

WINTER 2025 EDITION

STBBI & REPRODUCTIVE HEALTH NEWSLETTER

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our goal is **healthy** children

Welcome to the Saskatchewan Prevention Institute's Sexually Transmitted and Blood Borne Infections (STBBI) 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.

Winter 2025

This edition of the STBBI newsletter features new Saskatchewan Prevention Institute webpages on human trafficking, and a new resource on understanding and teaching about consent.

In addition, this issue includes information about a CME course on prescribing HIV post-exposure prophylaxis (PEP); consent education materials for educators working with autistic youth, boys, and young men; new HPV vaccination information sheets; and a calendar of upcoming awareness dates.



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.

Human Trafficking Webpages

Webpage, 2025

The Saskatchewan Prevention Institute developed two webpages on human trafficking. The first webpage includes information about risk factors and vulnerable populations, methods of entrapment, consequences for victims, prevention and intervention strategies, signs of trafficking, and where to report concerns. The second webpage outlines signs of human trafficking specific to healthcare settings.

The webpages are available at:

- [Click here for the human trafficking webpage.](#)
- [Click here for the human trafficking signs for health professionals webpage.](#)

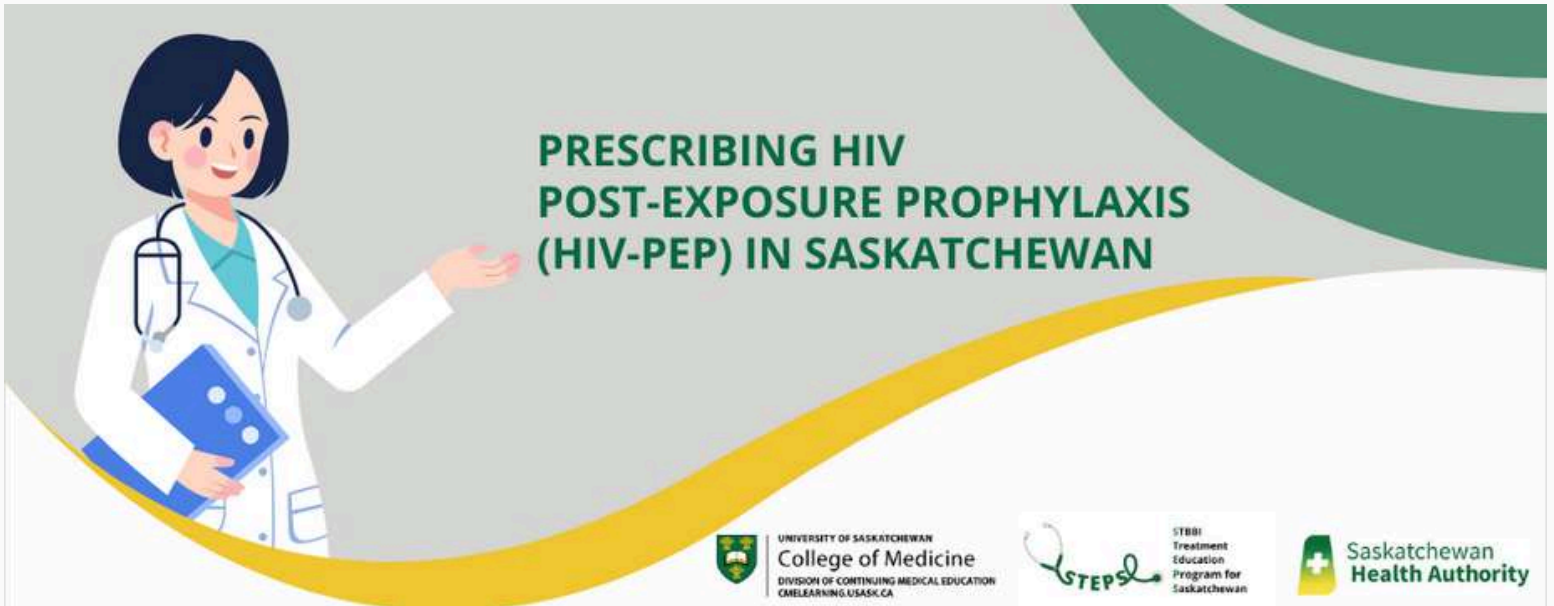
Understanding and Teaching About Consent

Information Sheet, 2025

This resource provides definitions, explanations, and resources to help health professionals and educators teach youth about consent.

