The background is a solid teal color with a repeating pattern of white line-art icons. The icons include hearts, question marks, apples, stethoscopes, mobile phones, hands shaking, lips, eyes, speech bubbles with hearts, and various symbols of health and communication.

better
to know.



Get **Answers** Without the **Awkward**

This book was written and/or reviewed by Yukon sexual health educators, nurses, nurse practitioners and doctors to answer questions related to body science, birth control, sex, sexually transmitted infections, consent, sexual assault, gender identity, sexual orientation, and relationships. The more people know about sexual health, the better equipped they are to make decisions about their bodies. Sexuality is a normal and healthy part of life.

The last section of this book lists reputable sexual health websites, phone numbers, Yukon clinics, and community organizations where people can go for more information.

Yukon

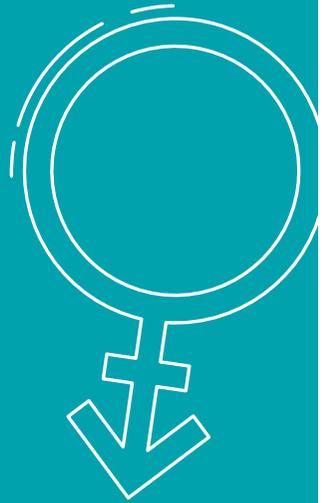
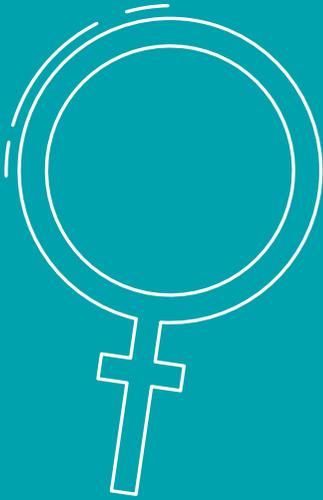
CONTENTS

BODY SCIENCE	2
Biological Sex vs Gender.....	2
Female Sex Organs	4
Male Sex Organs	6
Puberty	9
Pregnancy.....	14
Pregnancy Myths	15
Pregnancy Options.....	16
SEX	18
What Is Sex?	18
Sexual Decision-Making	21
Consent	23
BIRTH CONTROL	29
Hormonal Birth Control	30
Barrier Birth Control	34
Emergency Contraception (EC).....	39
SEXUALLY TRANSMITTED INFECTIONS (STIs)	40
What are STIs?.....	41
What is an STI Test?.....	45
How Are STIs Treated?	45
What Are Some Common STIs?	45
SEXUAL ORIENTATION AND GENDER (LGBTQ2+)	48
RELATIONSHIPS	52
The Relationship Spectrum	54
USEFUL RESOURCES	56

Body Science

BIOLOGICAL SEX VS GENDER

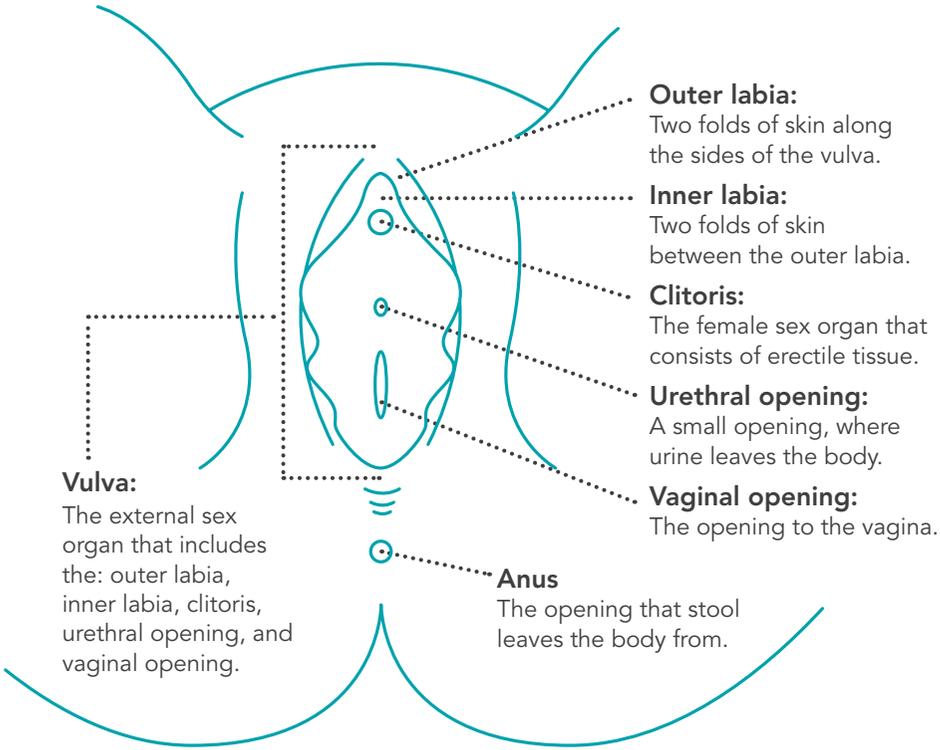
- Biological sex is assigned at birth and is based on genitals, chromosomes, and hormones.
- Assigned male means being born with a penis and testicles.
- Assigned female means being born with a vulva.
- Assigned intersex means being born with a combination of male and female genitals.
- Biological sex is very different from gender.
- Gender refers to what a society or culture says is masculine/ male or feminine/female. Sometimes a person's biological sex and gender are the same, but sometimes they are different.
- The terms male and female are used to discuss the different biological bodies, but not all people identify with their assigned sex at birth.



FEMALE SEX ORGANS

The female reproductive system (sex organs) is used in reproduction and sexual pleasure. It has both external and internal organs. Each part has a medical name and function.

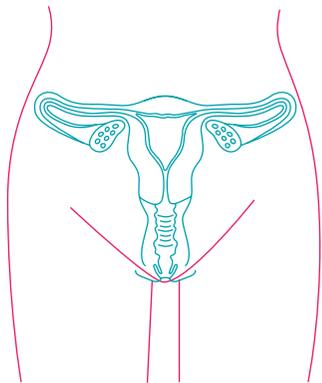
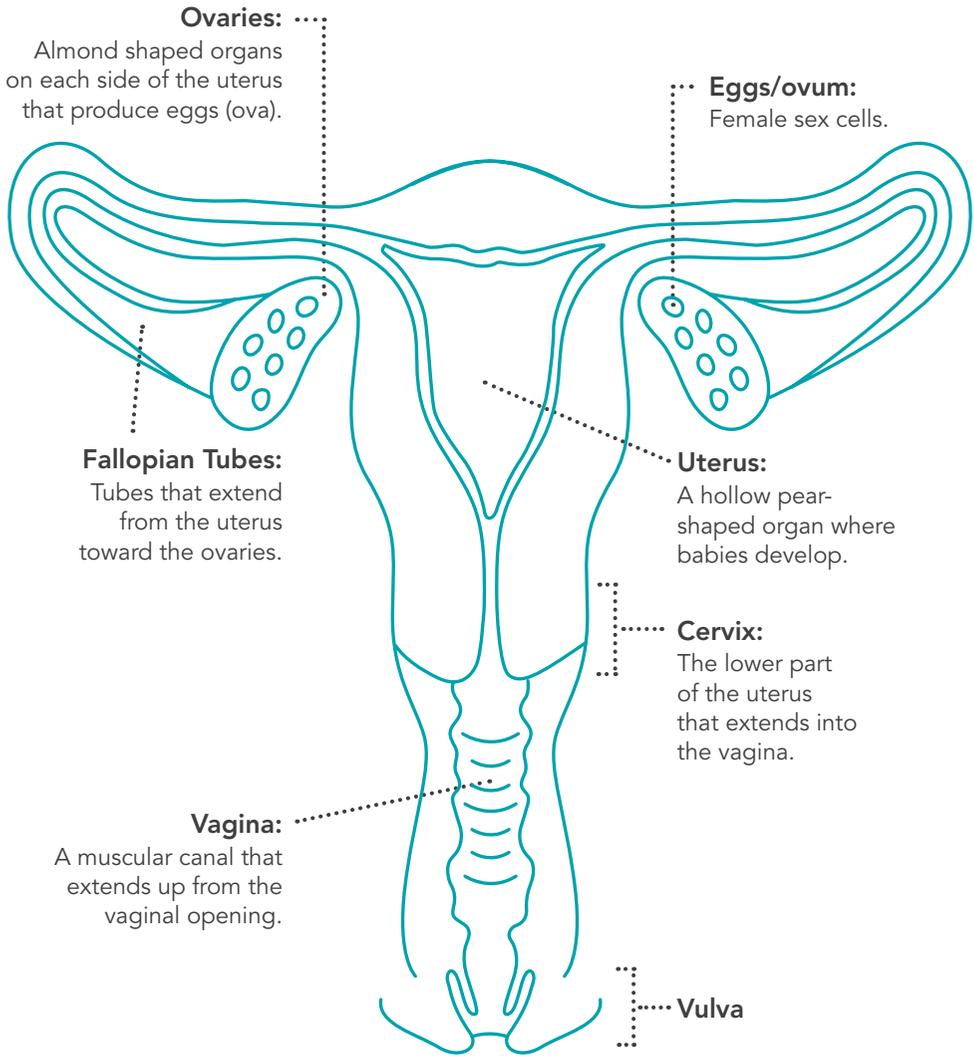
External Female Sex Organs



HEALTH TIP

When using the bathroom always wipe from the top of the vulva to the anus; this prevents bacteria from the anus entering the vagina and urethra.

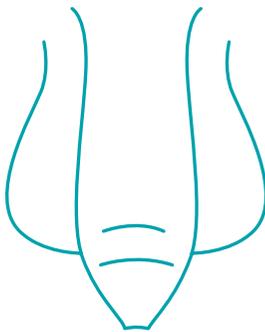
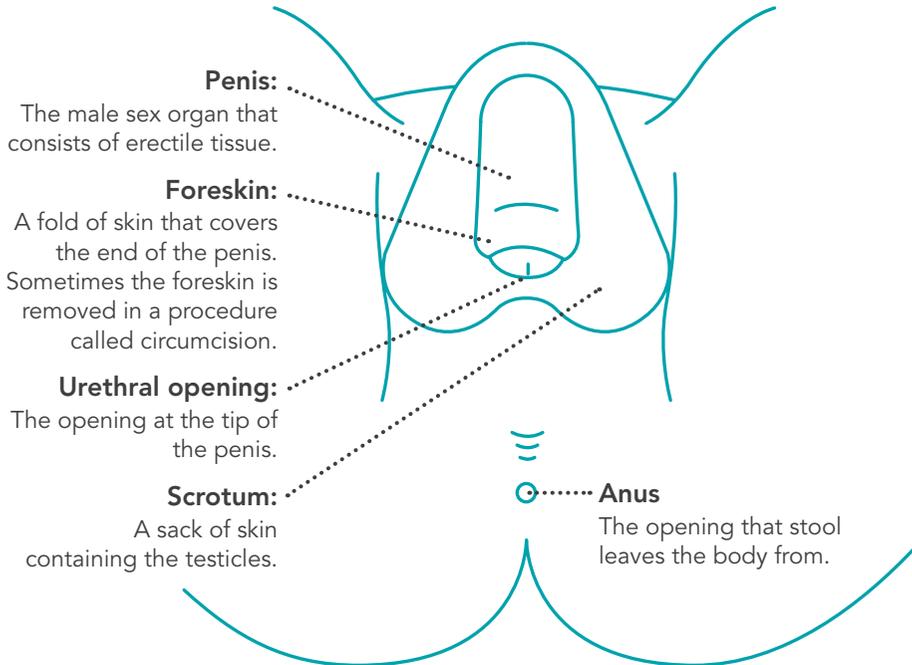
Internal Female Sex Organs



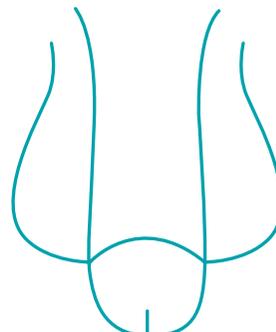
MALE SEX ORGANS

The male reproductive system (sex organs) is used in reproduction and sexual pleasure. It has both external and internal organs. Each part has a medical name and function.

