

Sexual Health Resource Guide

For Parents

Prepared by: Janet Webber B.A.

Simon Fraser University

December 2005

About this resource guide

The issue of sexual health and children can create challenging, uncomfortable moments for parents. They often are unsure about how, what and when to talk to their children about sexual health and don't know where to go to find out more. How do you start the conversations, what information do kids need, and what is appropriate for children to learn at what ages? Parents themselves may not know about the reality of the risks that face children today and about current sexual trends and behaviours. What resources, programs and services are available to help parents, what is being taught in the schools, how do kids today feel about sexual health and sexual health education? There is so much information out there, where can parents go to find quality resources?

This brochure was created to provide parents with some guidance about how and where they can access many of the sexual health resources that are currently available. The purpose is to help parents find accurate and factual answers to their own questions, so they in turn can provide answers to their children's asked or often unasked questions. In showing parents what is out there and available, and providing some help and guidance it is hoped that parents can begin their effort to become more proactive in the sexual health education of their children. The goal of this guide is to empower parents to become more informed and confident in their ability to be an essential and active participant in the provision of a sexual health education for their children.

"To grow into healthy adults children need information about their sexual health. Years of research shows that children and youth who are knowledgeable about their sexual health are: more resistant to sexual abuse, older when they engage in sexual activities, and more likely to protect themselves from pregnancy and sexually transmitted infections."

Vancouver Island Health Authority - Healthy Choices program
http://www.viha.ca/prevention_services/healthy_choices.htm

Where and how to find sexual health education resources

Don't be shy...go looking! There are lots of amazing, accessible and supportive materials out there for parents to help them become successful in teaching their kids about sexual health. You are not alone in this, and chances are if you are looking for sexual health information, other parents are as well!

Sexual health education resources can be found free of charge at your local public library and at other resource libraries. If a library doesn't own a copy of what you are looking for then you may ask the librarian if the library can arrange to purchase a copy of the resource for its catalogue. Librarians also can help you find out if a different library location has the resource, give you information on how to access other libraries, and show you how to arrange an inter-library loan which is the way library materials are made available from one library system to another. Many books and videos can also be found at your local bookstore. If you can't find what you are looking for, you can ask for the item to be specially ordered by the store and many are happy to do this for their customers.

Don't forget of course about your family doctor, local community health clinics and community centres, as these may be great sources of information and often have free pamphlets, information about programs or services regarding sexual health for parents, children and teenagers. Other parents, your children's school system and school nurses, provincial and federal government websites, programs, and services, churches and spiritual groups, non governmental organizations, telephone resources and the World Wide Web are other valuable resources of information. Keep in mind, when accessing any of the included web-sites, if information directly related to sexual health is not jumping out at you right away, use the search tool most of these sites have, and try putting in the words "sexuality" or "sexual health and children", and other key words to help direct your search for information.

This guide by no means contains a complete listing of all the resources that are currently available, but provides parents with plenty of information by which to begin their search. Often resources offer links to other resources so if you try one and it is not right for you and your family, please keep searching to find what you are looking for and to learn a lot along the way. Parents - you can do this!

The focus of this resource guide is primarily on resources that can be found within and directed towards residents of British Columbia, but does provide some useful national and international resources as well.

Whenever possible, a description of the resource is provided and this description has been taken from the website or materials directly, unless otherwise cited.

Book and videos

Books and videos are great sources of information by which to start becoming informed. You can first review them and if the information contained is appropriate for what you are looking and meets the values and needs you may have, you can then share them with other family members. Your family can enjoy quality time together reading or watching a movie which is also educational.

All descriptions of books and videos marked with an * have been provided by and used with permission by the Vancouver Public Library.

Books for parents

More Speaking of Sex: What Your Children Need to Know and When They Need to Know It (1999)

Meg Hickling

In this excellent guide for parents, an updated and expanded version of "Speaking of Sex" sex educator Meg Hickling provides age-appropriate information on reproduction, puberty and sexuality, as well as guidelines for talking to children of all ages, and examples of how to answer their questions.*

Ten Talks Parents Must Have With Their Children About Sex and Character (2000)

Pepper Schwartz

This user-friendly guide for parents provides advice on exactly how to broach topics with children and includes sample conversations. Sex, safety, character, peer pressure and ethics are some of the topics discussed.*

Books for children

Kids naturally want to know about things like where babies come from, what the parts of their body do and are called, and what are the differences between boys and girls. This is the time to create an environment that will allow your children to feel comfortable asking you questions. Young children are little sponges and pick up information everywhere they go. What could be better for kids than to be absorbing correct information and have it coming from the source that kids would most like it to come from, their parents?

