Podcast that features Elders, community members, and scholars who speak about sexuality, STBBIs, sovereignty of one's body, Indigenous understandings of gender, and more.

<https://facsocsci.mcmaster.ca/the-feast-centre-for-indigenous-stbbi-research/podcasts>

Audience(s): Public, including youth

3. My People's Blood: Indigenous Sexual Health Recovery [Book]

A series of plays co-developed by author Josie C. Auger (member of the Bigstone Cree Nation and Director of Iyina'siniwiwin Place of Learning) and a group of First Nations youth and Elders. Address the impacts of HIV and AIDS on Indigenous communities, while also giving voice to the hurt, blame, and shame that arose from the historical traumas Indigenous people were forced to live through. Help with recovery through reclaiming Indigenous identity is also captured and represented in these works.

<https://www.jcharltonpublishing.com/product/my-peoples-blood-indigenous-sexual-health-recovery/>

Audience(s): Educators and the public, including youth

4. Native Women's Association of Canada

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

National organization that advocates for the rights and wellbeing of Indigenous women and girls in Canada. Focuses on addressing issues such as systemic inequalities, discrimination, and violence. Creates health resources for the public, service providers, and health professionals as well as policy recommendations to promote justice and equality for Indigenous communities.

Native Women's Association of Canada continued

Sexual and Reproductive Health [Webpage]

Information on chlamydia, hepatitis C, hepatitis B, syphilis, gonorrhea, and HIV/AIDS designed for public audiences with accompanying fact sheets that health professionals, service providers, and educators can use with their patients, clients, or students.

<https://stbbi.nwac.ca/sexual-and-reproductive-health/>

Audience(s): Health professionals, service providers, educators, and the public, including youth

Sexual and Reproductive Health: Barriers, Accessibility, Experiences, and Perspectives of Indigenous Women, Two-Spirit, Transgender and Gender-Diverse People [Literature Review]

<https://stbbi.nwac.ca/wp-content/uploads/2024/11/SRH-Literature-Review-Updated-Nov-2024.pdf>

Audience(s): Health professionals, service providers

Sexual and Reproductive Health Care for Indigenous Women, Girls, and Gender-Diverse People [Video]

<https://www.youtube.com/watch?v=nHTQX-31Jz8>

Audience(s): Health professionals, service providers

Culturally Safe and Trauma-Informed Care

- **Harm Reduction [Webpage and Fact Sheet]**

<https://stbbi.nwac.ca/harm-reduction/> [Webpage]

<https://stbbi.nwac.ca/wp-content/uploads/2021/02/Harm-Reduction-Fact-Sheet.pdf> [Fact Sheet]

- **Increasing Safety and Quality in the Prevention, Testing, and Treatment of STBBI Experienced by Indigenous Women, Girls, Two-Spirit, Transgender, and Gender-Diverse People [Toolkit]**

<https://stbbi.nwac.ca/wp-content/uploads/2023/03/24-March-STBBI-Toolkit-2023.pdf>

- **Reducing Harm, Empowering and Building Relationships Together: Supporting Culturally Safe and Trauma-Informed Sexual and Reproductive Healthcare for Indigenous Women, Girls, Two-Spirit, Transgender and Gender-Diverse People [Toolkit]**

<https://nwac.ca/assets-documents/SRH-Training-Toolkit-for-Providers-2024.pdf>

- **Sex and Gender Inclusive Terminology & Providing Trauma-Informed Care to 2SLGBTQ+ Patients [Fact Sheet]**

<https://stbbi.nwac.ca/wp-content/uploads/2021/02/Sex-and-Gender-Fact-Sheet.pdf>

- **Transforming our Response to Sexual and Reproductive Health [Fact Sheet and Toolkit]**

<https://nwac.ca/assets-knowledge-centre/Transforming-our-response-to-sexual-and-reproductive-health.pdf> [Fact Sheet]

https://nwac.ca/assets-documents/Trauma_Informed_Care_Fact_Toolkit.pdf [Toolkit]