External Male Sex Organs



Uncircumcised Penis



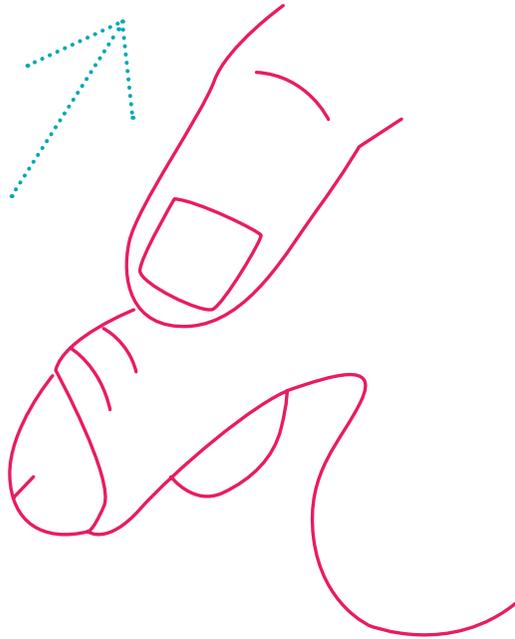
Circumcised Penis

HEALTH TIP

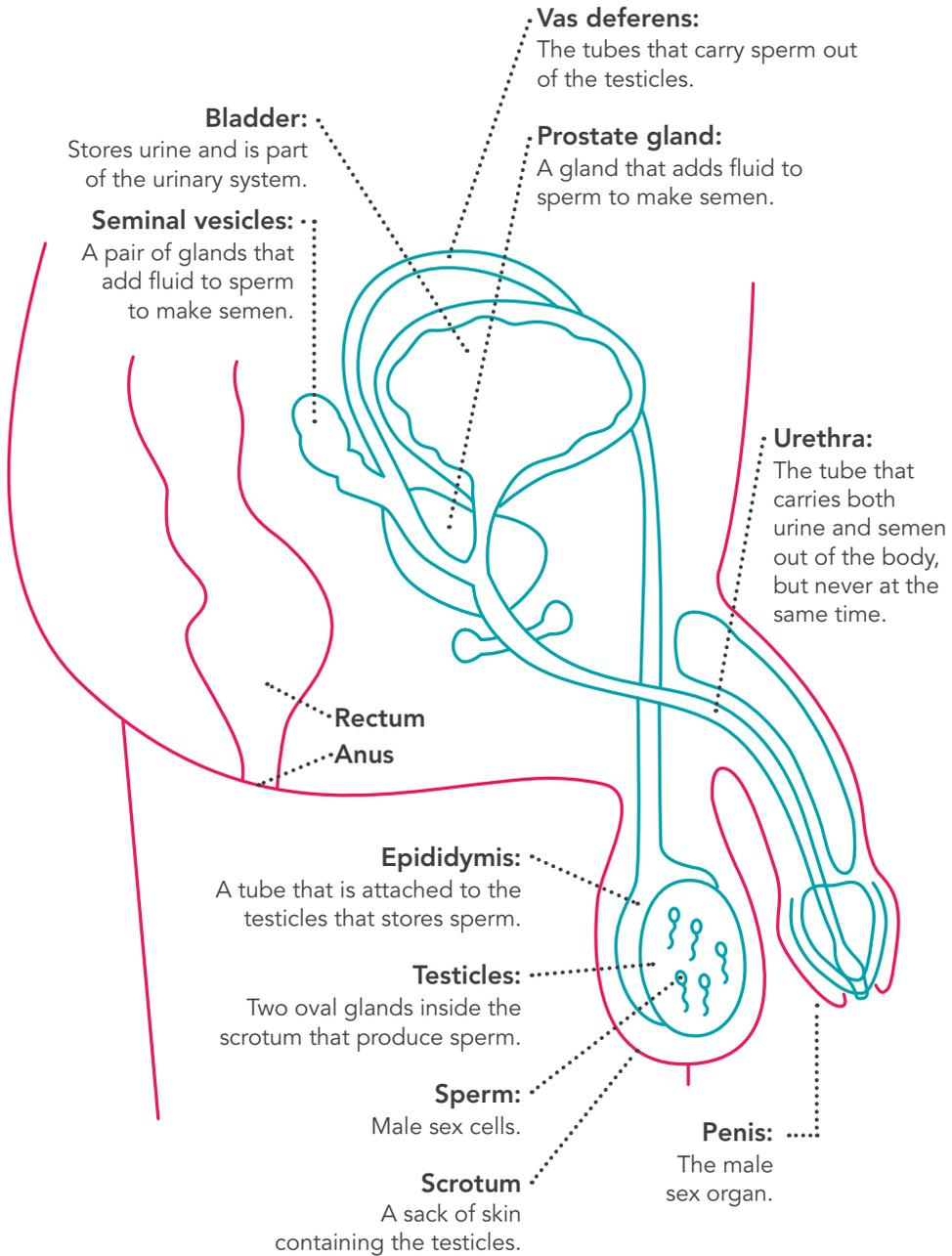
Smegma is a naturally occurring lubricant that allows the foreskin to pull back. People with a foreskin need to wash underneath it, everyday, to remove the build-up of smegma.

Here is how:

1. Gently slip the foreskin back in the shower.
2. Use a mild soap and warm water to wash the head of the penis and inside fold of the foreskin.
3. Rinse the area well.
4. After the shower, dry the head of the penis and replace the foreskin.



Internal Male Sex Organs



PUBERTY

Puberty is a time in life when the body changes and becomes capable of reproduction. Several changes happen to all bodies, but some are specific to males and females. Puberty begins between ages 8 to 13 and takes three to four years to complete. After puberty, the body is capable of reproduction, but that does not mean a person is emotionally ready to have a baby.

Changes Everyone Experiences

The feet grow bigger:

Feet are the first body part to start growing during puberty.



Growth spurts:

Growth spurts occur when the body grows more than 3 cm in one year. During a growth spurt, people may feel growing pains caused by tendons lengthening. Medication and rest can help alleviate the pain.

Pimples and oily hair:

Oil glands, located underneath the skin, help keep the skin and hair soft. During puberty the glands produce extra oil that can clog pores causing pimples and greasy hair. Daily washing will help manage the extra oil. If the pimples are too difficult to manage, they can be treated with medication.



Body odour:

During puberty, a second set of sweat glands develops. When they release sweat, it mixes with bacteria on the body and creates an odour. Washing daily and using deodorant will manage the smell.

Body hair:

Hair will grow all over the body, including the armpits and genitals. It might be a different colour or texture than the hair on the head. Some people remove body hair, but some don't.

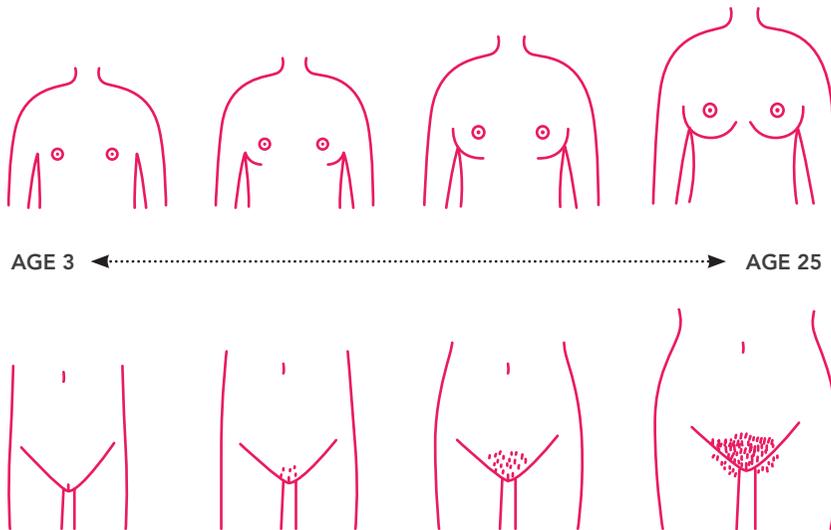


The Sads, Mads, and Glads

During puberty emotions can change dramatically. Exercise, healthy food, and rest can help to manage emotions.



Female Changes



Breasts grow:

The breasts grow larger (and have the ability to produce milk if a person gives birth). The breasts can be tender when they are growing. Wearing a training bra eases discomfort.

Hips widen:

The hips widen to create room in the body to carry a baby if a person chooses to have one.

Vulva grows:

The outer and inner labia and clitoris grow and develop.

Vaginal fluid is produced:

The vagina and cervix start to produce a clear white substance that helps clean and moisten the vagina.

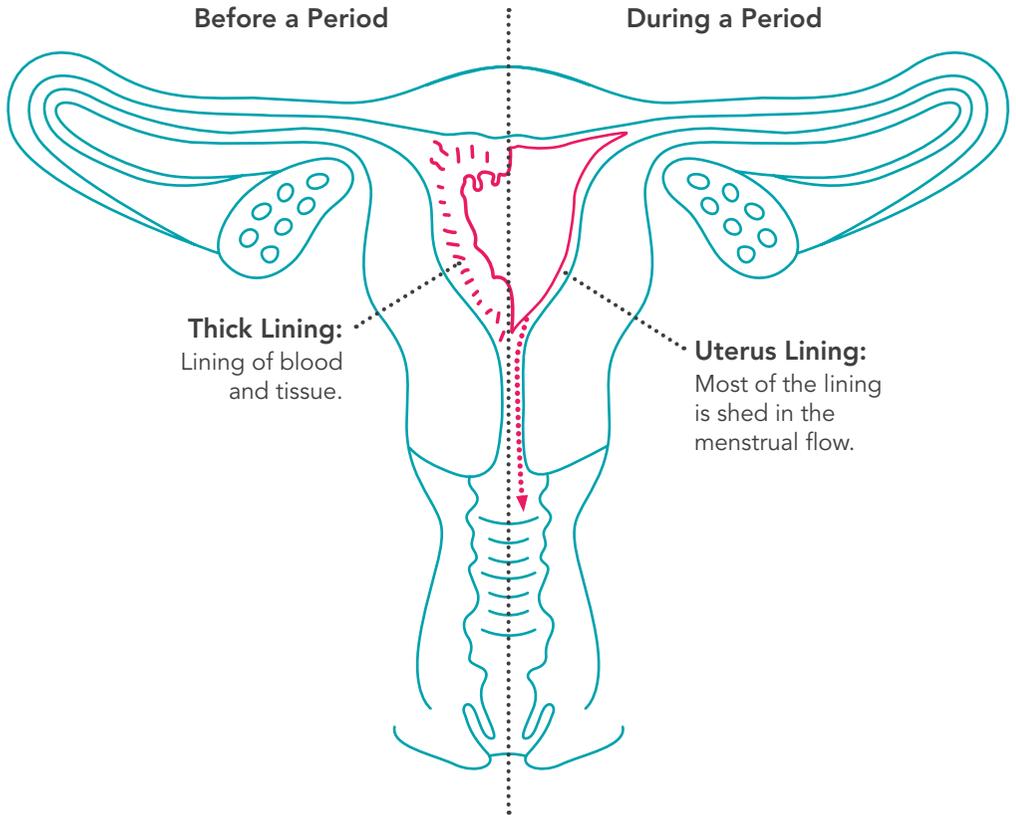
Vaginal fluid will be noticeable on the underwear.

If the vaginal fluid has an odour or is itchy, it could signal an infection and require medical treatment.

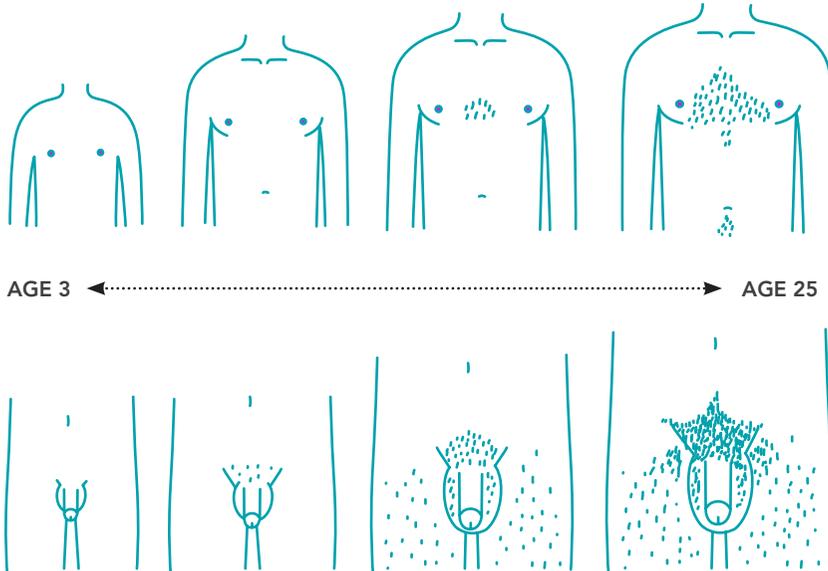
Menstruation cycle begins:

Once a month, one ovary releases an egg (ovum), and the uterus grows a lining of blood and tissue. If the egg becomes fertilized by a sperm, it can implant into the uterus lining and develop into a baby.

If the egg is not fertilized, it will dissolve and the uterus lining is shed through the vaginal opening. This is called *menstruation* or a *period*.



Male Changes



Shoulders and chest broaden:

The chest and shoulders broaden.

Penis and testicles grow bigger:

The penis and testicles grow bigger.

Increase in the number of erections:

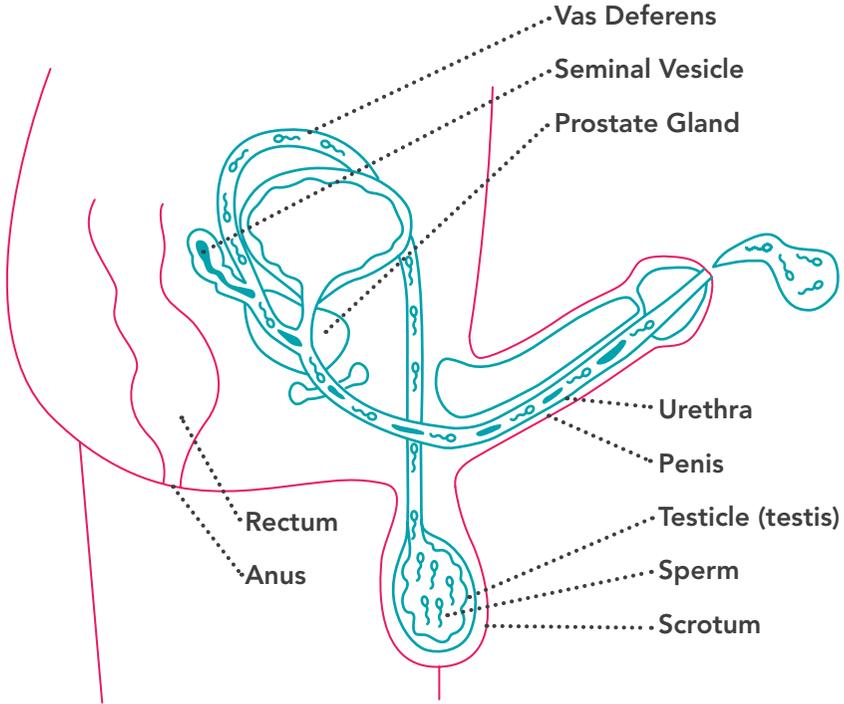
Erections happen when blood rushes to the penis and it becomes hard. Erections happen for a lot of reasons including touching, pleasurable thoughts, seeing an image or person they like, or for no reason at all. If someone gets an erection in public they can sit down until it goes away.

FUN FACT

During puberty, males may develop a small amount of breast tissue. The breast tissue will not grow into full-sized breasts. Exercise and a healthy diet will help turn the tissue into muscle. Wearing a tight-fitting undershirt will ease discomfort.

Ability to ejaculate:

Ejaculations start when the testicles begin to produce and release sperm. Sperm leave the testicles, mix with fluid from the reproductive system to create semen, and exit out the tip of the penis.



FUN FACT

When the penis becomes hard the bladder muscle closes so urine and semen can never leave the penis at the same time.

PREGNANCY

Pregnancy happens when a sperm fertilizes an egg that then implants into the uterus wall and grows into a baby. This can happen during vaginal intercourse or through different types of fertility treatments.