[Available for download here.](#)





Free HIV PEP Online Course

Target Audience: Physicians and Nurse Practitioners who work in emergency and urgent care settings where HIV PEP is administered. Other healthcare professions are encouraged to register.

Format: Asynchronous | Self-paced modules with integrated videos, case scenarios, and quizzes

Course Length: 1 - 2.5 hours to complete (estimated)

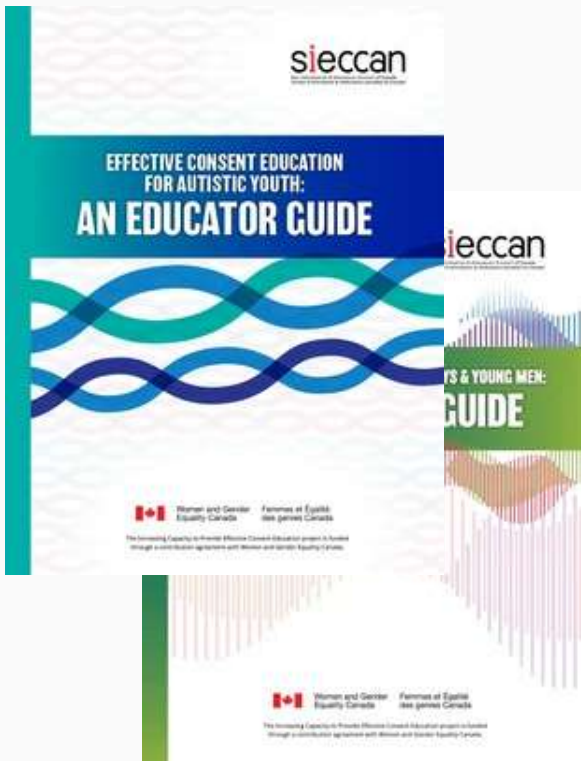
Registration: Continuous Intake | Open

Accreditation: This course is accredited.

Learning Objectives: By the end of this course, learners will be able to:

- Assess patients after blood and body fluid exposure (BBFE) for the risk of HIV transmission
- Determine if administration of HIV PEP is recommended and appropriate
- Describe how to prescribe HIV PEP in health care settings in Saskatchewan
- Counsel patients on HIV PEP side effects
- Describe necessary HIV PEP follow-up bloodwork
- Explain the use of the new BBFE Practitioner Order Sets for Adults and Adolescents in Emergency and Urgent Care settings in Saskatchewan

[Click here to register!](#)



Effective Consent Education: Educator Guides

Reports, 2025

The Sex Information & Education Council of Canada (SIECCAN) has recently published two reports: *Effective Consent Education for Autistic Youth* and *Effective Consent Education for Boys & Young Men*. These reports have practical strategies and activities that educators/health professionals can use to deliver effective consent education to autistic youth, boys, and young men.

[Click here to view the report on teaching autistic youth.](#)

[Click here to view the report on teaching boys and young men.](#)

Effective Consent Education for Autistic Youth: A SIECCAN Resource for Health Service Providers - Free E-Learning Modules for Educators, Health Professionals, and Service Providers

E-Learning, 2025

This free, short, and interactive e-learning module was published by the Sex Information & Education Council of Canada (SIECCAN) on the Canadian Public Health Association (CPHA) learning platform. The e-learning module takes less than an hour to complete and uses activities and videos to guide users in reflecting on important concepts for teaching autistic youth about consent.

[Click here and create a free account to access the e-learning.](#)

New HPV Vaccination Information Sheets

Information Sheets, 2025

Getting the HPV vaccine: Information for Disabled Youth

If you're a disabled young person, you are entitled to positive sexual health. Access to healthcare services, including the HPV vaccine, can be an important part of supporting your sexual health and well-being.

The HPV vaccine is cancer prevention.

Getting the HPV vaccine can be an especially important way to reduce your risk of HPV-related cancers, particularly, if cancer screenings are not accessible to you.

According to research conducted by the Sex Information and Education Council of Canada (SIECCAN):

- 14% of disabled female youth in Canada aged 16-24 reported that they had not received the HPV vaccine; 26% of disabled female youth didn't know if they had received the HPV vaccine.¹
- 31% of disabled male youth reported they had not received the HPV vaccine; 24% also didn't know if they had received the vaccine.