Audience(s): Health professionals, service providers

Native Women's Association of Canada continued

Talking to Youth

- **NWAC's Culturally Safe Parent and Caregiver Starter Toolkit: Talking to Youth about Gender, Sexual Orientation, Safe Sex, and Sexually Transmitted Blood-Borne Infections [Toolkit]**
Toolkit to help parents and caregivers educate their children to create healthy boundaries and relationships with their bodies and sexual health.
https://stbbi.nwac.ca/wp-content/uploads/2022/03/31-March-STBBI_Toolki-EN.pdf
- **Having Tough Chats with Your Children [Fact Sheet]**
Tips for parents and caregivers of Indigenous children and youth for how to talk about challenging topics, including sexuality, relationships, consent, body boundaries, mental health, and self-harm, using non-judgmental, compassionate language.
<https://stbbi.nwac.ca/wp-content/uploads/2022/03/HavingTouchChats.pdf>
- **Consent [Fact Sheet]**
Tips for parents and caregivers of Indigenous children, tweens, and teens on how to talk about consent using age-appropriate, shame-free language.
<https://stbbi.nwac.ca/wp-content/uploads/2022/03/Consent.pdf>

Audience(s): Parents and caregivers

Informed Choices

- **Informed Reproductive Choices: Empowering Decision Making [Fact Sheets]**
<https://nwac.ca/assets-documents/Informed-Choices-Fact-Sheet-For-Providers-2024.pdf>
Audience(s): Health professionals, service providers
- **Informed Choices: Advocating for Your Sexual and Reproductive Health in Clinical Settings: A Resource for Indigenous Women, Girls, Two-Spirit, Transgender and Gender-Diverse People [Fact Sheets]**
<https://nwac.ca/assets-documents/Informed-Choices-Fact-Sheet-for-Patients-2024.pdf>
Audience(s): Public, including youth

Know Your Rights

- **Know Your Rights [Webpage]**
<https://stbbi.nwac.ca/know-your-rights/>
- **Knowing Your Rights Toolkit: Sexual and Reproductive Health [Toolkit]**
<https://nwac.ca/assets-documents/KnowingYourRights-Booklet-EN-Web-1.pdf>
- **Know Your Rights: Birth Control Options [Fact Sheet]**
<https://stbbi.nwac.ca/wp-content/uploads/2021/02/Knowing-Your-Rights-Contraception-Toolkit.pdf>

Audience(s): Public, including youth

Native Women's Association of Canada continued**Services and Supports Near You [Online Service Directory]**

<https://stbbi.nwac.ca/services-and-supports-near-you/>

Audience(s): Public, including youth

5. Native Youth Sexual Health Network (NYSHN)

<https://www.nativeyouthsexualhealth.com/>

Organization by and for Indigenous youth that works across Canada and the United States on issues related to sexual and reproductive health and rights, including HIV/AIDS awareness, culturally safe sex education, and Two-Spirit/gender and sexuality education.

First Nations Sexual Health Toolkit [Toolkit]

A two-part toolkit that provides information on STIs, including HIV, testing, and information on sexuality and relationships with the aim of helping youth keep themselves sexually healthy.

<https://www.nativeyouthsexualhealth.com/first-nations-sexual-health-toolkit>

Audience(s): Public, including youth

Indigenous Youth Affirmation Deck [Card Deck]

Created for and by youth to celebrate sexual and reproductive health. Cards provide supportive, affirming, and positive statements to encourage self-reflection and self-care (e.g., "I don't need to apologize for asserting my boundaries").

<https://www.nativeyouthsexualhealth.com/iyad>

Audience(s): Public, including youth

Sexy Health Carnival [Toolkit]

Toolkit on how to hold a Sexy Health Carnival in your own community. Information includes how to create safer spaces for all attendees and examples of booths, games, and activities on various topics including HIV, healthy relationships, consent, and harm reduction.