Step 1: Ovulation

Once a month an ovary releases one egg into the fallopian tube.

Step 2: Intercourse

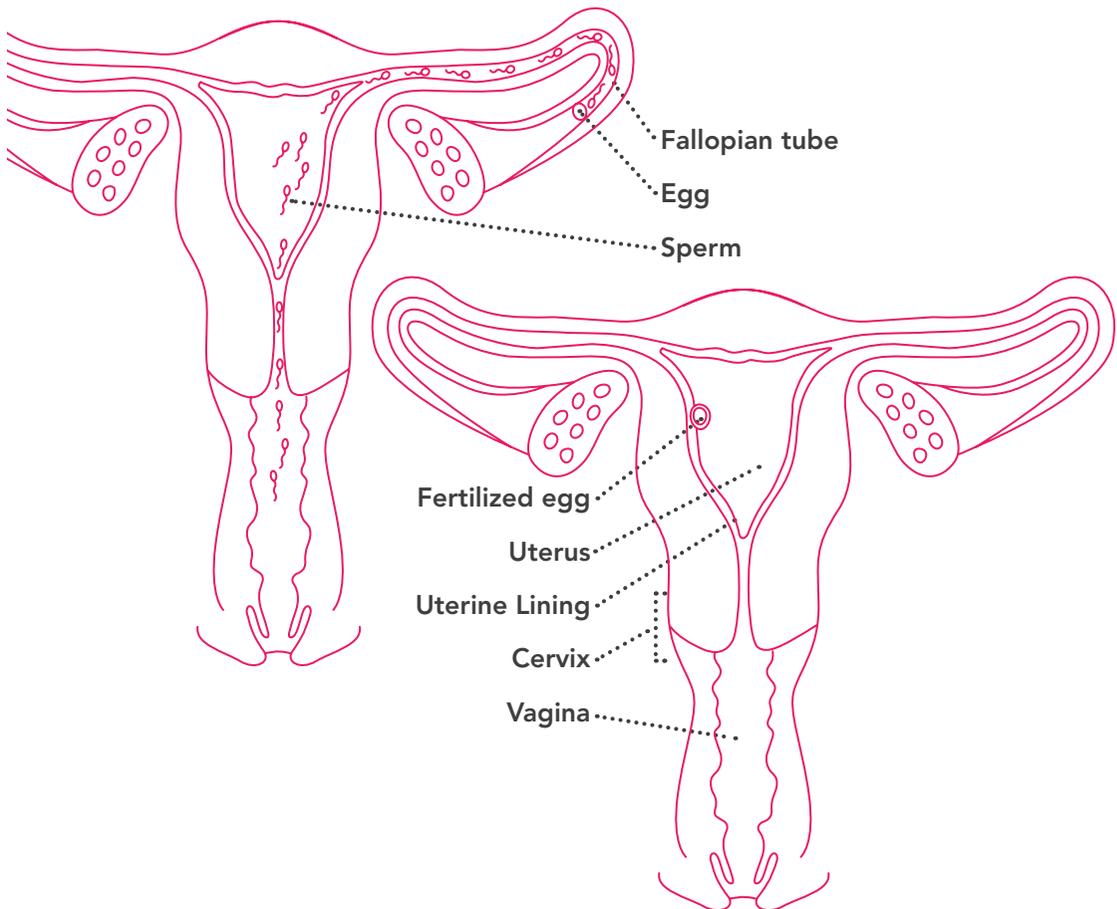
The penis enters the vagina and semen, containing sperm, is ejaculated into the vagina.

Step 3: Fertilization

A sperm connects with the egg in the fallopian tube.

Step 4: Implantation

The fertilized egg implants into the uterus and spends about 9 months growing into a baby.



PREGNANCY MYTHS

Pregnancy occurs when a sperm fertilizes an egg that implants into the uterus wall. No matter what the circumstances are, anytime unprotected vaginal intercourse happens, there is a chance for pregnancy. Below are some pregnancy myths.

If the penis is pulled out from the vagina before ejaculation, a person can't get pregnant. FALSE!

Sperm can be released in pre-ejaculate, which are drops of fluid that come out of the penis before ejaculation. The penis may also not be pulled out in time.

A person can't get pregnant if they have sex during their period. FALSE! Sperm can live inside the uterus and fallopian tubes for five to seven days. If someone has unprotected intercourse during their period and then releases an egg (ovulates) the sperm can fertilize the egg.

A person can't get pregnant the first time they have sex. FALSE! Someone can become pregnant as soon as they start to release eggs (ovulate) and this could be the first time having sex.

A person can't get pregnant if they have sex in different positions. FALSE! Sperm are fast "swimmers" and can reach an egg during any type of vaginal intercourse.

A person can't get pregnant if they are on drugs or drunk. FALSE! Anytime people have penis and vagina intercourse there

is a chance for pregnancy to occur. Drugs and alcohol do not impact the ability for the sperm and egg to meet.

Two condoms are better than one. FALSE! This actually increases the chance of becoming pregnant. Using two condoms creates friction between them and can cause them to break.

If a person takes birth control pills just before having sex they won't get pregnant. FALSE!

A person needs to take birth control pills regularly for seven days before they become effective.

If a person goes pee after sex they cut down the chance of getting pregnant. FALSE! Going pee has no impact on the sperm that have entered the vagina.

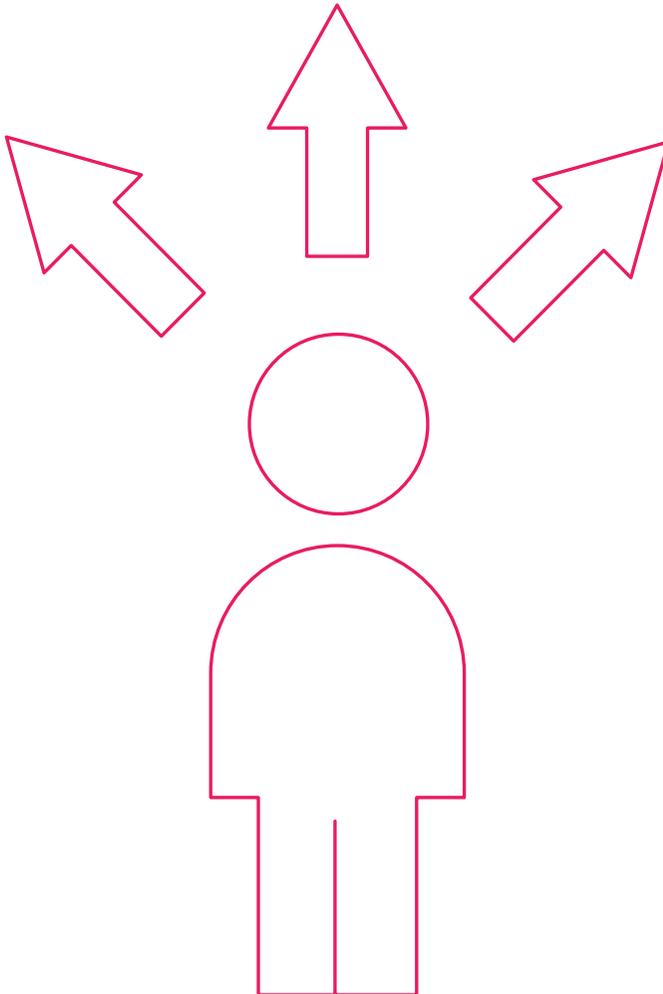
A person can't get pregnant if they have sex in a shower, bath or pool. FALSE! Having intercourse in a watery environment does not protect against pregnancy. It's also not a good idea to have sex in a bathtub or pool because it can force bath water into the vagina and may cause an infection.

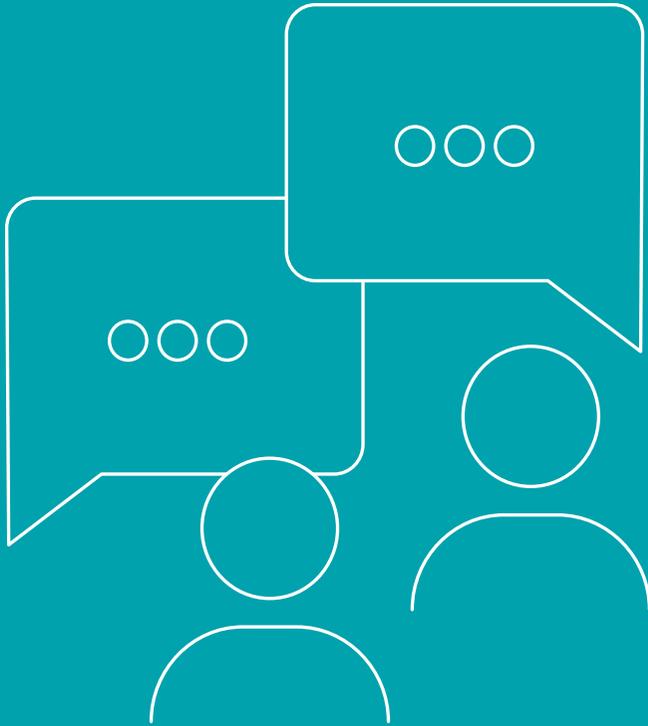
If the person with a penis masturbates before intercourse, their partner can't get pregnant because the sperm are weakened. FALSE!

If someone has recently ejaculated, leftover sperm may still be present in the urethra and will be released into the vagina in the pre-ejaculate (drops of fluid that leave the penis before ejaculation).

PREGNANCY OPTIONS

When a pregnancy occurs several options are available in Yukon, which include referrals for adoption, abortion, or ongoing pregnancy care. To learn more talk to a health care provider (see page 59 for details).



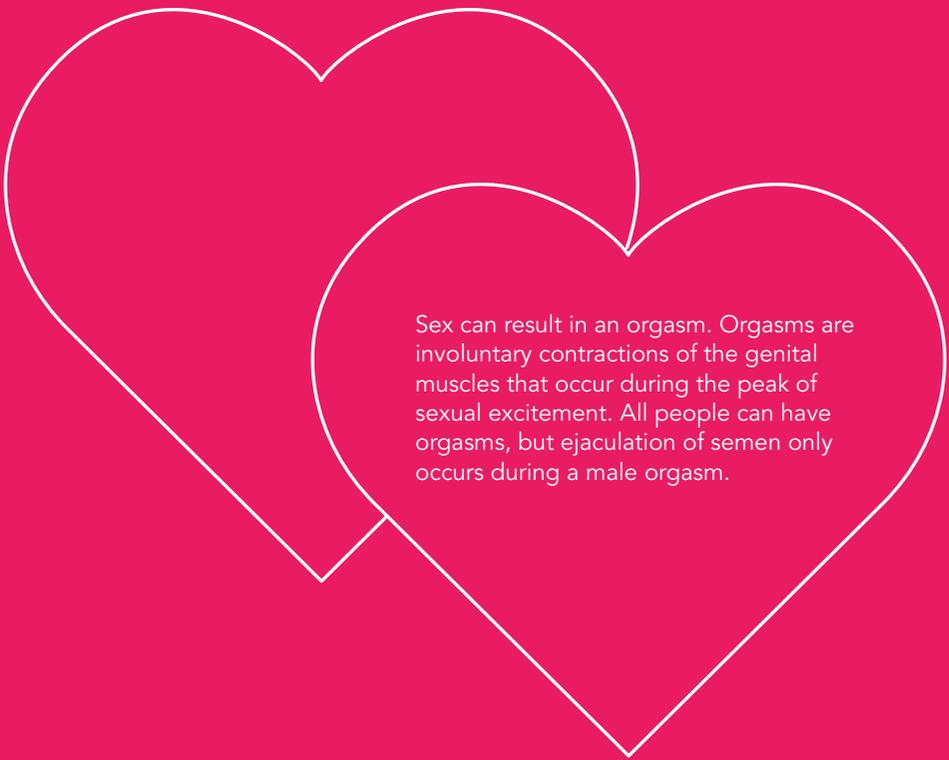


Support is available.

Sex

WHAT IS SEX?

Sex or sexual activities include a wide range of physical ways to give and receive pleasure. At the right time and with the right person, sex can be very enjoyable but it does come with physical and emotional risks.



Sex can result in an orgasm. Orgasms are involuntary contractions of the genital muscles that occur during the peak of sexual excitement. All people can have orgasms, but ejaculation of semen only occurs during a male orgasm.

Sexual activities can include, but are not limited to:

Masturbation: touching or rubbing your own genitals for pleasure. Masturbation is a good way to learn about what kinds of touch you enjoy. Some people masturbate using sex toys, but some don't.

Making out: heavy kissing.

Hand job: stimulating the penis of another person.

Fingering: stimulating the vulva of another person.

Touching: that involves the breast, buttocks, anus, or genitals of another person.

Oral sex: sexual activities with the mouth and the genitals and/or anus.

Vaginal sex: sexual activity involving the vagina. Also known as "sexual intercourse" or "sex". A penis, fingers or sex toys can be used during vaginal sex.

Anal sex: sexual activity involving the anus. A penis, fingers or sex toys can be used during anal sex.

Sexting: sending or receiving sexually explicit messages, photographs, or videos, primarily between mobile phones.

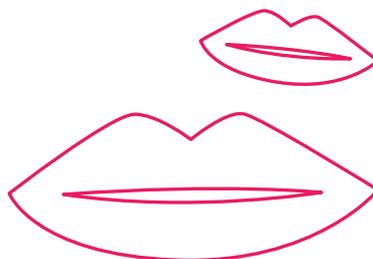
Phone sex: describing sexual acts over the phone with other people.

Cybersex: using computer technology to send sexual photos or watch someone masturbate.



SEX TOYS

What are sex toys? Sex toys are toys designed for masturbation or partnered sexual activity.