Ages 3-6.

Who Am I? Where Did I Come From? (2001)

Ruth Westheimer

Illustrated by Jane Massey

This book gives a basic explanation of intercourse, the development of an embryo and birth. The author emphasizes the fact that the word "sex" should not cause embarrassment, that people who have sex are very much in love and that although children will continue to grow and change, they shouldn't try to rush into becoming an adult. Illustrated with drawings, lift-the-flaps and pop-ups.*

Ages 4-7

How You Were Born (1993)

Joanna Cole

Photographs by Margaret Miller

The story of pregnancy and birth is presented here in a reassuring manner for young children; there is no description of intercourse. The text is authoritative with a successful blend of clear diagrams and colour photographs of warm family scenes.*

Ages 4-9

Everybody Has a Bellybutton: Your Life Before You Were Born (1997)

Laurence Pringle

Illustrated by Clare Wood

Most children are curious about that first part of their lives before they were born. This book provides a gentle account of life in the womb, emphasizing the physical bond between mother and child. Conception and the birth process itself are dealt with only briefly. Pencil artwork accompanies the text.*

Ages 6-8

Boys, Girls & Body Science: A First Book About Facts of Life (2002)

Meg Hickling

Illustrated by Kim LaFave

Leading Canadian Sexual Health educator Meg Hickling uses story format to recreate her well-known body science discussions in a typical primary grade classroom. Sexual health information explained and illustrated with humour.*

Ages 7-10

It's So Amazing!: A Book About Eggs, Sperm, Birth, Babies and Families (1999)

Robie H. Harris

Illustrated by Michael Emberley

This superb book provides comprehensive explanations and fine colourful comic-book-style illustrations of genitals, reproduction, development of the embryo/fetus, pregnancy and birth. Throughout, a curious bird and a squeamish bee help provide the facts and add comic relief. Related topics such as love, sex, gender, multiple births, families, adoption, heterosexuality, homosexuality, sexual abuse, and HIV and AIDS are also addressed. Reassuring and appropriate in tone.*

Ages 7-11

A Kid's First Book About Sex (1989)

Joani Blank

Illustrated by Marcia Quackenbush

This handbook for middle schoolers promotes a positive self-image, and emphasizes healthy feelings and relationships over reproductive information. The easy-to-read text and humorous line drawings are non-threatening and will simulate discussion.*

Ages 8+

Changes in You and Me: A Book About Puberty, Mostly for Boys (1994)

Paulette Bourgeois and Martin Wolfish

Illustrated by Louise Phillips

The authors of this straightforward guide approach such topics as body changes, sex, and health with authority and good humour. The book is very well illustrated with cartoon drawings, diagrams and transparent overlays, and thought-provoking quizzes emphasize the importance of decision-making skills. Includes a chapter about what is happening to girls. Glossary provided.*

Ages 8+

Changes in You and Me: A Book About Puberty, Mostly for Girls (1994)

Paulette Bourgeois and Martin Wolfish

Illustrated by Louise Phillips

This book about girls follows the same style and format as its counterpart for boys. Topics covered include body development, sex, pregnancy, health and decision-making, as well as a chapter about what is happening to boys. Glossary provided.*

Ages 8+

Period: A Girl's Guide to Menstruation with a Parent's Guide (2001)

JoAnn Loulan and Bonnie Worthen

Illustrated by Chris Wold Dyrud and Marcia Quackenbush

A friendly and reassuring guide that will help girls understand both physical and emotional aspects of menstruation and puberty. Diversity is affirmed and a positive self-image stressed. A parents' guide is included.*

Ages 9+

Dr. Ruth Talks to Kids: Where You Came From, How Your Body Changes, and What Sex is All About (1993)

Ruth K. Westheimer

Illustrated by Diane deGroat

In her warm conversational style, Dr. Ruth provides children with information about the physical and emotional changes of puberty, as well as sexuality and reproduction. Emphasis is placed on the responsibilities that accompany sexual activity.*

Ages 9+

It's a Girl Thing: How to Stay Healthy, Safe and in Charge (1996)

Mavis Jukes

Illustrated by Debbie Tilley

Warm, personal stories and current research provide pre-teen girls with the information they need about their changing bodies and lives. The topics covered include body changes in girls and boys, health, sexual feelings, contraception and pregnancy. This honest and often funny book encourages a healthy, safe and confident transition into womanhood.*

"Sexuality education and information addresses a number of topics such as private and public, touch and boundaries, social skills, relationships, puberty, sexual activities, decision making, health and safety. Lessons about private and public start as early as toddler or pre-school age and provide the foundation of life long lessons pertaining to sexuality, healthy sexual development and appropriate social skills. Being informed of one's body, sexual development and privacy rights are essential when it comes to making healthy choices and being more resistant to harm and sexual abuse."