<https://www.nativeyouthsexualhealth.com/sexy-health-carnival>

Audience(s): Service providers, educators, and public, including youth

Indigenizing Harm Reduction [Guide]

Guide expands upon mainstream harm reduction practices to better capture how Indigenous people can reclaim self-determination over their bodies and health.

<https://www.nativeyouthsexualhealth.com/indigenizing-harm-reduction>

Audience(s): Health professionals, service providers

Métis Voice: HIV, Health and Place Project [Report]

Report on an action research project that used art to help Métis women talk about how their environment (e.g., relationship to land) impacts their sexual and reproductive health.

<https://www.nativeyouthsexualhealth.com/metis-voice-hiv-health-and-place-project>

Audience(s): Health professionals, service providers

SASKATCHEWAN

1. Ahtahkakoop Health Services

<https://www.ahtahkakoop.ca/health-services.html>

Health services that serve Ahtahkakoop Cree Nation, using the guiding principle of Chief Ahtahkakoop: “Let Us not think of Ourselves, but of Our Children’s Children.”

Ahtahkakoop Know Your Status Hepatitis C Program: Connecting with Care [Health Services]

Program that takes a person-centered, holistic, and culturally appropriate approach to hepatitis C care, including screening and treatment. Has been expanded to include HIV.

<https://www.youtube.com/watch?v=tN5wlktHWJ4> [Video]

<https://www.catie.ca/programming-connection/ahtahkakoop-know-your-status-hepatitis-c-program> [Article]

<https://www.ahtahkakoop.ca/know-your-status-kys.html> [Webpage]

Audience(s): Public, including youth

2. All Nations’ Healing Hospital

<https://allnationshealinghospital.ca/>

Hospital owned and operated by File Hills Qu’Appelle Tribal Council and Touchwood Agency Tribal Council. Models Indigenous and Western healthcare to improve health and wellbeing. Cultural and traditional services include access to traditional Knowledge Keepers, traditional medicines, and spiritual counselling.

Women’s Health Centre & Midwifery Services [Health Services]

Provides preventative healthcare services for women with the goal of improving access to care. Services include birth control, intrauterine device (IUD) insertions, testing and treatment for STIs, assessment and treatment of infections in pregnancy, referrals to obstetricians, and clinics in some communities.

<https://allnationshealinghospital.ca/departments/womens-health-services/>

Audience(s): Public, specifically women and girls

Miko-Mahikan Red Wolf [Health Services]

Provides comprehensive, person-directed, whole person care to address HIV and hepatitis C. Care is directed by Traditional Knowledge Keepers and promotes an integrative and cultural approach. Services include screening and treatment of HIV and hepatitis C, as well as other STBBIs.

<https://allnationshealinghospital.ca/departments/miko-mahikan-red-wolf/>

Audience(s): Public

3. All Nations Hope Network

<https://allnationshope.ca/>

A network of Indigenous people, organizations, and agencies that provide HIV/AIDS and hepatitis C education and support services to communities, families, and schools across Saskatchewan.

All Nations Hope Network continued

The Place of Hope [Program]

Outreach service program that provides holistic, traditional, and spiritual support to Indigenous people living with HIV, AIDS, and hepatitis C. Also offer onsite daily smudging and access to Elders, as well as feasts, round dances, sweat lodge ceremonies, and moon ceremonies. Host several groups (e.g., women's, men's, support, recovery, and crafts/movies/games). Will also provide educational resources, personal care items, access to a phone, housing, and referrals.
<https://allnationshope.ca/outreach>

Training [Program]

Two-day interactive training on HIV and hepatitis C with Indigenous knowledge sharing, including use of the Medicine Wheel and personal journeys from those living with or affected by HIV or hepatitis C. Kits, tools, and resources that can be shared with your local community are provided.

<https://allnationshope.ca/training>

Workshops [Program]

Facilitators will travel to your local community to teach community members about HIV, hepatitis C, or harm reduction.