SEXUAL DECISION MAKING

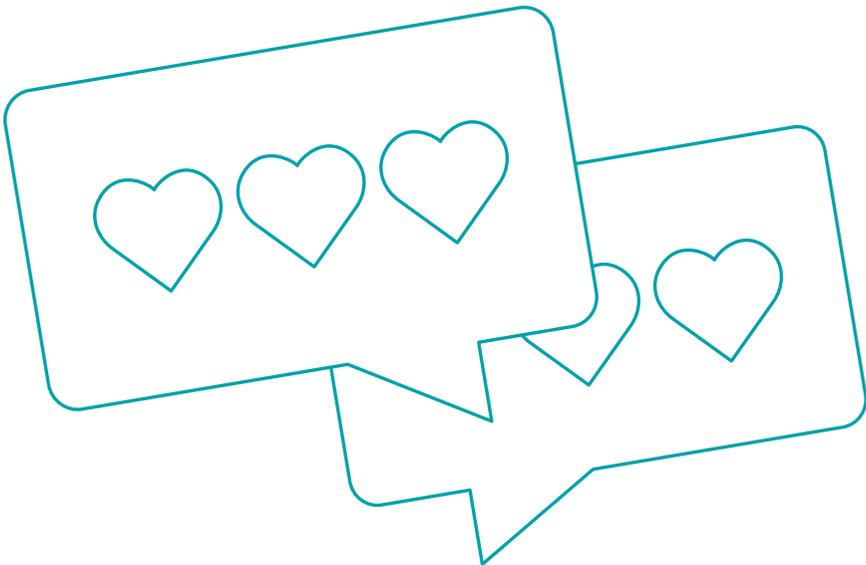
Sexual decision making is choosing whether or not to engage in sexual activities.

Someone may NOT be ready IF:

- They feel pressured.
- They are not sure about sex.
- They can't talk to their partner about sex.
- They don't have a way to protect themselves from Sexually Transmitted Infections (STIs) and unwanted pregnancy.
- They need to get drunk or stoned to have sex.
- Their partner needs to get drunk or stoned to have sex.
- They had sex before and it didn't feel like the right choice.

Someone may be ready when:

- They are not pressured.
- They can talk to their partner about sex.
- They know how to avoid unwanted pregnancy and Sexually Transmitted Infections (STIs).
- They have considered the pros and cons of becoming sexually active.
- They've explored what feels good for them through masturbation.
- They feel comfortable to show their partner what feels good for them.
- They have talked about what to do if an unwanted pregnancy occurs or a STI is transmitted.



Ways to Say "No" to Sex

If someone is being pressured to have sex, it's important they know how to say NO. Here are some statements and responses people use.



"You would if you loved me."

Response: "There are other ways to show our love. I'm not ready."

"Everybody does it."

Response: "Not everybody. Not me. It's really important for me to wait until I decide I'm ready."

"But, I love you. When you love someone, it's the right thing to do."

Response: "If you really love me you'll respect my feelings and my right to say no."

"I need you. I have to have you now."

Response: "If I can wait, so can you."

"You did it for (name of a person). So, what's wrong with me?"

Do you think you're too good for me?" Response: "I decide when and if I want to have sex. It's not about you."

"If you don't, then I'll find someone else who will." Response: "If

that's all I mean to you, that's what you'll have to do. I'm not ready yet."

Bottom Line:

NO ONE should be pressured to be sexual before they feel ready.

CONSENT

Consent is an enthusiastic and voluntary **YES** to any type of sexual activity. Getting or giving consent is an ongoing process.

No one has the right to pressure or force someone into sexual activity. This is even true for sending nude photos, cybersex and sexting.

In Canada the legal age of consent is 16.

The exceptions to this are:

- A 12 or 13-year-old can consent to sexual activity with a partner who is less than two years older. However, there can be no legal consent if the 12 or 13-year-old is dependent on the partner, or if the partner is abusing or taking advantage of the 12 or 13-year-old.
- A 14 or 15-year-old can consent to sexual activity with a partner who is less than five years older. However, there can be no legal consent if the 14 or 15-year-old is dependent on the partner, or if the partner is abusing or taking advantage of the 14 or 15-year-old.

Times when consent is NOT legally possible:

- A child under 12 years of age can **NEVER** give consent.
- Consent cannot be given when a person is drunk, drugged, asleep, or passed out.
- There cannot be legal consent when one person is under the age of 18 and the other is in a position of authority or trust — e.g., a coach or boss.
- Even though the legal age of consent is 16, the age for sending nude images and cyber sex is 18. If a sex video or nude photo is created of someone who is under 18, it is considered child pornography.

Always remember:

- No means No.
- Silence means No.
- Drunk means No.
- Stoned means No.
- "I don't know" means No.
- Only "Yes" means Yes.
- Just because a person says yes to one type of sexual activity doesn't mean that they agree to everything.
- Being involved in a sexual relationship requires clear and direct communication by everyone involved.
- People can often change their mind during sex and want to stop. When this happens the activity has to end.



Sexual Assault

Any sexual activity without consent is sexual assault. Sexual assault includes, but is not limited to, unwanted: oral sex, vaginal sex, anal sex, touching, kissing, grabbing, forcing another person to touch you, or masturbating over another person.

People who have been sexually assaulted often feel embarrassed, guilty, or that it is their fault.

It is never the victim's fault.

The person who committed the assault is at fault. No one has the right to force another person into any kind of sexual activity.

NO always means NO. STOP always means STOP.

If someone says NO and the other person doesn't stop, it is sexual assault.

Silence is not consent.

Most sexual assaults are not committed by strangers. It could be:

- A friend.
- A date.
- A relative.
- An acquaintance.

Most of the time, assaults don't happen in a dark alley. They happen:

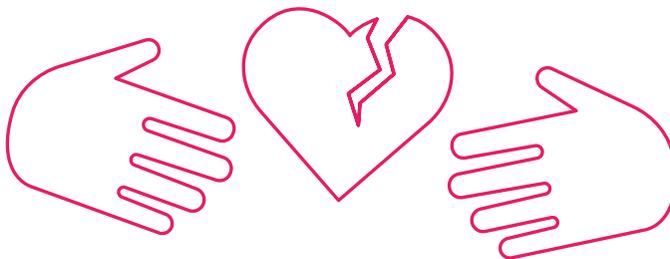
- On a date.
- At a party.
- In someone's house.
- In your own home.

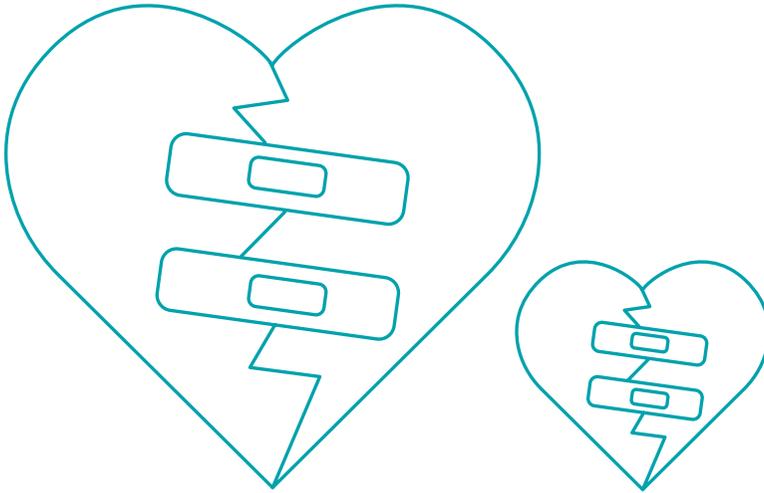
It's both partner's responsibility to accept each other's limits.

It is both people's responsibility to ask if the sexual activities are okay.

Either partner can change their mind at any point — even during sex or sexual activities.

If someone is drunk, drugged or in and out of consciousness, they cannot consent.





How to help a friend who has been sexually assaulted

- Believe them.
- Remind them it's not their fault.
- Do not gossip about it.
- Help them find treatment services (e.g., STI and pregnancy testing and counselling).
- Be patient.
- Find support for yourself too.

What Can Someone Do If They Have Been Sexually Assaulted in Yukon?

If someone has been assaulted, they need to get medical and emotional help as soon as possible. Early treatment can help prevent HIV, pregnancy, and address psychological trauma. Testing within 24 hours can show if a date rape drug was used in the assault.

For immediate help and treatment in Yukon:

- Local RCMP, call 911
- Community Health Centre (see page 59 for details)
- Local hospital emergency department (see page 59-60 for details)

Perpetrators, the person who commits the assault, have often been victims of sexual assault themselves and may benefit from counselling.

Additional Resources in Yukon Include:

Whitehorse:

- Kaushee's Place Women's Transition Home
(867) 633-7720
(867) 668-5733 (24 hours a day, 7 days a week)
edywth@northwestel.net
- Whitehorse Victim Services
(867) 667-8500
- Yukon Sexual Health Clinic
(867) 393-6635

Dawson City:

- Dawson City Women's Shelter
(867) 993-5086 (24 hours a day, 7 days a week)
shelterdirector@northwestel.net
- Dawson Victim Services
(867) 993-5831

Watson Lake:

- Help and Hope for Families Transition Home/Women's Shelter
(867) 536-7233 (24 hours a day, 7 days a week)
rhonda@helpandhopeforfamilies.ca
- Watson Lake Victim Services
(867) 536-2541

Other Yukon Communities:

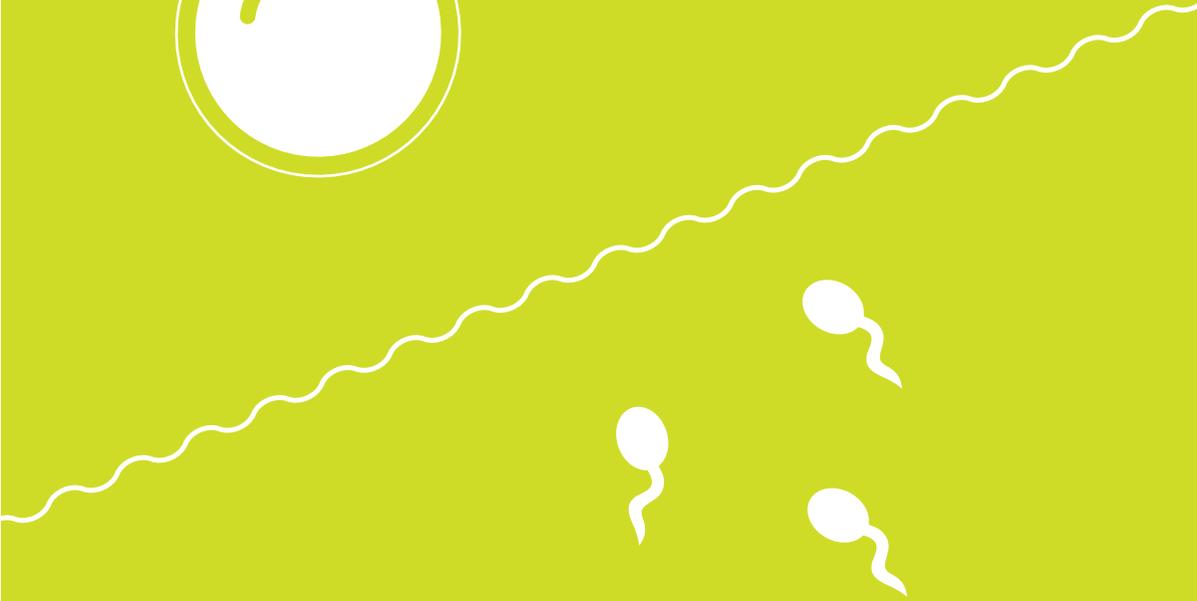
- Contact your local health centre (see page 59 for details).

For support, advice, or counselling from anywhere in Canada:

- Kids Help Phone
1-800-668-6868 (phone-24 hours a day, 7 days a week)
68-68-68 (text 24 hours a day, 7 days a week)
kidshelpphone.ca
- VictimLink BC & Yukon
1-800-563-0808 (24 hours a day, 7 days a week)



*Talk to a parent, friend,
teacher, guidance counsellor,
or other adult you trust.*





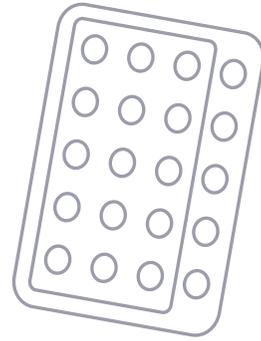
Birth Control

The formula for pregnancy is one sperm fertilizing one egg and implanting into the uterus wall. Birth control prevents fertilization or implantation. Another word for birth control is contraception. Deciding to use birth control and choosing a method can be confusing. This section outlines different options.

HORMONAL BIRTH CONTROL

Hormonal birth control mimics estrogen and progesterone and prevents pregnancy by:

- Stopping the ovary from releasing an egg (ovulation).
- Thinning the uterus lining to prevent a fertilized egg from implanting in the uterus lining.
- Thickening cervical mucus to prevent the sperm from entering the uterus.



Birth Control Pills

How Does It Work?

- A pill is taken once a day.
- Comes in 21 or 28-day packs.
- Contains either the hormone progestin or a combination of progestin and estrogen.
- Stops the ovary from releasing an egg (ovulation).
- Changes the lining of the uterus and makes it difficult for the egg to attach to the wall of the uterus.
- Thickens the cervical mucus and makes it more difficult for the sperm to travel into the uterus.
- Requires a prescription.

Advantages:

- 92-99.7 % effective.
- Menstrual periods may be shorter in length and lighter in flow with less cramping.
- Regulates periods.
- May reduce the risk of some cancers of the reproductive system.
- May improve acne.
- Easily reversible.
- Allows for unplanned sex.

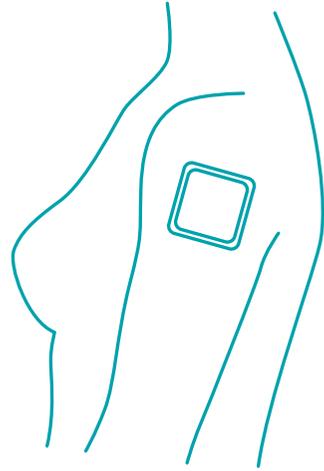
Disadvantages:

- **No protection against STIs.**
- Should be taken about the same time every day to keep a steady level of hormones in the body.
- Some side effects (stomach upset, breast tenderness, bleeding between periods, headaches).
- People with certain conditions may not be able to take the pill due to increased risk of blood clot (for example, smokers over the age of 35 years, or people with high blood pressure).
- The combination pill containing progestin and estrogen is not recommended for people who smoke.

Transdermal Patch (The Patch)

How does it work?