*Sexual Health Resource Centre
at Sunny Hill Centre for Children*

Ages 9+

The Period Book: Everything You Don't Want to Ask (But Need to Know) (1996)

Karen Gravelle and Jennifer Gravelle

Illustrated by Debbie Palen

This supportive, practical book is sure to answer many of the questions that girls may have about menstruation and some of the related changes that come with growing up. The text is very clear and the sympathetic cartoon drawings will raise a smile.*

Ages 9+

The What's Happening to My Body? Book for Girls: A Growing Up Guide for Parents and Daughters (2000)

Lynda Madaras and Area Madaras

Illustrated by Simon Sullivan and Jackie Aher

The authors offer frank, factual explanations as well as anecdotes and real-life experiences to answer the many questions that older girls may have about puberty and sexuality. Simple but effective diagrams complete this detailed and comprehensive work. Includes a chapter on puberty in boys.*

Ages 9+

The What's Happening to My Body? Book for Boys: A Growing Up Guide for Parents and Sons (2000)

Lynda Madaras and Area Madaras

Illustrated by Simon Sullivan and Jackie Aher

The authors offer frank, factual explanations as well as anecdotes and real-life experiences to answer the many questions that older boys may have about puberty and sexuality. Simple but effective diagrams complete this detailed and comprehensive work. Includes a chapter on puberty in girls.*

Ages 10-14

What's Going on Down There?: Answers to Questions Boys Find Hard to Ask (1998)

Karen Gravelle

Illustrated by Robert Leighton

Written with the help of 13 and 11-year-old brothers, this book provides straightforward, kid-friendly advice, taking both physical and emotional changes into account. Chapters concerning body changes in males and females, intercourse, contraception, sexually transmitted diseases, and a question-answer chapter provide a reassuring look at male puberty. Illustrated with cartoons to help ease embarrassment and/or confusion.*

Puberty: An Illustrated Manual for Parents and Daughters

Angela Hynes

Discusses the changes that take place in a girl's body during puberty, including information on the body's changing size and shape, pubic hair, breasts, the reproductive organs, the menstrual cycle, and puberty in boys.

"Today we will be talking about a different kind of body science," Meg went on. "Today we will be talking about the parts of our bodies we call our 'private parts'." "YUCK!" said Zach. Tim put his hands over his ears. "Talking about private parts sometimes makes us feel embarrassed," Meg said. "That's why I want to teach you how to think like scientists." She explained that scientists have special scientific words that let us talk about embarrassing things without feeling shy. Tim took one hand off an ear but left the other one there, just in case. "And do you know one thing that scientists never do?" asked Meg. "Tell us Meg!" said Zach. "Scientists never say 'Yuck,'" said Meg. "instead, they say 'In-ter-es-ting!'" "interesting!" said the children and adults.

Excerpt from Meg Hickling's book "Boys, Girls & Body Science: A First Book about Facts of Life"

Puberty: An Illustrated Manual For Parents and Sons

Alian Chirian

Discusses the changes that take place in a boy's body during puberty, including information on the body's changing size and shape, pubic hair, the reproductive organs, and puberty in girls.

Books for teens

Teenagers provide a different set of challenges for parents than do younger children. Sexual health information is definitely something that this age group specifically should not go without. Our kids are learning about sex and sexuality from television, magazines, movies, their friends and other peers, and also from their family environment. Parents can help their teens develop an awareness about healthy sexuality and can have a positive influence on the choices that their children make by providing accurate and non-judgemental information.

Ages 9-13

Your Body, Yourself Q and A: Questions and Answers About Your Changing Body (1999)

Alison Bell and Lisa Rooney

A clear and readable introduction to puberty, written for younger teen girls. Topics include health, body changes and basic sex education.*

Ages 11-14.

