

Questions? Here are some Resources for more Sex Ed Info!

For the Students:

- If you have questions about anything to do with your health as a teenager, please visit...
 - <https://teenshealth.org/en/teens/>
 - This resource has information on a wide range of topics.
 - This includes: sexual health, infection, drugs & alcohol, etc.
 - All the information on this website is meant for your age group!
- The Chilliwack Public Health Unit:
 - They provide confidential information on sexuality and sexual health.
 - They provide services such as STI testing, birth control, pregnancy testing, and counselling services.
 - How can you access their services? Through...
 1. Online, readily available information on many sexual health topics.
 2. In-clinic visits.
 3. Submitting a question through their webpage & they will email you a response. This service is located through the following link:
<https://www.optionsforsexualhealth.org/sex-sense/>
 4. Calling the “Sex Sense” line at 1-800-739-7367.
- Smart Sex Resource through BC Centre for Disease Control (BCCDC).
 - Visit: <https://smartsexresource.com/>
 - They keep all your information private and confidential!
 - They provide an online, factual database that discusses topics like: what an STI is, how to protect against it, and where you can get tested for one in BC.
 - You can also talk with a nurse directly through their chat room online resource! If a nurse is not available, you can submit your question and wait for them to email you back.
- *I need more information on Period Products & How to use Them!*
 - <https://teenshealth.org/en/teens/supplies.html?WT.ac=ctg#catgirls>
 - How to use a tampon: <https://www.youtube.com/watch?v=1YY5mGje6Ao>
 - How to use a menstrual cup (this video covers both insertion and removal):
<https://www.youtube.com/watch?v=o9fPUfm-uYE>
 - Please note: please also read & follow the instructions that come with your cup (especially regarding boiling/sanitation) as each product may be different!
 - Another menstrual cup video (that just covers insertion):
<https://www.youtube.com/watch?v=I5KCYXDddzc>

For your Parents/Teachers:

- There is an excellent website provided by Alberta Health Services called:
 - <https://teachingsexualhealth.ca>
 - This resource is more for parents and teachers, but they have some great, easy to understand information.
 - Topics it discusses includes: STIs, birth control options, sexuality, and what kind of information children at each age should be learning.