- The Patch is a four-cm square of polyester containing the hormones estrogen and progestin.
- Hormones are absorbed through the skin.
- Stops the ovary from releasing an egg (ovulation).
- Thickens the cervical mucus and makes it more difficult for the sperm to travel into the uterus.
- Changes the lining of the uterus and makes it difficult for the egg to attach to the wall of the uterus.
- A new patch is placed on the skin once a week for three weeks.
- On week four no patch is worn.
- Requires a prescription.



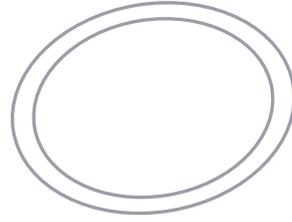
Advantages:

- 92-99.7 % effective.
- May reduce the risk of some cancers of the reproductive system.
- Menstrual periods may be shorter in length and lighter in flow with less cramping.
- Regulates periods.
- Wear the same patch for seven days in a row.
- Not swallowed so there is less chance of stomach upset.
- May improve acne.
- Easily reversible.
- Allows for unplanned sex.

Disadvantages:

- **No protection against STIs.**
- May be less effective for people who weigh more than 198 lbs (90 kg).
- Possible skin irritation where the patch is placed.
- Must remember to change the patch as directed for it to work.
- Some side effects (breast tenderness, stomach upset, bleeding between periods, headaches).
- Small chance of the patch becoming loose or falling off.
- People with certain conditions may not be able to use the patch due to increased risk of a blood clot (for example, smokers over 35 years, high blood pressure).

Contraceptive Ring



How does it work?

- Flexible ring is inserted into the vagina and releases the hormones estrogen and progestin.
- Hormones are absorbed through the lining of the vagina.
- Stops the ovary from releasing an egg (ovulation).
- Thickens the cervical mucus and makes it difficult for the egg to attach to the wall of the uterus.
- Changes the lining of the uterus and makes it difficult for the egg to attach to the wall of the uterus.
- Stays in the vagina for 21 days.
- Then removed for seven days and allows for a regular period.
- The ring is inserted and removed by the user, not by a nurse or doctor
- Requires a prescription.

Advantages:

- 92-99.7 % effective.
- Does not need to be removed before or after intercourse.
- Rarely felt by user and/or partner.
- If felt during intercourse, can be removed but cannot be out longer than three hours.
- Regulates periods.
- Less chance of stomach upset.
- Can be used by a healthy, non-smoking person of any age.
- Allows for unplanned sex.
- Easily reversible.

Disadvantages:

- **No protection against STIs.**
- Some side effects (stomach upset, bleeding between periods, headaches, breast tenderness).
- May accidentally slip out under certain conditions.
- Some people may not be able to use the ring due to increased risk of a blood clot (for example, smokers over 35 years, high blood pressure)

Injection Method

How does it work?

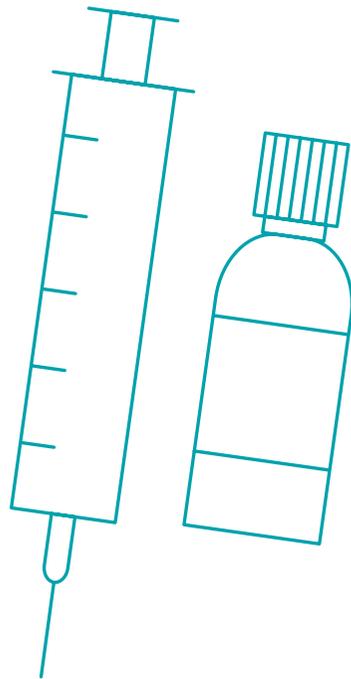
- Injection that contains only the hormone progesterin (there is no estrogen in this method).
- Must get the injection every 12 weeks.
- Stops the ovary from releasing an egg (ovulation).
- Thickens the cervical mucus and makes it more difficult for the sperm to travel into the uterus.
- Requires a prescription.

Advantages:

- 97-99.7 % effective.
- Each injection last 12 weeks.
- Effective right away if injection occurs during the first five days of a normal period.
- Allows for unplanned sex.
- Periods may be shorter in length and lighter in flow or may no longer occur at all.
- Can be used by those who are unable to use estrogen (for example, people who are 35 and older who smoke).
- Reversible.

Disadvantages:

- **No protection against STIs.**
- Side effects may include changes in menstrual bleeding patterns, weight changes, breast tenderness, mood changes, headaches.
- Slower return of fertility — not recommended if you plan to become pregnant in the next one to two years.
- Side effects can last up to six to eight months after the last injection.
- Affects bone density and is not recommended for long-term use.



BARRIER BIRTH CONTROL

Barrier birth control methods block the sperm and egg from joining.

Intrauterine Devices (IUDs)

An IUD is a small t-shaped device that is inserted into the uterus. There are two types of IUDs:

Hormonal IUD

- Made of plastic and contains a small amount of the hormone progesterone.
- The hormone is slowly released at low levels, which thins the uterus lining and thickens cervical mucus, making it difficult for the sperm to fertilize an egg and attach to the uterus wall.
- Effective for three to five years depending on the brand used.
- 99% effective.
- Requires a prescription.
- Requires a health care professional to insert.

Copper IUD

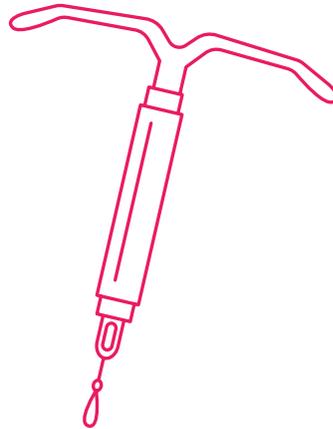
- Made of plastic and copper.
- Copper destroys sperm so it can't fertilize an egg.
- If the sperm does meet an egg the IUD prevents it from attaching to the uterus wall.
- Can be inserted as emergency contraception within seven days of unprotected intercourse.
- Effective for three to ten years depending on the brand used.
- 99% effective.
- Requires a prescription.
- Requires a health care professional to insert.

Advantages:

- A good method for people who are breastfeeding
- It is immediately reversible with no long-term effects on fertility.
- Allows for unplanned sex.

Disadvantages:

- **No protection against STIs.**
- May cause irregular menstrual periods.
- Requires a visit to a health care provider.
- Copper IUDs may cause increased bleeding during periods, periods lasting longer or more cramping.
- Copper IUDs have a higher rate of pregnancy occurring (8 in 1000 pregnancies yearly).
- Hormonal IUDs may have side effects such as breast tenderness, mood changes, increased acne.



External/Male Condom

How does it work?

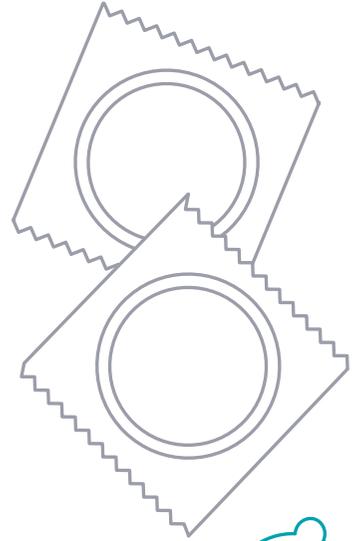
- A thin sheath usually made of latex.
- Also available in polyurethane (for people with latex allergies).
- Covers an erect penis.
- Blocks the sperm from meeting the egg.
- Should only be used with a water-based lubricant.
- Can be used with hormonal birth control methods to increase effectiveness.
- Easily accessible.

Advantages:

- 85-98 % effective.
- **Helps prevent Sexually Transmitted Infections (STIs).**
- Available from a variety of locations such as pharmacies, grocery stores and community health centres.
- No need to see a doctor or health care provider.
- Both partners can buy and carry condoms.

Disadvantages:

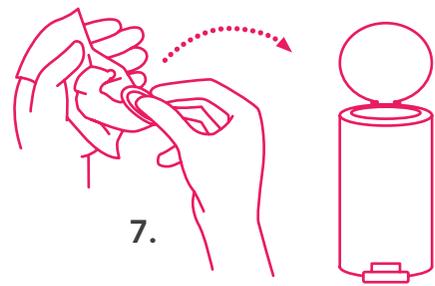
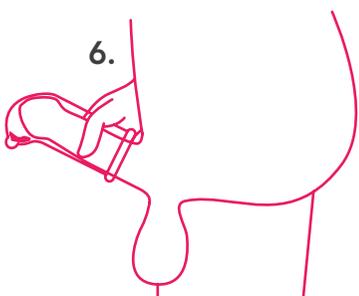
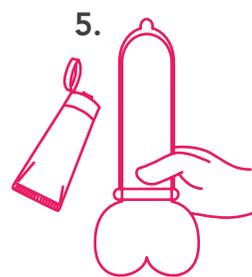
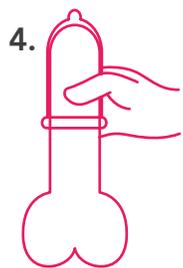
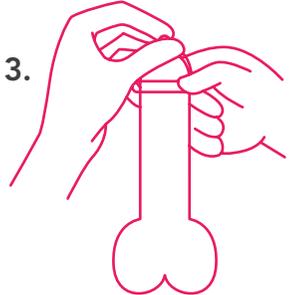
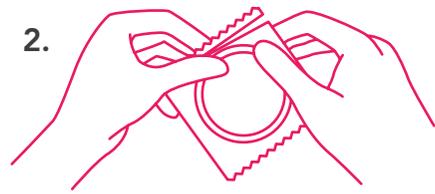
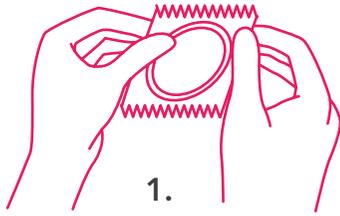
- Need to have a condom before engaging in sexual activity.
- Lubricants on condoms or latex allergies may cause irritation.
- May break.
- A new condom needs to be used every time.



FUN FACT

Water-based lubricants help condoms feel more comfortable. Condoms need to be stored at room temperature. Animals are attracted to the smell of latex; make sure you throw them away in a garbage that has a lid.

Note: Condoms are available for FREE at community health centres, hospitals and Yukon Communicable Disease Control (see page 59 for addresses). Some restaurants, bars, community organizations, and First Nations Offices provide condoms for free (e.g., Blood Ties Four Directions). Condoms and water-based lube are available in the pharmacy section of many stores.



How to use:

1. Check the expiry date and the package for an air bubble by pressing on it.
2. Open the package on the serrated edge with fingers.
3. Pinch the tip of the condom and place it on an erect penis.
4. Roll the condom down to the base of the penis.
5. Lube, with a water-based lubricant.
6. When finished, hold the condom and pull the penis out. Remove condom from the penis while it is still hard.
7. Check that the condom has not broken or that semen has not spilled. If it has, seek emergency contraception and/or STI testing. Wrap the condom in tissue and throw away in a garbage with a lid.

Internal/Female Condom

How does it work?

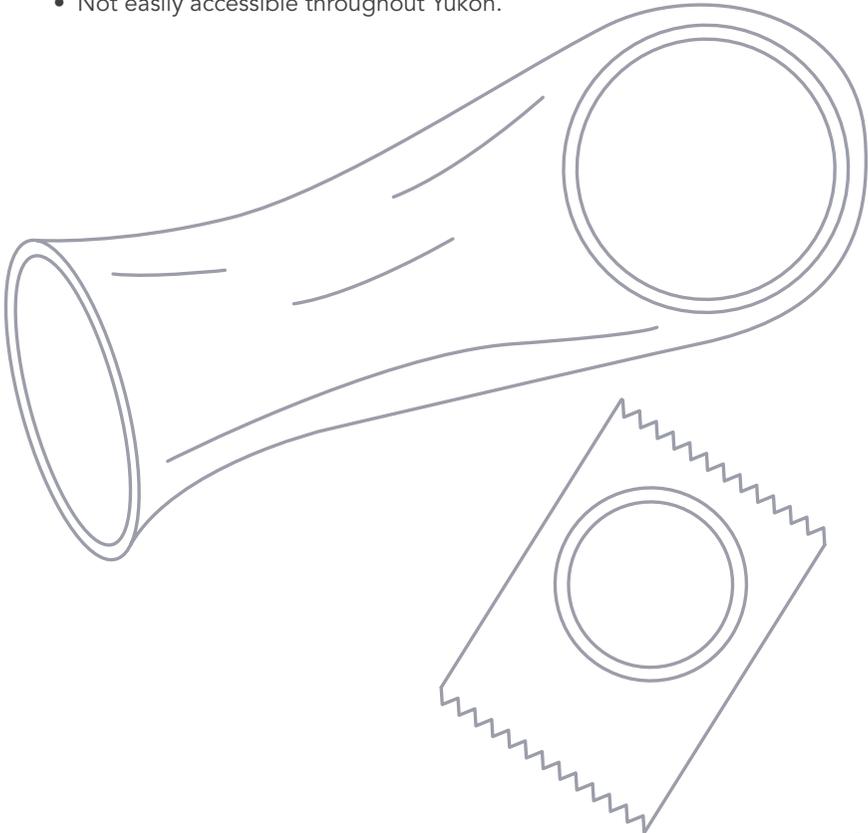
- A polyurethane sheath that contains two rings.
- One ring is inserted into the vagina and the other ring sits outside the vaginal opening.
- The penis goes inside the condom during sex.
- Can also be used for anal sex.

Advantages:

- 79-95 % effective.
- **Helps prevent Sexually Transmitted Infections (STIs).**
- No need to see a doctor or health care provider.
- Non-latex so may be used by people who have latex allergies.