It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health (1994)

Robie H. Harris

Illustrated by Michael Emberley

Appropriate for young teens, this guide on basic sex education is simply written and well illustrated.*

Ages 12+

The Underground Guide to Teenage Sexuality (1997)

Michael J. Basso

In this comprehensive guide, Basso, a sex educator, uses question and answer format to discuss anatomy and physiology, STD's, pregnancy, birth control, abortion and sexuality. He includes chapters on the mechanics of sex, and how to say no to sex and deal with peer pressure. The author is non-judgemental, encouraging the reader to make decisions that are comfortable for them, to be prepared to protect themselves and to accept responsibility for the consequences of their actions.*

Ages 12+

The Teenage Body Book (1999)

Kathy McCoy and Charles Wibbelsman

A comprehensive guide to body facts and changes, health and emotions, sex and sexuality. Answers hundreds of questions from teens. This is a revised edition of the New Teenage Body Book.*

Ages 12-16

Finding Our Way: The Teen Girls' Survival Guide (1995)

Allison Abner and Linda Villarosa

A comprehensive guide that covers topics ranging from health to sex education. Encourages self-esteem and responsibility while dealing with the complex issues and emotions of growing up.*

Ages 12-17

Changing Bodies, Changing Lives (1998)

Ruth Bell

A comprehensive health and sex education guide that covers puberty, emotions, relationships, sex education, and much more. Teenagers are quoted throughout the book.*

Ages 13+

Sari Says: The Real Dirt on Everything From Sex to School (2001)

Sari Locker

Advice on sex, dating, body image and school from Teen People's on line columnist. The book uses a question and answer format. Answers are very supportive and non-judgemental and information is very straightforward, given the author, probably very accessible. No index.*

Ages 13+

Everything You Need to Know About Birth Control (2000)

Gary Mucciolo

Very clear information on teen sexual anatomy and birth control. Good for reluctant readers of both sexes. Brief information on STDs.*

Ages 13+

The Sex Book: An Alphabet of Smarter Love (2001)

Jane Pavanel

Encyclopedic entries and Q & A sections discuss issues such as abortion, AIDS, contraception, gender identity, and peer pressure. Male and female symbols indicate items of particular interest to a specific gender. Accurate information is presented in a direct non-judgmental manner; feelings and values are also included in many entries. Canadian resource section includes websites and index. Nominated for the Norma Flack Award for Canadian Children's Non-Fiction.*

Ages 13+

This Book is About Sex (2000)

Tucker Shaw

The authors, sex experts at alloy.com, a teen website, provide both a male and female perspective when answering basic questions teens have about the first time, sexually transmitted diseases, masturbation, pregnancy, "same-sex stuff" and protection. Their advice is repeated throughout: it's your body; you decide when you are ready; respect yourself; use protection always. The mechanics of sex are not dealt with, but methods of contraception are described, as well as what to expect when having an abortion. The Layout is pleasing, including line drawings and a running footer of quips and quotes.*

Ages 13-16

Boys and Sex (2002)

Joely Carey

Conversational in tone, with an appealing format, this introductory guide presents basic sexual information concerning the body, STDs and contraception to teen girls. Throughout, the author stresses that three questions must be answered positively before engaging in intercourse. Am I being true to myself, my beliefs? Am I happy? Am I safe?.*

"As a parent, you hope that your child will always make good choices that are based on the values that your family shares. An important part of discussing sexuality with your children is sharing with them what you believe. YOU are an extremely important person in your child's life. Ask yourself:

Does your child actually know what you believe?

Have you really discussed your values about sexuality as a family?

When you have a family discussion, remember to:

Choose a quiet time when nobody is feeling rushed.

Treat each other with respect

Really listen to each family member

Be honest

Share the reasons for the things you believe."

teachingsexualhealth.ca - What does your family believe

<http://www.teachingsexualhealth.ca/parentstudent/pages/whatdoesyourfamilybelieve.html>

Ages 16+

The "Go Ask Alice" Book of Answers: A Guide to Good Physical, Sexual and Emotional Health (1998)

Columbia University's Health Education Program

An approachable and upbeat guide geared towards college students, but accessible to all teens.*

Deal With It!: A Whole New Approach to Your Body, Brain and Life as a Gurl (1999)

Esther Drill and Heather McDonald and Rebecca Odes

Well-organized and comprehensive approach to teen physiology, sexuality and emotional changes for girls. Comments by "real" girls submitted online at gurl.com add an authentic voice.*

Am I Weird or Is This Normal? Advice and Info to Get Teens in The Know (2001)

Marlin S. Potash

More than half of this accessible book covers sex, dating and physiology for teen girls. It provides good information and is supportive and realistic. Occasionally uses "hip" language.*

The Seventeen Guide to Sex and Your Body (1996)

Sabrina Solin

An approachable guide for teen girls by the Sex & Body editor of Seventeen Magazine. Answers questions about the female and male body, relationships, contraceptives and safe sex.*

Smart Sex (1998)

Jessica Vitkus and Marjorie Ingall

The authors provide thorough explicit information concerning virgin masturbation, consent, the mechanics of sex, "same-sex stuff", birth control, safer sex, STDs, HIV and AIDS, pregnancy, sexual harassment and date rape. The information and comments of 17 to 24-year-olds throughout the book deliver the messages; respect yourself and take responsibility for your actions.*

Videos

Kids love watching television so why not make it an educational and bonding opportunity?

