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.
Welcome!

Introduction

- Reproductive systems
- Conception
- Healthy relationships
- Gender identity, gender expression, sexual orientation, self-concept
- Consent
- Online safety
- Sexual contact
- STBBI
- Abstinence & contraception
Assigned male at birth
External genitalia

Penis
Testicles
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.
Self-concept & sexual orientation

- **Self-concept:** the perception an individual has about their own identity.

- **Sexual orientation:** a person’s emotional, physical and sexual attraction to others.
Gender identity & gender expression

- **Gender identity:**
  A person’s internal and individual experience of gender.

- **Gender expression:**
  How a person outwardly expresses or presents their gender to the world.
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

OttawaPublicHealth.ca/SchoolHealthOnline
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>
</tbody>
</table>

*Bacterial infections can be treated with antibiotics

Human Immunodeficiency Virus (HIV)*

* 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