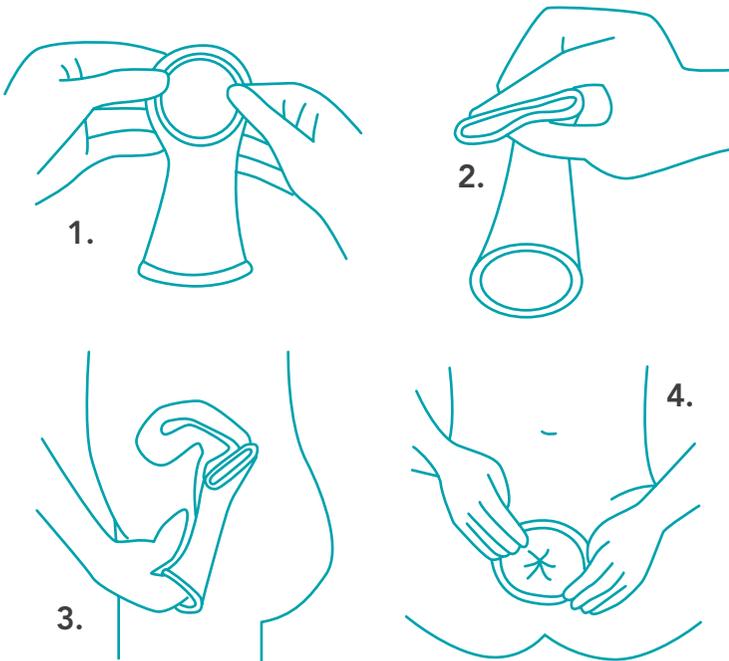
Disadvantages:

- Need to have a condom before engaging in sexual activity.
- Must ensure the penis goes into the condom and not beside it.
- May make noise during intercourse.
- Not easily accessible throughout Yukon.



How to use:

- Check the expiration date.
- Open the package along the serrated edge.
- Use the thumb and forefinger to squeeze the sides of the inner ring together.
- Insert the condom into the vagina as far as it can go.
- Let the outer ring hang about an inch outside the vagina.
- Insert the penis, making sure it doesn't go in between the condom and vaginal walls.
- For anal sex, the steps are the same, but the inner ring is removed.
- After sex, twist the outer ring to keep semen inside the condom.
- Gently pull the condom out of the vagina or anus.
- Check that the condom has not broken or that semen has not spilled. If it has, seek emergency contraception and/or STI testing.
- Wrap the condom in tissue and throw away in a garbage with a lid.



EMERGENCY CONTRACEPTION (EC)

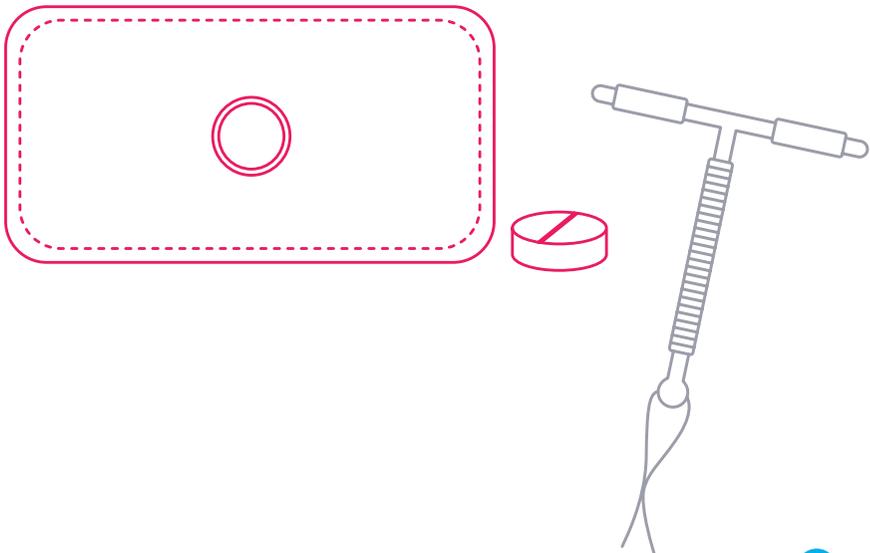
Even if birth control is used, accidents can happen, but it is still possible to prevent pregnancy with emergency contraception (EC). There are two kinds of ECs available: hormonal methods and the copper IUD.

Hormonal Methods:

- Two options are available which delay the release of an egg when taken before ovulation:
- Plan B® – one pill taken within 72 hrs of unprotected sex.
- Ella® – one pill taken within five days of unprotected sex.
- EC does not replace regular methods of birth control.
- In Yukon, these medications are available from a pharmacy, the Yukon Sexual Health Clinic, Yukon Communicable Disease Control or your community health centre.

Copper IUDs:

- Can be used as emergency contraception within seven days of unprotected intercourse.
- Copper destroys sperm so it can't fertilize an egg.
- If a sperm does fertilize an egg the IUD prevents it from attaching to the uterus wall.
- Requires a prescription.
- Requires a health care professional to insert.
- Can be left in place for three to ten years depending on the brand used.
- Requires a health care provider to remove.



Sexually Transmitted Infections (STIs)



WHAT ARE STIs?

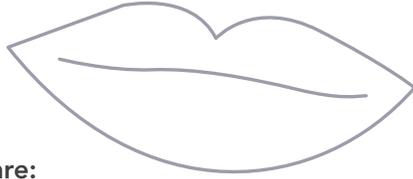
Sexually Transmitted Infections (STIs) are viruses, bacteria, and parasites that can be passed through sexual activity. STIs are similar to infections people get in their daily lives, but stigma often prevents people from getting tested and treated.

How Are STIs Transmitted?

STIs are passed through certain fluid to fluid and skin-to-skin contact with an infected partner.

Fluids that can transmit STIs are:

- Blood
- Semen
- Vaginal fluid

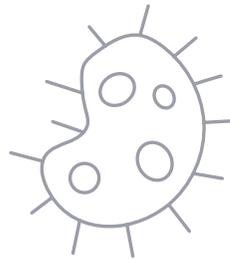
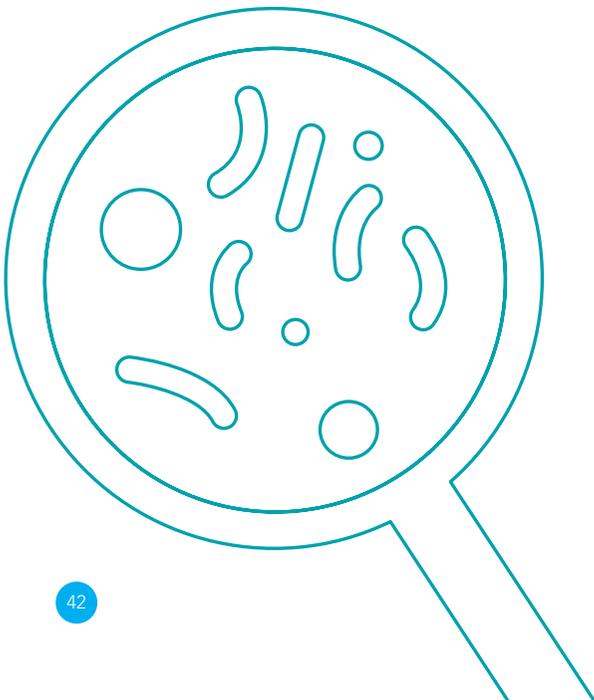


Body parts that can transmit STIs are:

- Mouth
- Genitals
- Anus

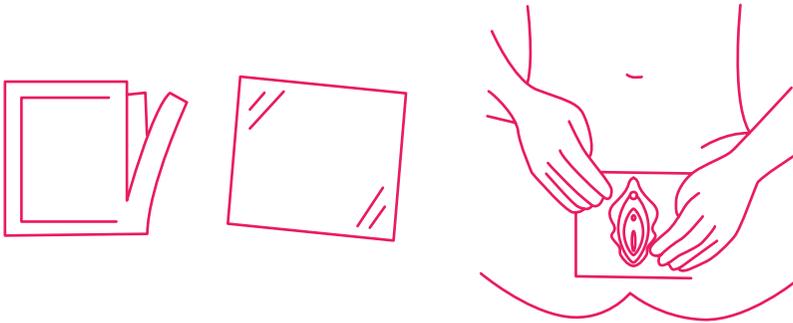
How Are STIs Prevented?

- Get an STI test before and after every partner, and complete any treatment, if necessary.
- During sexual activity, use a condom (see page 35-38 for details) or oral dam (see page 43 for details).
- Limit the number of partners.
- Keep sex toys clean and cover them with a condom.
- Avoid oral and genital sex if there are cuts or sores present.
- Keep up-to-date on immunizations.



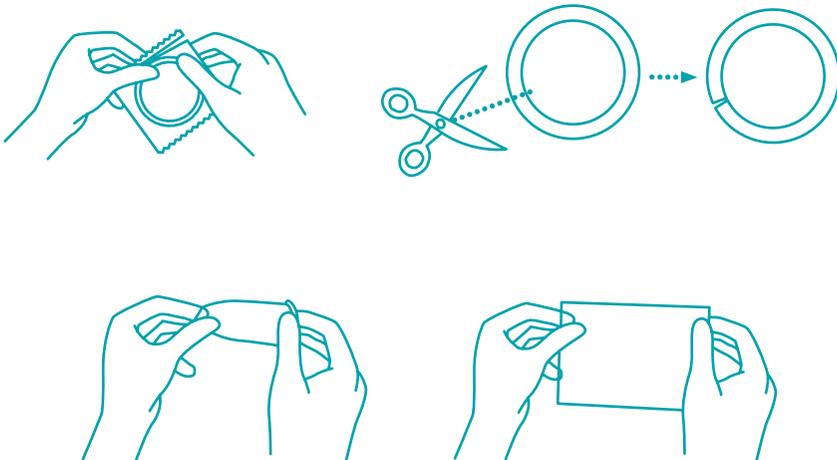
How to Use an Oral Dam

- Check the expiry date.
- Open the package.
- Unfold the dam and look for damage.
- Lay the oral dam across the vulva or anus.
- After oral sex throw the oral dam away in a garbage with a lid.



Sometimes oral dams can be difficult to find, but there are a couple of different ways to make them using a condom, here's one:

- Open the external condom and remove from package.
- Make a small cut in the rim.
- Unroll the condom to make a rectangular piece of latex.



What If Someone Does Not Want to Use a Condom or Oral Dam?

If someone doesn't want to use protection, for any reason, it's important to say "no", here are some phrases people use.

"Don't worry. We can pull out in time."

Response: "STIs can be transferred without a condom and pregnancy can still occur. If we don't use a condom, we can't have sex."

"I'm allergic to condoms."

Response: "There are two kinds of condoms: latex and non-latex. Let's get the one that you're not allergic to."

"Partners who are committed to each other don't use condoms."

Response: "There are still risks of unwanted pregnancy and STIs. Let's not take that chance."

"We are using birth control and our STI tests came back negative."

Response: "Birth control is not 100 %. It's safer to use condoms, too."

"We don't have a condom, it's probably fine this once."

Response: "Any time we have sex without a condom, there is a chance to spread STIs and get pregnant. Let's get some condoms."

"I don't have an oral dam, but I still want to go down on you."

Response: "We can make one out of a condom; let me show you how."

"Oral dams taste weird, let's not use one."

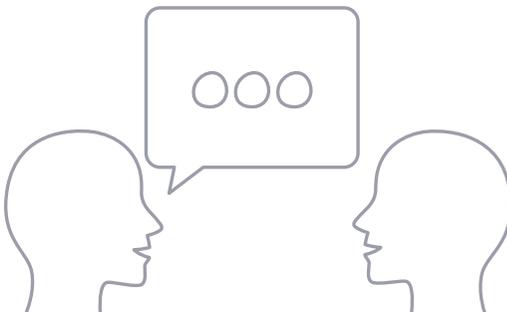
Response: "We can use a flavoured one; let's try a couple different kinds."

"We are just having oral sex we don't need a condom or an oral dam."

Response: "STIs can spread during oral sex; we need to use protection."

"You can't get pregnant during anal sex so let's not use a condom."

Response: "STIs can spread during anal sex so we need to use protection."



WHAT IS AN STI TEST?

STI tests are quick and easy!

Depending on what is being tested for, a blood or urine sample, or a swab of the mouth, genitals, or rectum are used to diagnose STIs.

HOW ARE STIs TREATED?

Bacterial infections can be cured with antibiotics, if diagnosed and treated soon after transmission.

Viral infections can be treated, but never cured, with antiviral medication to keep the virus under control, or prevented through vaccinations.

Parasitic infections can be cured with either medication or shampoo.

STIs often have no symptoms.
Testing is the only way to know.

WHAT ARE SOME COMMON STIs?

Bacterial STIs:

Chlamydia and **Gonorrhea** are both very common and can be passed during vaginal, anal, or oral sex with an infected partner. If left untreated they can damage the reproductive organs. A urine test is used to diagnose them and they can be cured with antibiotics if caught early.

Syphilis can be passed during vaginal, oral, and anal sex. If left untreated it damages the brain, heart, nervous system, and can lead to death. A blood test is used to diagnose and it can be cured with antibiotics if caught early.

Viral STIs:

Hepatitis B can be passed during vaginal, oral, or anal sex with an infected partner. It can also be transmitted when using infected needles. If left untreated it damages the liver. A blood test is used to diagnose and it can be treated with antiviral medication. Hepatitis B can be prevented through vaccinations.

The **Human Papilloma Virus (HPV)** is very common and has several strains. It can be passed during vaginal, anal, or oral sex with an infected partner. Depending on the strain it can cause certain cancers or genital warts. A visual exam or cervical swab are used to diagnose. The type of HPV will determine the kind of treatment. Some strains of HPV can be prevented through vaccinations.

Herpes simplex virus (HSV) is very common and classified as an STI, but is easily passed through casual skin to skin contact (e.g., a kiss on the cheek) or during vaginal, anal, and oral sex with an infected partner. Symptoms include an outbreak of sores on the genitals or mouth. The stigma of herpes is often much worse than the condition and it doesn't deserve the upset it causes. Antiviral medications help reduce the severity of outbreaks.

Human Immunodeficiency Virus (HIV) can be passed during anal, vaginal, and oral sex with an infected partner. It can also be passed through childbirth, breastfeeding, or by sharing infected needles. HIV weakens the body's immune system. A blood test is done to diagnose and it can be treated with antiviral medication.

If untreated, HIV leads to **Acquired Immune Deficiency Syndrome (AIDS)**. AIDS occurs when the immune system is so badly damaged that it becomes vulnerable to common infections like the flu. AIDS eventually leads to death.