Young children

Where Did I Come From?(1986)

New World Video

Based on the book by the same name. Describes the reproductive process from intercourse to birth

Ages 3 to 14

Sex Spelled Out for Parents Volume 1 An Overview (1999)

Meg Hickling

Meg explains why it is important to talk with young children about sex and how to group them by age.*

"Children need years to understand and absorb the information that you want to give them - your family values, morality, and theology. Don't allow someone else or the media to do it for you with myths, misunderstandings, deviancy, and exploitation."

Excerpt from Meg Hickling's book "More Speaking of Sex - What your children need to know and when they need to know it"

Ages 3 to 5

Sex Spelled Out for Parents Volume 2 Early Childhood or Preschoolers (1999)

Magic Lantern Communications

Meg Hickling

This age group can invent stories if they don't get correct information. Deals with family life education and sexual health instruction appropriate for this age group.*

Ages 5 to 8

Sex Spelled Out for Parents Volume 2 Early Childhood or Preschoolers (1999)

Magic Lantern Communications

Meg Hickling

Many children in this age group love jokes about poo and underwear. Meg tells how they can become confused if we tell them the baby grows in the stomach. Deals with family life education and sexual health instruction appropriate for this age group.*

Ages 8-14

Sex Spelled Out For Parents Vol. 4 Intermediates (1999)

Magic Lantern Communications

Meg Hickling

Lots of children in this age group feel that sex is gross and "You are gross and disgusting to want to talk about it!". Yet parents need to talk to them about puberty changes, and they need to be able to answer the questions that come up. This video address parents talking to their preteens about sex.*

Ages 10-14

Talking About Sex: A Guide for Families (1996)

Planned Parenthood

A resource for "finding the words" to talk with adolescent children about sexuality in a positive way and enhancing one's comfort level in talking about sex in the context of clear family values.*

Sex Talk

Morningstar Entertainment Inc.

Sue Johanson

This video helps you to talk to your kids about love, responsibility, sexual intercourse, birth control, teenage pregnancy and sexually transmitted diseases.*

Everything You Wanted to Know About Puberty For Boys For Girls(1992)

Walt Disney/Magic Lantern Communications

Everything you wanted to know about puberty separated into segments for boys and girls.*

"As any parent knows, you can communicate a lot to your child without ever saying a word. When it comes to sexuality, the way you react to certain situations, how you deal with their body and your own, how you feel about privacy, and what you choose to actually sit down and talk about all communicate strong messages. But if you feel uneasy about discussing sexuality and contraception openly, rest assured, you're not alone.

Though your child will no doubt hear about sex and contraception through the media, school, the Internet or friends, research suggests that teens still want supportive advice, information and guidance from their parents. Because many teens incorrectly anticipate COMPLETE parental disapproval, they may NOT raise the subject. If they haven't, for your kid's sake, bring it up yourself."

Talking Contraception and Sexuality with Your Child

www.sexualityandu.ca

The Growing Up Series (1989)

The National Film Board of Canada

An introduction to sexuality education. A series of three films designed to help young viewers develop the survival skills they need to cope with the pressures of puberty and adolescence. Also includes discussion for parents of pre-adolescent children.*

Fresh Talk: Youth and Sexuality (1991)

Start Productions

Deals with sexual behaviours of youth in Canada, and includes interviews with Canadian youth discussing sex.*

Puberty: Bodies in Progress for Boys and Girls (1994)

ETR Associates

Covers the basic physiological and social aspects of puberty for teenage girls and boys.*

Sex-Degrassi talks sex (1992)

Boardwalks Books with Mint Publishers and Toronto Sun Publishing Corp.

Based on interviews taped for the TV documentary Degrassi talks-- on sex. Deals with sexual ethics and behaviours of Canadian teenagers and includes interviews with Canadian youth.*

Sex-Degrassi talks sexuality (1992)

Boardwalks Books with Mint Publishers and Toronto Sun Publishing Corp.