<https://allnationshope.ca/workshops>

Audience(s): Public, including youth

4. Know Your Status

<https://knowyourstatus.ca/>

Provincial prevention through education initiative to reduce the number of new HIV and hepatitis C transmissions. Created by Big River First Nation in 2010 and currently based out of the Saskatoon Tribal Council. Education team travels across the province to deliver presentations, resources, and activities. Also, people living with HIV and/or hepatitis C to care.

Know Your Status [Toolkit]

Toolkit for First Nations to implement Know Your Status in their own communities. Includes tools to help with:

- assessing community readiness and promoting community engagement
- HIV prevention through education and harm reduction
- understanding HIV testing and treatment, and bringing them to the community
- client support and case management
- evaluation

<https://knowyourstatus.ca/wp-content/uploads/2017/11/Tool-Kit.pdf>

Audiences(s): Public, including community leaders

Know Your Status Presentation Guide [Presentations]

List of presentations that Know Your Status staff can provide, listed by audiences they are intended for (e.g., students by grade level, adults in general, parents and caregivers, health professionals). Topics include sexual health basics, sexual health and STIs, HIV and the Medicine Wheel, HIV stigma, hepatitis C, healthy relationships, boundaries and consent, risk factors for

STBBIs, contraception and prevention, pregnancy and STBBIs, how to talk to kids about sex, inclusive care and education, and harm reduction principles.

<https://knowyourstatus.ca/presentations/>

Audiences(s): Educators, health professionals, and the public, including community leaders

STBBI Awareness Poster [Poster]

<https://knowyourstatus.ca/wp-content/uploads/2021/08/STBBIPoster2.pdf>

Audiences(s): Public, including youth

Myth Busting [Information Sheets]

Series of information sheets to dispel myths about HIV, hepatitis C, and harm reduction.

<https://knowyourstatus.ca/wp-content/uploads/2021/08/mythsofHIV.pdf>

<https://knowyourstatus.ca/wp-content/uploads/2021/08/mythsofHepC.pdf>

<https://knowyourstatus.ca/wp-content/uploads/2021/08/mythsofharmreduction.pdf>

Audience(s): Public, including youth

HIV

- **U=U [Posters]**

Information on how an undetectable HIV viral load means that the virus cannot be sexually transmitted to others.

<https://knowyourstatus.ca/wp-content/uploads/2021/02/uu.pdf>

<https://knowyourstatus.ca/wp-content/uploads/2021/02/UU1.pdf>

Audiences(s): Public, including youth

- **HIV for Childcare Providers [Information Sheets]**

<https://knowyourstatus.ca/wp-content/uploads/2021/02/HIVinChildren2-1.pdf>

<https://knowyourstatus.ca/wp-content/uploads/2021/02/HIVinChildren3-1.pdf> [printer friendly version]

Audience(s): Service providers

HIV and AIDS [Video]

Recorded webinar on infection, transmission, protection, and long-term effects of HIV and AIDS.

<https://www.youtube.com/watch?v=nWezJrwq-D4&t=30s>

Audiences(s): Public, including youth

HIV Virtual Health Fair [Video]

Recording of the 2020 HIV Virtual Health Fair with presentations from Know Your Status staff as well as the Persons Living with AIDS Network, Saskatoon Sexual Health, AIDS Program South Saskatchewan, and Planned Parenthood Regina. Topics covered include HIV treatment, prevention, and misconceptions; understanding the impact of stigma on health using the Medicine Wheel; the importance of comprehensive sexuality education; and how to develop a sexual health plan.

<https://www.youtube.com/watch?v=YWFAkX8TPIg>

Audiences(s): Public, including youth

Know Your Status continued

Syphilis

- **Stages of Syphilis [Fact Sheet]**
<https://knowyourstatus.ca/wp-content/uploads/2021/02/stagesofsyphilis.pdf>
- **Congenital Syphilis Poster [Poster]**
<https://knowyourstatus.ca/wp-content/uploads/2021/08/STBBIposter3.pdf>

Audiences(s): Public, including youth

STIs and Cancer [Fact Sheet]

Covers how STIs can increase the risk of cancer and the types of cancers caused by STIs.