A significant reason why disabled youth don't receive the vaccine is the belief that it is not needed or that healthcare providers do not recommend it.² **The HPV vaccine can prevent over 90% of HPV related-cancers and 90% of genital warts caused by HPV.^{3,4}**

If you do not get the vaccine and you are having sex, there is a high chance you will get HPV at some point in your life. Even if you do not develop health problems from HPV, you can still pass HPV to another person. Getting the HPV vaccine protects you and the people you have sex with.

Most people will have no side effects when they get the HPV vaccine. Sometimes, people might feel a bit of pain, redness, or swelling in the area where they got the vaccine. But these symptoms will usually go away in a few days. In a very small number of cases, people might have an allergic reaction, or they might faint after getting the HPV vaccine.

Overcoming unequal access to healthcare:


The importance of the HPV vaccine

It can be hard for disabled youth to access sexual and reproductive health services because of:

- Systemic ableism in the healthcare system
 - Inaccessible healthcare facilities
 - Lack of adaptive equipment
 - Inadequate practitioner training
- Internalization of youth with disabilities, or not recognizing disabled youth as sexually active⁵

Discrimination, exclusion and stigma in the healthcare system result in poor sexual health outcomes for disabled youth. When youth also have other marginalized identities (e.g., being racialized, gender diverse, low income, etc.), they may face additional barriers to healthcare access.

Accessing inclusive, comprehensive, and accessible sexual and reproductive healthcare enhances sexual health and well-being of youth with disabilities. Below is information on what HPV is, how to get the vaccine, and how to communicate your sexual health needs with your healthcare provider.



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The Information & Education Council of Canada
Sexual Information & Education Council of Canada

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The HPV vaccine is cancer prevention for your child

What is HPV?

Human papillomavirus (HPV) is a group of over 100 different types of viruses, more than 42 of which are spread through sexual contact. **About 75% of unvaccinated sexually active people will get at least one HPV infection in their lifetime, making it the most common sexually transmitted infection (STI).⁶** After one sexual experience with one partner, the risk of HPV infection is approximately 30%.⁷ Anybody who engages in any oral or genital contact with another person can get HPV, even if their partner shows no signs of infection.⁸

HPV causes:

- 84% of male/ 61% of female oropharyngeal cancers
- 90% of anal cancers
- 50% of penile cancers
- 90% of cervical cancers
- 40% of vulvar/vaginal cancers

Concerns parents may have about the HPV vaccine

Is the HPV vaccine safe and effective?

The HPV vaccine is a very effective way to protect your child's health; the vaccine prevents infection with common HPV types that cause cancer and the majority of cases of genital warts.⁹ Depending on the vaccine brand (Gardasil 9 or Cervarix), the vaccine is offered on a two or three dose schedule. It is not necessary to re-immunize or get a booster afterwards.

Vaccines are approved for use in Canada when it is determined that the vaccine has met very strict safety standards.¹⁰ **15 years of safety monitoring has indicated that the HPV vaccine is very safe.⁷** The safety and effectiveness of the HPV vaccine has been studied and reviewed by Health Canada and the National Advisory Committee on Immunization (NACI) and is recommended to Canadians.¹¹

In a survey of parents conducted by the Sex Information and Education Council of Canada (SIECCAN), most (55%) agreed that HPV could have serious health consequences for their child.¹²



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The Sex Information & Education Council of Canada (SIECCAN) recently published HPV vaccination information sheets for youth with disabilities and parents of school-aged children.

These resources can be distributed by healthcare providers to patients, accessed directly by youth with disabilities to be informed about their sexual health, or accessed directly by parents to be informed about their child's health.

[Click here to access the information sheets.](#)

CALENDAR OF UPCOMING DATES

AIDS Awareness Week

November 25 - December 1, 2025


World AIDS Day

December 1, 2025

Indigenous AIDS Awareness Week

December 1-7, 2025

For more information and resources related to HIV/AIDS from the Saskatchewan Prevention Institute, [click here](#).



Indigenous **AIDS**
Awareness Week

December 1 - 7, 2025

Let's amplify the voices of Indigenous communities taking back control of their sexual health.

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KIS-SK

Keep It Safe Saskatchewan

Contraceptives and STIs

Download the *Keep it Safe Saskatchewan* app to learn more about STBBI and find a testing site and free contraceptives near you in Saskatchewan.

Please feel free to forward this newsletter to others. If you were sent this newsletter and would like to receive future editions, or you would like to share something in a future newsletter, please email Abbey at agoertzen@skprevention.ca.

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