Based on interviews taped for the TV documentary Degrassi talks-- on sexuality. Deals with sexual behaviours of Canadian youth.*

Sex, Lies and the Truth(1993)

Focus on the Family

Presents comments by teenagers on sexuality and abstinence.*

At Risk: Young People in the Global AIDS Epidemic(1994)

National Film Board of Canada

Deals with the social aspects of AIDS and youth sexual behaviour.*

“Become an Askable Parent

Does your child feel it's OK to talk with you about sexuality? If not, have you thought about who will answer your child's questions? Only you can tell your child that it's OK to ask you questions-that you're askable.

Here are some traits of an askable parent:

- *Shows respect, value and love for children.*
- *Realizes that every difficult situation is not a crisis.*
- *Wants communication, but doesn't expect to have all the answers.*
- *Knows the most important part of communication is listening.*
- *Doesn't laugh when a child asks a question, even in reaction to the child's cuteness.*
- *Doesn't expect to be perfect, and knows that admitting mistakes is a valuable lesson for the child.*
- *Is sometimes embarrassed by sexuality, but acknowledges the discomfort and explains it to the child.*

Children are more likely to talk to an approachable parent.”

Parent's Guide

www.iwannaknow.org

Thinking Positive (1993)

The National Film Board of Canada

This video is designed to provoke discussion about the risk of contracting HIV/AIDS. Teenagers are encouraged to assume responsibility for their own sexual behaviour.*

What About Sex? Teens Speak Out About Parents, Peers & Personal Responsibility (1992)

East West Media

Using segments from a workshop she conducted and other interviews with teens, Lenny Roseman talks with teenagers about the basics of sex, the risks of having sex, what their values are and how they may be expressed in regard to taking personal responsibility for one's sexuality.*

Secrets: A Parent's Guide To The Teenage Sexual Revolution (2005)

CBC The Passionate Eye

This documentary is part of a larger research project on teen sexuality. Filmmakers Arlene Ami and Trish Williams wanted to understand teenagers on a broader level. "We were looking for information on what they do, what they know and how they feel," says producer Trish Williams. So they consulted with teen groups, parents and friends, to develop a survey. The survey consists of two parts; a questionnaire about sexual attitudes and practices and the *411 on Sex*, a quiz that over five hundred teenagers between the ages of 12 and 18 have participated in that looks at common facts and misconceptions about sex. There is a great interactive website about the movie that includes other information including details about the survey:

Web: www.cbc.ca/passionateeye/secrets

Web: www.opt2act.org

Library Resources

Libraries are a great resource. They have books, videos, audio recordings, CDs, DVDs, computers with internet access for public use, resources in many languages, and often offer workshops. Often libraries can act as a guide to help locate other resources, programs and services in the community -and it's all FREE!! Kids always enjoy the library so if you haven't been down to your local library, what are you waiting for?

To find a weblink to all public libraries in British Columbia please visit:

Web: www.bcpl.gov.bc.ca/VRD/libraries Vancouver Public Library (VPL)

The Vancouver Public Library

The VPL is the third largest public library system in Canada. Today, with the Central Library, 20 branches, collections available in a variety of formats & languages, and Outreach Services to home-bound patrons, VPL is accessible to all citizens of Vancouver. The website includes a VPL Calendar of Children's Programs which is a detailed list of programming specifically focused for their youngest patrons, as well as a VPL Events Calendar where you can find out about events, programs and workshops wherever they are being offered in any VPL branch. You can use the online email reference service to have the VPL answer questions on a wide range of subjects and can use the library as a source of information via email, chat, telephone and in-person. Certain restrictions will apply to licensed databases for non-library card holders.

Central Branch 350 West Georgia Street

Vancouver, BC V6B 6B1

Tel: 604-331-3603

Web: www.vpl.ca/home

Public Library InterLINK

InterLINK is a partnership of strong local libraries that foster and promote the provision of quality library services to residents through open access to member libraries and the development and implementation of collaborative cost effective service efficiency and enhancements. Library service when and where you need it. Please visit the website to find out more.