<https://knowyourstatus.ca/wp-content/uploads/2021/02/STlandcancer.pdf>

Consent

- **Understanding Consent in Canada [Fact Sheet]**
<https://knowyourstatus.ca/wp-content/uploads/2021/02/ageofconsent.pdf>
- **Consent FRIES [Poster]**
Visual of how consent is Freely given, Reversible, Informed, Enthusiastic, and Specific.
<https://knowyourstatus.ca/wp-content/uploads/2021/02/consentfries.pdf>

Audiences(s): Public, including youth

Ratings of Birth Control Methods [Poster]

<https://knowyourstatus.ca/wp-content/uploads/2021/02/birthcontrolstars.pdf>

Audiences(s): Public, including youth

Your Words Matter [Poster]

Provides examples of wording to use (and why) that reduce stigmatization and shame when talking about HIV and people living with HIV.

<https://knowyourstatus.ca/wp-content/uploads/2021/02/yourwordsmatter.pdf>

Audiences(s): Public, including youth

5. Persons Living with AIDS Network of Saskatchewan

<https://aidsnetworksaskatoon.ca/>

Indigenous community-based, non-profit organization that provides care, support, and education for people living with and affected by HIV/AIDS with the aim of promoting wellness and feelings of hope.

Drop-In Clinic [Health Services]

Clinic that offers a variety of services to enhance health and social support, and provides a safe environment for people with HIV/AIDS. Services include HIV rapid testing, multi-vitamins program, one-on-one support counselling, peer and professional support, advocacy, referrals, emergency care fund, and Knowledge Keep groups. Located at 127C Avenue D North in Saskatoon.

Persons Living with AIDS Network of Saskatchewan continued

Niiyanaan Pimatishihk [Program]

Connects people living with HIV/AIDS to Indigenous-led cultural supports and services. Through Elder Teachings, people are connected with traditional knowledge and their personal strengths are highlighted to help them live life with HIV/AIDS in a good way.

<https://aidsnetworksaskatoon.ca/services.html>

Miyooayaan (Wellness) Sharing Circle [Program]

Weekly circle group for people living with. Topics include testing, prevention, adherence to antiretroviral therapy, viral suppression, and working towards an undetectable status.

<https://aidsnetworksaskatoon.ca/about.html>

Peer Navigation Project [Program]

Peer program that helps people living with HIV/AIDS navigate health services and connect with case managers. Peer Navigators also assist with community referrals, transportation options, and information on harm reduction supports.

<https://aidsnetworksaskatoon.ca/about.html>

Audience(s): Public, including youth

BRITISH COLUMBIA

1. First Nations Health Authority

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

Sexual Wellbeing Learning Model [Fact Sheet]

Model based on four Indigenous values that align with sexual health and healthy sexuality: Protecting Communities, Healthy Relationships, Identity, and Adulthood and Rites of Passage.

<https://www.fnha.ca/WellnessSite/WellnessDocuments/FNHA-IWP-Sexual-Wellbeing-Learning-Model-Fact-Sheet.pdf>

Audience(s): Public, including youth

2. YouthCO

<https://www.youthco.org/>

Organization of youth leaders working in the area of HIV and hepatitis C. Use a peer approach to conversations about sexual health, harm reduction, and stigma.

Yúusnewas [Program]

Indigenous youth-led program that provides opportunities for Indigenous youth to connect, challenge stigma related to HIV and hepatitis C, and build skills and knowledge to take care of their health. Also provides culturally responsive sexual health and harm reduction education workshops (in-person or online) at no cost to Indigenous communities.

<https://www.youthco.org/yuusnewas>

Audience(s): Youth

MANITOBA

1. Ka Ni Kanichihk-Mino Pimatisiwin Sexual Wellness Lodge

<https://goaskauntie.ca/>

Services and support include HIV self-testing; testing for HIV, hepatitis B and C, syphilis, chlamydia, and gonorrhoea; and information on sexual and reproductive health. Uses traditional Indigenous knowledge and medicines and trauma-informed practices.

