Before we start...

Let’s cover some ground rules!

*Reminder that support is always available at school. Other community resources will be shared at the end of the module.
Introduction

- Reproductive systems
- Conception
- Healthy relationships
- Consent
- Online safety
- Sexual contact
- STBBI
- Abstinence & contraception
Assigned male at birth
External genitalia

Penis
Testicles
Assigned male at birth

Reproductive system

- Penis
  - Cavernous body
  - Urethra
  - Foreskin
  - Glans

- Bladder
- Vas deferens
- Rectum
- Seminal vesicle
- Prostate gland
- Anus
- Cowper’s gland
- Epididymis
- Testicle
- Scrotum
Sperm production & ejaculation

- Sperm production begins at the onset of puberty.

- The first sign that an individual can reproduce is having an erection that produces ejaculation.
Assigned female at birth

External genitalia

- Mons pubis
- Urethra orifice
- Vaginal orifice
- Clitoris
- Labia majora
- Labia minora
- Anus
Assigned female at birth
Reproductive system

- Fallopian tube
- Uterus
- Cervix
- Vagina
- Ovary
- Ovum (egg)
Conception

Sperm transport
Conception
Egg transport
Conception
Fertilization
Conception
Implantation
Menstrual cycle
Healthy relationships

- Relationships can be one of the best, and most difficult parts of life.

- Often, these relationships can make you experience feelings you have never felt before.

- Be selective when getting involved with someone. Make sure they have the same qualities that you admire in your friends and family.
Decision making

Several factors may influence the decision to have sex:

- Personal or family values
- Personal or cultural beliefs
- Risks involved
- Personal experiences
- Experiences of family or friends

Each person must decide what is best for them and what they are most comfortable with.
Consent

Definition:
Active process of willingly, enthusiastically and freely agreeing to engage in sexual activity on an ongoing basis without manipulation or threats.

No means no!
Consent

https://www.youtube.com/watch?v=raxPKkIDF2k
Online safety

- Only use social media with individuals that you know and trust.
- Do not accept friend requests from people who you have no connection to.
- Never share personal information online.
- Never share naked pictures online.
Sexual contact

- Any contact with the vulva, clitoris, vagina, anus, penis or testicles between two or more people.

Examples:
- Skin ↔ genitals
- Mouth ↔ genitals (oral sex)
- Penetration (vaginal or anal)
Sexually Transmitted and/or Blood Borne Infections (STBBI)

An STBBI is an infection that can pass from one person to another through the blood and other body fluids during sexual contact.
STBBI: Bacterial vs. Viral
<table>
<thead>
<tr>
<th>Bacterial</th>
<th>Viral</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chlamydia*</td>
<td>Herpes</td>
</tr>
<tr>
<td>Gonorrhea*</td>
<td>Hepatitis B* &amp; C*</td>
</tr>
<tr>
<td>Syphilis*</td>
<td>Human Papilloma Virus (HPV)</td>
</tr>
<tr>
<td>* Bacterial infections can be treated with antibiotics</td>
<td>Human Immunodeficiency Virus (HIV)*</td>
</tr>
</tbody>
</table>

* reportable STBBIs
STBBI Signs & Symptoms

Many STBBIs have no symptoms. This is why it is so important to always get tested!
STBBI – Testing

- When to get tested
- Types of testing
- Where to get tested
Protection against STBBIs

- Abstinence
- Barrier methods
  - Condoms
  - Dental dams
- Vaccinations
  - Hepatitis B
  - HPV
Putting on an external condom demonstration

https://www.youtube.com/watch?v=fbo9_0lgcFA
Using an internal condom demonstration

https://www.youtube.com/watch?v=IVtSCQYU0J0
Using a dental dam demonstration

https://www.youtube.com/watch?v=O-bRI70cp8E&t=6s
Preventing pregnancy

- **Barrier**
  - Condom (internal & external)

- **Hormonal**
  - Birth control pills
  - Contraceptive patch
  - Vaginal contraceptive ring
  - Injectable contraception
  - Etonogestrel implant

- **Intrauterine contraception (IUD)**
Hormonal contraceptives

Oral pill
Hormonal contraceptives

Patch
Hormonal contraceptives

Vaginal ring
Hormonal contraceptives
Injection
Hormonal contraceptives

Implant
Intrauterine contraceptive
Emergency contraceptives

- Emergency use
  - Not a regular method of birth control
  - To be used after unprotected sexual intercourse to prevent pregnancy

- 2 Methods:
  - Oral ("morning after pill")
  - Copper IUD
Resources & services

Where do you find credible information on sexual health?

- The Link
  - Ottawa Public Health
- Community health clinic
- Primary health care provider and other health care professionals
- Walk-in clinic
- Sexual Health Clinic: 613-234-4641
- Sexual Health Infoline Ontario: 1-800-668-2437
Questions?
OPH wants you to protect yourself if you are sexually active.
Need more information?

Scan the QR code

Free condoms available!

OttawaPublicHealth.ca/SchoolHealthOnline