7252 Kingsway

Burnaby, British Columbia

V5E 1G3

Tel: (604) 517-8441

Fax: (604) 517-8410

Email: plilink@moon.bcpl.gov.bc.ca

Web: www.bcpl.gov.bc.ca/interlink

Family Resource Centre (FRL)

The FRL is a consumer health library for families. Its mission is to help the families of British Columbia become informed participants in the health care of their children. The FRL strives to: provide specialized and more general materials for families to help them understand and manage the needs of children related to their diagnoses, tests and treatments, to help them understand the bio-psychosocial needs of children, provide families and patients access to a variety of technologies (such as computers with internet access, fax, photocopiers, printers, scanners, and videoplayers, etc) to facilitate education and communication. The library is open Monday to Friday: 10:00 a.m. - 4:00 p.m. Borrowing privileges are extended free of charge only to families, caregivers, community-service providers and other health-care professionals located in British Columbia. Borrowing privileges extend to all general collection books, videos, kits, etc. All resources are available for 3 weeks. The FRL is part of the Children's & Women's Health Centre of BC Libraries (C&W Libraries) and shares its catalogue with a number of other libraries and education centres within C&W. To access materials online, you may use the **C&W online catalogue**:

Web: <http://library.cw.bc.ca/cw/public/catalogue/search.htm>

To request a resource via email, or in writing, fax or by phone:

BC's Children's Hospital

4480 Oak Street, Rm. K2-126

Ambulatory Care Building

Vancouver, B.C. V6H 3V4

1-800-331-1533 ext 2

Tel: (604) 875-2345 Local 5102

Fax: (604) 875-3455

Email: famreslib@cw.bc.ca

Web: www.cw.bc.ca/library

Family Resource Library

BC Children's Hospital



Sunny Hill Education Resource Centre (SHERC)

The SHERC collection includes books, videos, journals, board games, curricula and various educational props and materials pertaining to sexuality and disabilities. Age appropriate information and unique learning abilities of persons with disabilities are considered when selecting resources for this unique library. Specific materials and props are available to accommodate a number of communication barriers and alternate leaning styles experienced by some individuals with disabilities. Resources are loaned to persons with disabilities and their families, care-providers and professionals working in the field. The loan is free of charge. The SHERC collection is part of the Children's & Women's Health Centre of BC Libraries (C&W Libraries) and shares its catalogue with a number of other libraries and education centres within C&W. To borrow resources please use the **C&W Libraries online catalogue to request items:**

Web: <http://library.cw.bc.ca/cw/public/catalogue/search.htm> (which is also a quick route to the library catalogue without going through the website)

Or borrowing can be done in person, by phone, email or fax:

3644 Slocan Street, Room S225

Vancouver, BC, V5M 3E8

Tel: 604-453-8335 ext. 1

Tel: toll free : 1-800-331-1533 ext.1

Fax: 604-875-3455

Email: sherc@cw.bc.ca

Web: www.cw.bc.ca/sunnyhill/shrl

Telephone Resources

Written materials, movies and the internet are great, however sometimes we need to hear the sound of another voice and enjoy a human connection to get us through a challenging moment, or when we need advice right that second. Below are a collection of available telephone contacts where you can speak with qualified professionals immediately and often 24 hours a day, toll free, and in your preferred language. These telephone resources are also great sources of information that can enable you to find out more about sexual health education programs and services in your community.

BC NurseLine

A 24-hour, confidential health information and advice line. From anywhere in the province, you can call and speak to a registered nurse around the clock, or a pharmacist from 5 p.m. to 9 a.m. every day. Specially trained nurses answer questions about health topics and procedures, identify symptoms, and help you decide when to see a health professional. Information and referrals are also provided to other services and pharmacists are available to answer your questions about medications. The nurse will ask for your Personal Health Number on your B.C. CareCard but you will not be denied service if you do not provide it. Translation services are available in over 130 languages. Please wait for the recorded disclaimer message for a nurse to answer your call - ask for translation services in the language that you prefer or speak.

Tel: Great Vancouver 604-215-4700

Tel: toll-free in BC 1-866-215-4700

Tel: deaf and hearing-impaired 1-866-889-4700

BC Centre for Disease Control Society Provincial Health Services Authority STD AIDS Information Hotline

Recorded messages provide information about HIV/STD symptoms and prevention. Health professionals are available between 1 pm and 3 pm Monday to Friday.

Tel: 604-872-6652

Tel: toll free 1-800-661-4337

E-Mail: info@bccdc.hnet.bc.ca

Web: www2.vpl.vancouver.bc.ca/dbs/redbook/orgpgs/3/3365.html

Kids Help Phone

An anonymous, bilingual and free from anywhere in Canada - information, support and referral service offered 24 hours a day, 365 days a year. It provides immediate support for young people by having counsellors answer calls and online questions no matter what the problem or concern. The counsellors also can provide a referral to a local community or social service agency.