Audience(s): Public, including youth

Walking With Our Relatives [Program]

Supports individuals who have experienced sexual assault and/or intimate partner violence by providing clinical care, counselling, ceremony, and social supports. Specific services include:

- Confidential forensic exams provided by Community-Based Sexual Assault Examiners
- Support from the Aunties (system navigators) and/or Kookum
- Access to counselling from an Indigenous social worker

<https://goaskauntie.ca/wwor/>

Audience(s): Public, including youth

NOVA SCOTIA

1. Healing Our Nation

<https://hon93.ca/>

Indigenous-led HIV/AIDS organization in Atlantic Canada that serves all First Nations communities, including those living off reserve. Services include education, prevention, and awareness interventions.

STBBI [Webpage]

Information on STBBIs, including their symptoms, how they are transmitted, treatment, and prevention strategies.

<https://hon93.ca/stbbi/>

HIV/AIDS [Webpage]

Information on HIV/AIDS, including symptoms, how the virus is and is not transmitted, treatment, prevention strategies, and support services.

<https://hon93.ca/hiv-aids/>

Hepatitis [Webpage]

Information on hepatitis A, B, and C, including how each one is transmitted, symptoms, treatments, and information on available vaccines.

<https://hon93.ca/hepatitis/>

Workshops [Program]

A variety of culturally relevant educational workshops available for free to all First Nations communities in Atlantic Canada. Topics include HIV/AIDS, STBBIs, harm reduction, and healthy relationships.

<https://hon93.ca/workshops-services/>

Healing Our Nation continued**Peer Mentor Training [Program]**

Online 10-module training for youth and IPHA (Indigenous person living with HIV and/or hepatitis C) to become peer mentors and supports. Topics of the modules include facilitation skills, HIV/AIDS, hepatitis, STBBIs, harm reduction, substance misuse, healthy relationships, personal boundaries, self-esteem, and life skills.

<https://hon93.ca/workshops-services/>

Elder/Youth Gathering [Event]

A yearly Elder/Youth Gathering that brings together Indigenous youth with Elders to participate in cultural activities and to learn about HIV, hepatitis C, and other STBBIs.

<https://hon93.ca/workshops-services/>

Audience(s): Public, including youth

ONTARIO**1. Call Auntie**

<https://www.callauntieclinic.com/>

Indigenous-led interprofessional team of health professionals who are focused on the well-being of urban Indigenous communities in the Toronto area.

Call Auntie Clinic [Health Services]

Indigenous-led sexual and reproductive health services. Provides pre- and postnatal care, mental health support, and activities to support social and cultural health.

<https://www.callauntieclinic.com/services/call-auntie-clinic/>

Street Medicine [Health Services]

Indigenous-led support for persons forced to live outside. Provides sexual and reproductive information and health care, STBBI testing and treatment, pregnancy care, vaccinations, lab work, and referrals, amongst other services (e.g., foot care, general health assessments).

<https://www.callauntieclinic.com/services/street-medicine/>

Audience(s): Public, including youth

Appendix B: Resources and Services Created in Collaboration with Indigenous People

CANADIAN RESOURCES

1. Canadian AIDS Treatment Information Exchange (CATIE)

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

National organization that provides treatment and prevention information for HIV and hepatitis C. Works to bridge research and practice by connecting health professionals and service providers with current, evidence-based best practices on prevention and treatment information.

Indigenous-Centered Approaches to Harm Reduction and Hepatitis C Programs [Report]

<https://www.catie.ca/sites/default/files/catie-indig-rep-2020-enb.pdf>

Audience(s): Health professionals, service providers

Strong Medicine [Video and Guide]

Educational video developed by CATIE, CAAN, and Indigenous people living with HIV. Provides information about HIV testing and treatment, and encourages people to get tested and to start or resume HIV treatment.