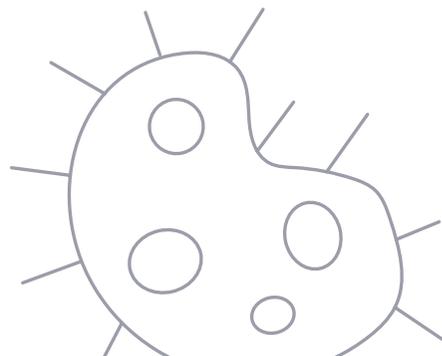
Parasitic STIs:

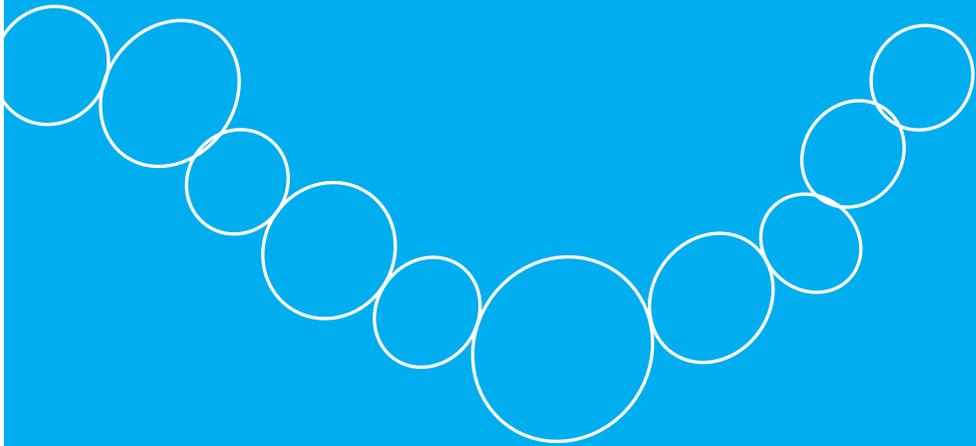
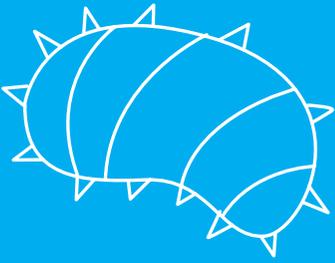
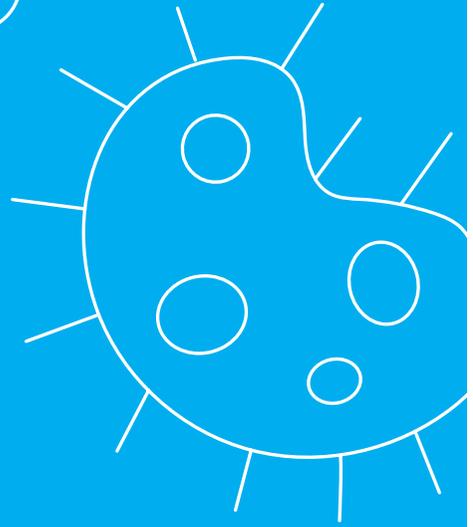
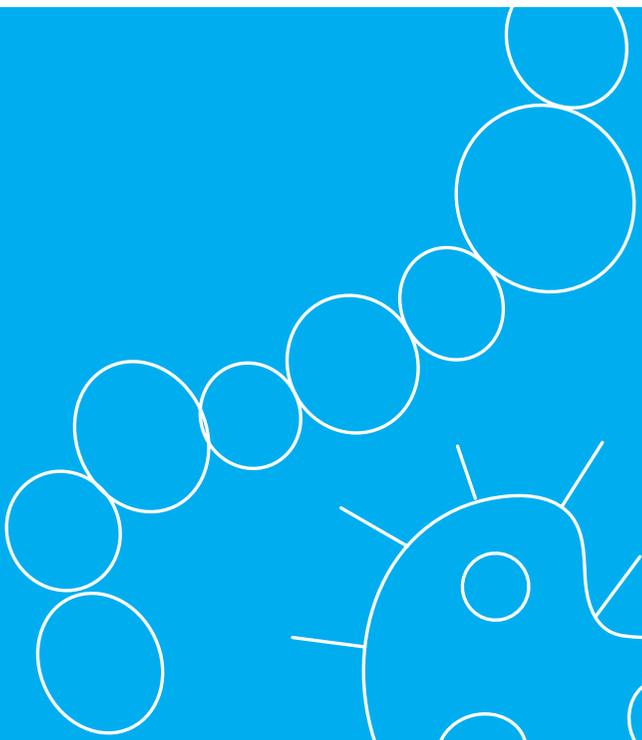
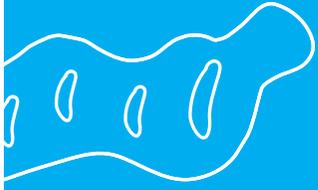
Pubic Lice are passed through genital contact with an infected partner or by sharing infected clothes, towels or bedding (although this is rare). Symptoms include very itchy genitals and it can be cured with medicated shampoo.

Trichomoniasis is caused by a protozoal infection in the vagina or urethra. It is passed through penis-to-vagina or vulva-to-vulva sex. A vaginal swab or urine test are used to diagnose it and it can be cured with antibiotics.

DID YOU KNOW?

*Sexual orientation
and gender identity
do not influence the
transmission of STIs.*





Sexual Orientation and Gender (LGBTQ2+)

Disclaimer: Terminology in this area is rapidly evolving; new terms are being introduced, and the definitions of existing terms are changing. Yukon government has made every attempt to ensure the accuracy of the definitions provided on this page and acknowledges that these terms may be defined differently.



Sexual orientation is someone's sexual and/or physical attraction to others, which can include, but is not limited to:

- **Gay** refers to someone who is attracted to members of the same gender.
- **Lesbian** is a female who is attracted to females.
- **Bisexual** is a person who is attracted to both members of their own gender and other genders.
- **Heterosexual** is someone who is attracted to members of the opposite gender. Also called "straight."
- **Homosexual** is someone who is attracted to members of the same gender. Also called "gay."
- **Pansexual** is someone who is attracted to people, regardless of their gender identity or biological sex.
- **Asexual** is someone with a lack of sexual attraction to others.

Gender refers to what a society or culture says is masculine/male or feminine/female. Society has a set of expectations about behaviours and characteristics that go along with different genders.

Gender identity is someone's internal sense of being male, female, both of these, or neither, which can include, but is not limited to:

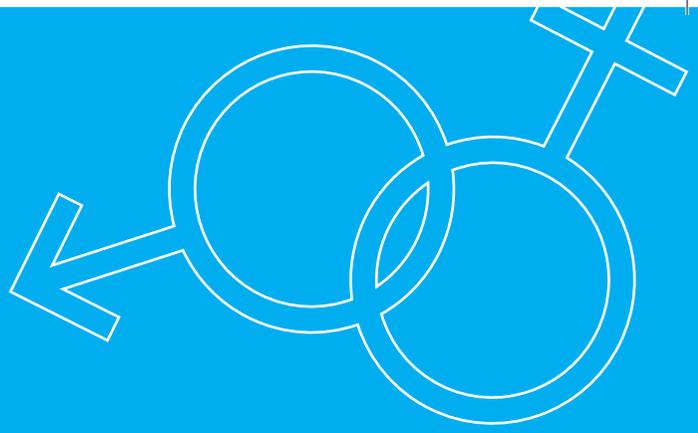
- **Cisgender** is someone whose gender identity matches their assigned sex.
- **Transgender** is an umbrella term used to describe someone whose gender identity/expression does not align with their sex/gender assigned at birth.
- **Agender** is someone who does not identify with a gender.
- **Non-binary** individuals who do not identify on the gender binary (man/women).

Gender expression is the external reflection of one's gender identity, through clothing, appearance and behaviour.

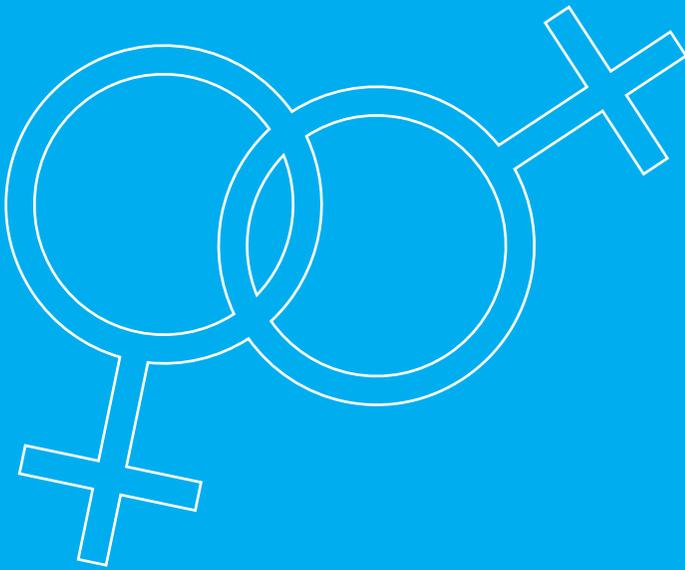
Other terms include:

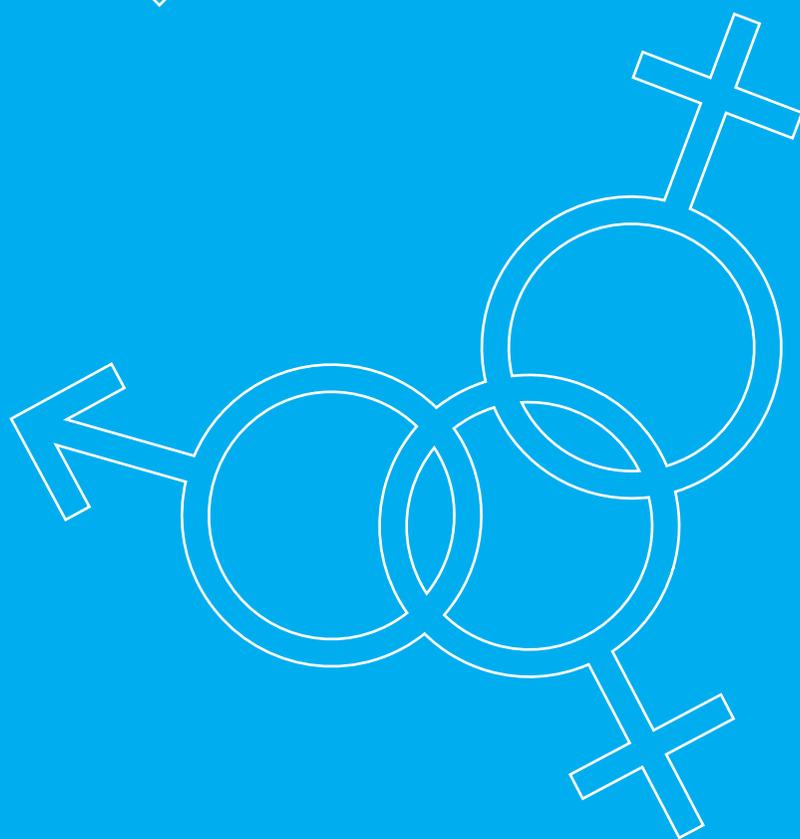
- **Two-Spirit** is a term from North American First Nations culture that identifies people who have both the spirit of a man and a woman in one body. Traditionally, Two-Spirit people were regarded as having received a special gift.
- **Questioning** refers to those who may be unsure, still exploring, concerned or uncomfortable with using socially-constructed labels about sexual orientation and/or gender identity.
- **Emotional attraction** is the attraction to others emotionally.
- **Sexual attraction** is the attraction to others sexually.
- **Queer** individuals who typically embrace a fluidity of gender expression, identity, and/or sexual orientation.





Relationships





THE RELATIONSHIP SPECTRUM

Relationships can be healthy, unhealthy or abusive. While it's common to disagree or argue in relationships, sometimes it can be toxic and leave a person feeling insecure and scared.

Healthy relationships are based on equality and respect:

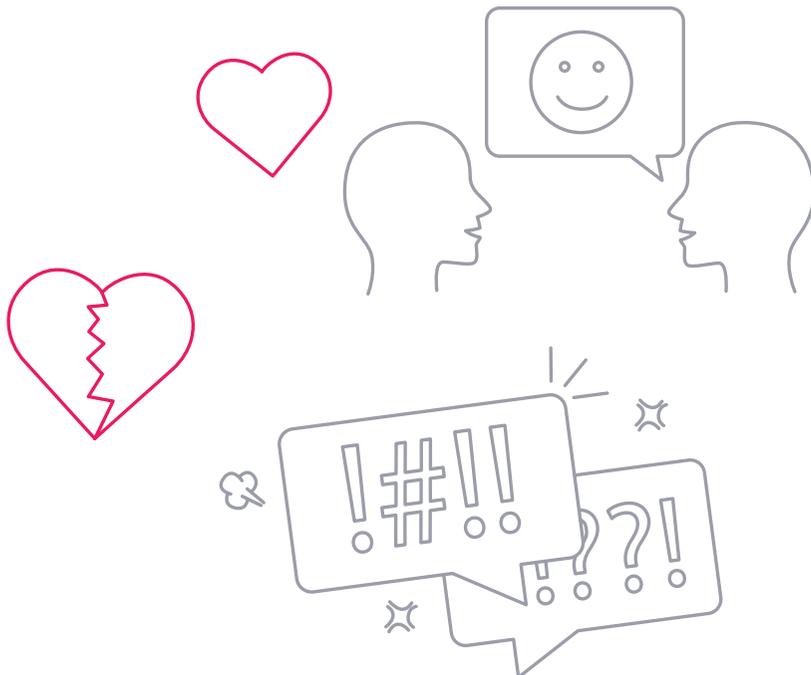
- There is trust.
- There is support.
- There is communication.
- There is happiness.

Unhealthy relationships are based on attempts to control the other person:

- There is dishonesty.
- There are struggles for control.
- There are breaks in communication.
- There is inconsiderate behaviour.

Abusive relationships are based on an imbalance of power and control:

- There is manipulation.
- There is physical fighting.
- There is yelling.
- One person makes all the decisions.

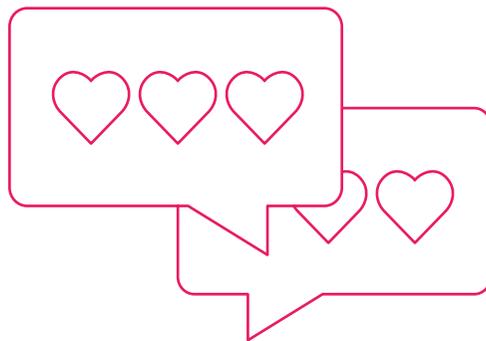


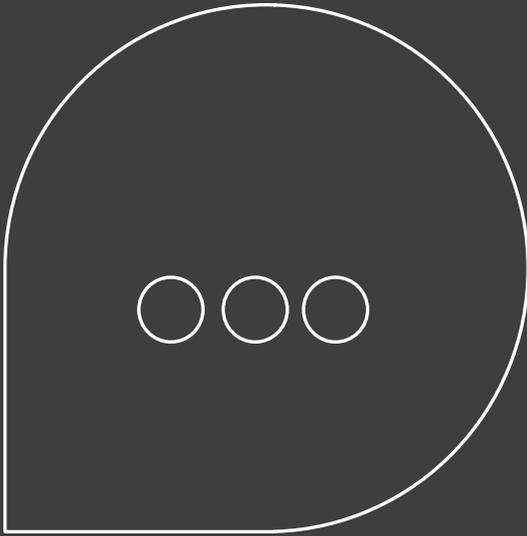
How Healthy Is My Relationship?

	YES	NO
Does this relationship make me feel good about myself?		
Are we friends?		
Do we have fun together?		
Do we both have other friends and interests?		
Are we honest with each other?		
Are we comfortable talking about most things, including sex?		
Do we respect each other's ideas, values, and points of view?		
Is this a relationship between equal partners where neither person is "the boss"?		
Do we trust each other whenever we spend time apart?		

If you answered "no" to any of these questions, your relationship could be considered unhealthy or abusive. It might be helpful to talk with someone.

In a healthy relationship, people feel good about themselves!





Useful Resources

Websites

There are hundreds of websites where you can get information about sexuality, relationships, birth control and STIs. A few good places include:

bettertoknow.yk.ca

Yukon government's sexual health and information website. Yukoners can email an anonymous sexual health and relationship question anytime; using this website. Questions will be answered by Options for Sexual Health in BC.

optionsforsexualhealth.org

A non-profit organization based out of BC which offers sexual and reproductive health care, information and education.

sexualityandu.ca

Society of Obstetricians and Gynaecologists of Canada Youth Site

www.actioncanadashr.org

Action Canada for Sexual Health & Rights

kidshelpphone.ca

Kids Help Phone Line and Resources

Phone numbers

1-800-SEX-SENSE (1-800-739-7367)

Yukon specific sexual health information. Call Monday to Friday, from 9 am to 9 pm to speak to a Sexual Health Educator or Nurse.

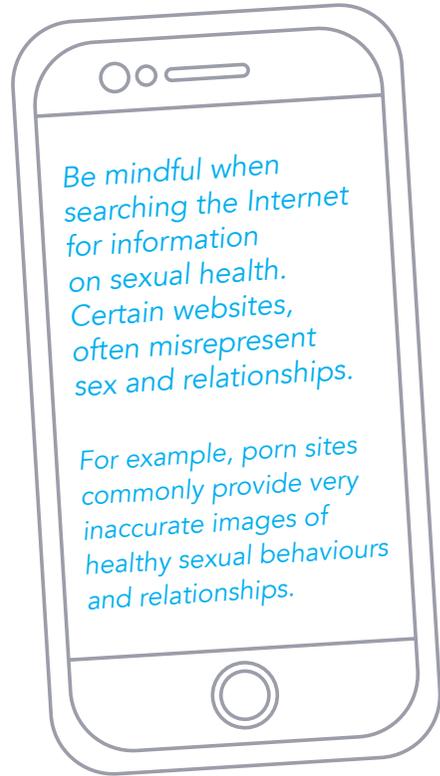
1-800-668-6868

Kids Help Phone Line
Call 24 hours a day,
seven days a week.

Use 68-68-68 as the number for texting the Kids Help Phone.

8-1-1

Yukon HealthLine
Call 24 hours a day,
seven days a week.



Yukon Health Centres, Clinics, and Hospitals

Yukon health centres, clinics, and hospitals offer a variety of different services, which can include birth control counselling, STI testing, Pap testing, pregnancy testing, immunizations, general sexual health information, and referrals. It's best to call ahead to make sure the clinic provides the support you are looking for. Appointments at all Yukon clinics are free and confidential.

Whitehorse Health Centres and Hospital:

Yukon Sexual Health Clinic
406 Lambert Street
Phone: (867) 393-6635

Yukon Communicable Disease Control (YCDC)
#4 Hospital Road,
Phone: (867) 667-8323 or
1-800-661-0408 ext. 8323

Kwanlin Dün First Nation Community Health and Wellness Centre
53 McCrimmon Crescent,
Phone: (867) 668-7289

Whitehorse Health Centre
9010 Quartz Road
Phone: (867) 667-8864 or
1-800-661-0408 ext. 8864

Whitehorse General Hospital
5 Hospital Road
Phone: (867) 393-8700
Emergency: 911

Rural Health Centres

Beaver Creek Health Centre
Phone: (867) 862-4444

Carcross Health Centre
Phone: (867) 821-4444

Carmacks Health Centre
Phone: (867) 863-4444

Dawson City Health Centre
Phone: (867) 993-4300

Destruction Bay Health Centre
Phone: (867) 841-4444

Faro Health Centre
Phone: (867) 994-4444

Haines Junction Health Centre
Phone: (867) 634-4444

Mayo Health Centre
Phone: (867) 996-4444

Old Crow Health Centre
Phone: (867) 966-4444

Pelly Crossing Health Centre
Phone: (867) 537-4444

Ross River Health Centre
Phone: (867) 969-4444

Teslin Health Centre
Phone: (867) 390-4444

Watson Lake Health Centre
Phone: (867) 536-5255

For emergencies, call 911 from your community.

Rural Hospitals:

Dawson City Community Hospital

501 6th Avenue

Phone: (867) 993-4444

Emergency: 911

Watson Lake Community Hospital

817 Ravenhill Drive

Phone: (867) 536-4444

Emergency: 911

Non-Governmental Organizations (NGOs)

Yukon NGOs offer a variety of different services related to sexual health. Contact each NGO specifically to find out more information on the services they provide.

Blood Ties Four Directions

www.bloodties.ca

BYTE Empowering Youth

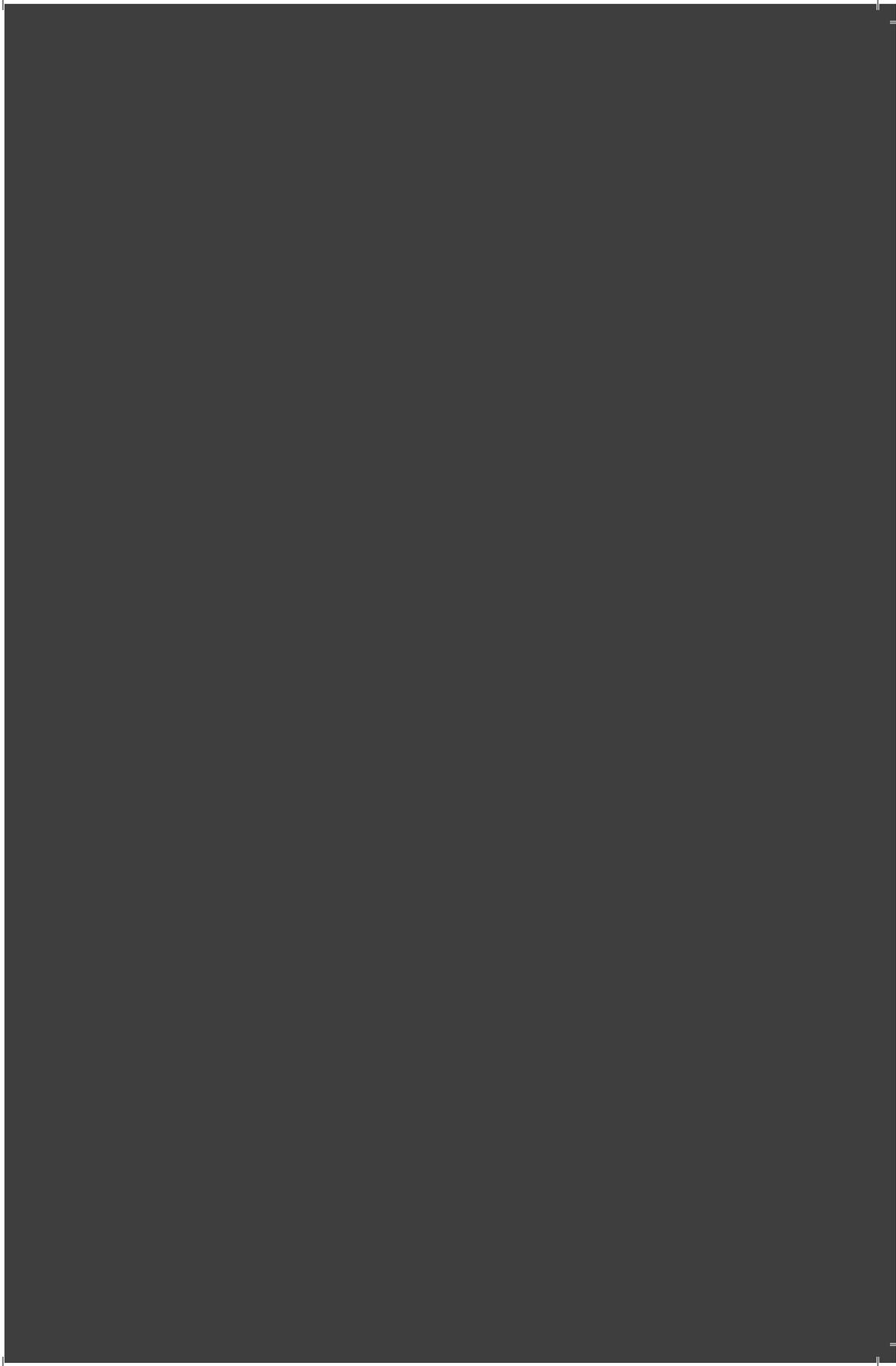
www.yukonyouth.com

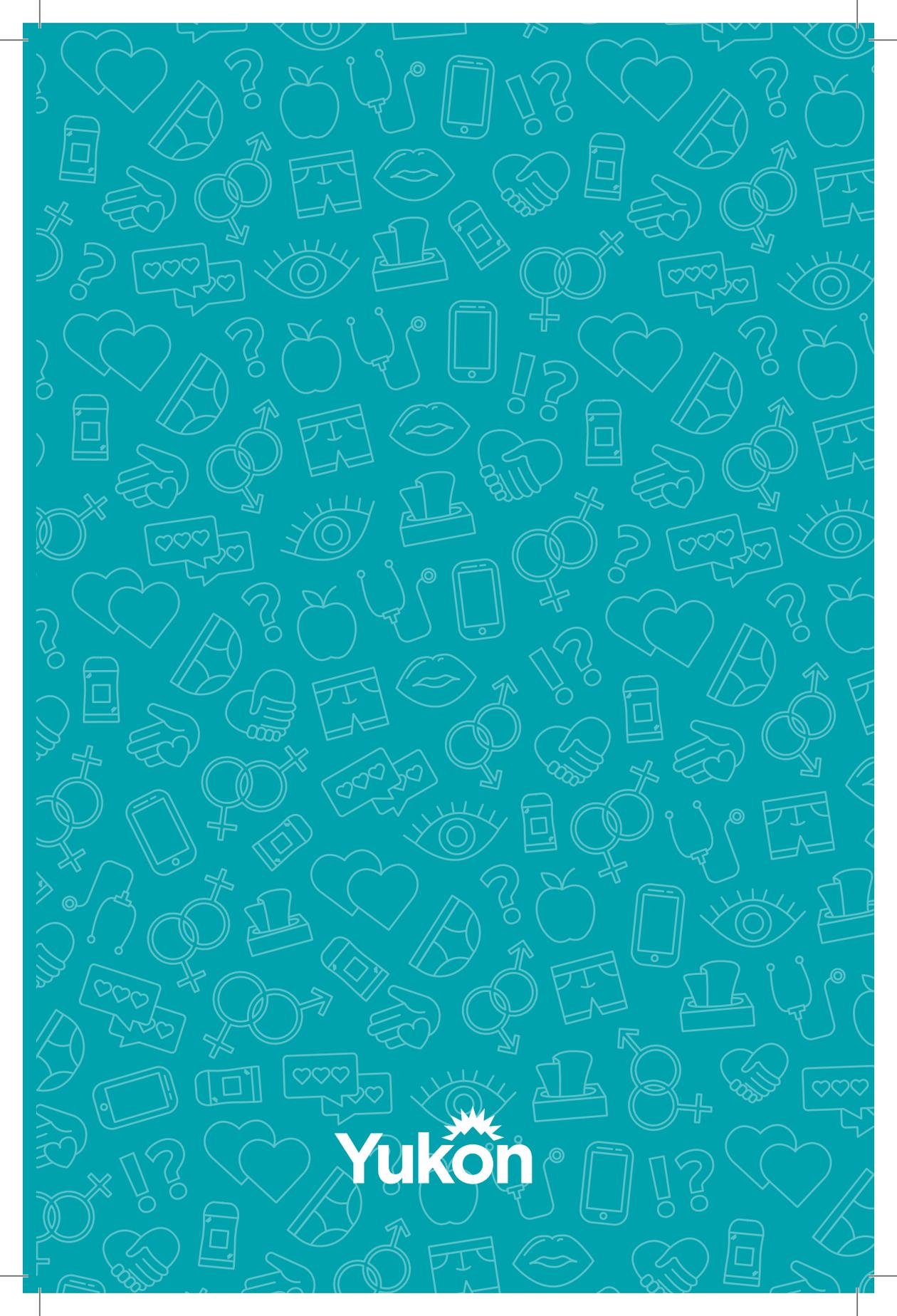
The Victoria Faulkner Women's Centre

www.vfwomenscentre.com

Queer Yukon

www.queeryukon.com





Yukon