<https://www.catie.ca/strongmedicine> [Video]

<http://librarypdf.catie.ca/ATI-40000s/40263C.pdf> [Guide]

Audience(s): Educators, service providers, and the public, including youth

SASKATCHEWAN

1. Saskatoon Sexual Health

<https://saskatoonsexualhealth.ca/>

Non-profit organization that offers sexual and reproductive health education, advocacy, and clinical services in Saskatoon and surrounding areas.

Indigenizing Sex Ed [Guide]

<https://saskatoonsexualhealth.ca/wp-content/uploads/2021/05/Indigenizing-Sex-Ed-2.pdf>

Audience(s): Educators

2. Sexual Assault Services of Saskatchewan

<https://sassk.ca/>

Non-profit organization that provides support for individuals in Saskatchewan affected by sexual violence by working collectively with front-line agencies, community partners, and government agencies.

Indigenous Services, listed on SASS's Services Map [Online Service Directory]

https://sassk.ca/service-providers/?service_category=indigenous-services

Sexual Assault Services of Saskatchewan continued

Healing Process [Poster and Guide]

Created by Indigenous Sexual Violence Counselor, Corrine McArthur, to help survivors of sexual assault better understand their healing process and journey. Resources are free, but require creating an account to access the online catalogue of resources.

<https://sassk.ca/resources/information/>

Audience(s): Public, including youth

3. Wellness Wheel Clinic

<https://www.wellnesswheelclinic.ca/index.html>

Clinic that provides equitable, high-quality, holistic care for Indigenous people in Saskatchewan. In partnership with Indigenous communities through local health events, clinicians offer harm reduction and capacity-building support related to HIV, hepatitis C, and other chronic diseases.

Clinical Services [Health Services]

Urban services, outreach, and virtual services for patients in rural and remote locations. Provides care for HIV, hepatitis C, and other chronic diseases.

<https://www.wellnesswheelclinic.ca/clinicalServices.html>

Audience(s): Public, including youth

BRITISH COLUMBIA

1. Community-Based Research Centre (CBRC)

<https://www.cbrc.net/>

Supports the health of people of diverse sexualities and genders through projects, initiatives, research, and the development of interventions.

Medicine Bundle [Program]

Free Medicine Bundle that provides access to sacred, holistic approaches to sexual health. To be eligible, one must identify as Indigenous (First Nations, Métis, Inuit), and be a resident of what is colonially referred to as Canada. Each bundle contains:

- HIV self-test kit
- Indigenous medicines (sage, sweetgrass, tobacco, cedar, lavender, Labrador tea, bear grease, and Devil's club salve)
- Sexual health supplies
- Additional resources

<https://www.cbrc.net/medicinebundle>

Audience(s): Public, including youth

2. Dr. Peter Centre

<https://www.drpeter.org/>

Provides clinical care to people living with HIV, including help maintaining HIV medication regimes. Also provides healthy free meals and mental health support through art, music, and recreational therapy.

Culture of Care [Program]

Program for Indigenous people living with HIV. Overseen by a dedicated Indigenous staff member, holding weekly cultural events, ceremonies, arts activities, and meals and other food programs, as well as harm reduction and counselling services.

<https://www.cbc.ca/news/canada/british-columbia/indigenous-hiv-program-dr-peter-centre-1.6382227>

Audience(s): Public, including youth

MANITOBA**1. Manitoba HIV-STBBI Collective Impact Network**

<https://cinetwork.ca/>

Network of researchers, healthcare professionals, community-based organizations, Indigenous organizations, people with lived experience, and policy makers working to develop community-based culturally responsive solutions to address HIV and STBBIs in Manitoba.

First Nation Community Readiness Assessment for Creating Change: HIV Workbook [Guide]

Guide to lead First Nations communities through the process of assessing their community's readiness to address challenges related to increasing rates of HIV in Manitoba.

https://cinetwork.ca/wp-content/uploads/2023/09/HIV-Community-Readiness-Guide_compressed-1.pdf

Audience(s): Public, including community leaders