Tel: toll free 1-800-668-6868

Web: www.kidshelpphone.ca

Parent Help Line

An anonymous, bilingual and free from anywhere in Canada information, support and referral service offered 24 hours a day, 365 days a year. Users can speak one-on-one with a professional counsellor, access a bilingual library of more than 300 messages answering typical questions about the young people in their lives and participate in online discussion groups with other caregivers. By providing parents with professional counselling and referral services to enhance their coping and parenting skills the Parent Help Line is helping kids by first helping their parents.

Tel: toll free 1-888-603-9100

Web: www.parenthelpline.ca

Options for Sexual Health - Facts of Life Line

A confidential phone line staffed by registered nurses and trained volunteers who are available to answer questions about birth control, STDs & HIV, pregnancy options, sexual and/or gender identity or anything to do with sexuality or reproductive health. If they don't know the answer, they'll be happy to refer you to resources in your community, phone line, website, or books on the topic, depending on what you need. Available from 9:00am to 9:00pm, Monday to Friday.

Tel in the lower mainland: 604-731-7803

Tel: toll Free 1-800-739-7367

“Being a parent can be one of life’s most wonderful experiences. It can, however, be one of the most challenging. Every day, you face so many issues, so many worries, so many questions. That’s why Parent Help Line was created. It is the place you can turn to for support and information on parenting concerns, no matter how big or small. With a staff of professional counsellors and a library of information developed by the child development and parenting experts at Invest in Kids, Parent Help Line offers guidance and support in a professional, confidential and non-judgmental environment.”

Welcome to Parent Help Line

www.parenthelpline.ca

Youth-gearred resources

CONDOMANIA

A web-based program of the **Vancouver Coastal Health Authority** that is made up of teen website committee members, youth peer educators, and program staff from many different ethnic and religious backgrounds and sexualities who care about young people and their sexual health. Condomania supports talking and thinking about sex before doing it. It aims to; take away some negativity and embarrassment around talking about sex, provide a private place to learn about sex, safer sex and sexuality and give youth information needed to make smart choices. Also has a parent section. For more information on the website or any part of the Condomania program, please call Romi Chandra or visit the website.

Tel: 604-714-3484 ext 1-2272

Email: Romi.Chandra@vch.ca

Web: www.planetahead.ca

YouthCo.

Youth Community Outreach AIDS Society is a non-profit organization working to involve youth ages 15-29 from all communities in addressing HIV/AIDS and related issues. YouthCo. provides educational initiatives and support services to youth infected with and/or affected by HIV/AIDS or Hepatitis C (HCV) and as a youth-driven agency, provides outreach, prevention and education, training, volunteer opportunities, advocacy and support to peers.

205-1104 Hornby Street

Vancouver, BC

V6Z 1V8

Tel: 604-688-1441

Tel: toll free 1-877-968-8426

Tel: confidential support phone: 604-808-7209

Fax: 604-688-4932

Email: information@youthco.org

Web: www.youthco.org

YouthQuest!

Youthquest! provides a safe, social space for lesbian, gay, bisexual, transgendered, two-spirited and questioning youth and their friends, to encourage our youth to claim their right to participate fully in the society at large; to take their place within their home communities; to claim the same privileges and responsibilities as every citizen; to celebrate who they are, fully and without shame or apology.

This service is for all youth, up to age 21. This drop-in also acts as a resource and referral centre where youth can get information on just about any service or support group around. Each drop-in takes place for a few hours each week in a community-based facility, such as a youth centre or a community-services agency. Youthquest! aims to offer programs for all queer youth in BC, regardless of where they live. To find out more contact:

88 7th Street, Room 100B

c/o DSU PO Box 2503

New Westminster, BC

V3L 5B2

Tel: 604-523-9115

Tel: toll free 1-866-Not-Along

Fax: 604-523-9116

Email: merch@youthquest.bc.ca

Web: www.youthquest.bc.ca

SexualityandU.ca

This website created by the Society of Obstetricians and Gynecologists geared for youth, parents, teachers and health professionals is the ultimate Canadian web site devoted to sexuality education and information. Our site provides credible and reliable information on the topics that are most important, from Sexually Transmitted Infections (STIs) to contraception awareness, lifestyle choices and includes information on talking about sex. SexualityandU offers guidance and advice that will help one to develop and maintain a healthy sexuality.

Web: www.sexualityandu.ca

spiderbytes

Created by Planned Parenthood of Toronto (PPT), a community-based, pro-choice agency committed to the principles of equity and to providing accessible and inclusive services which promote healthy sexuality and informed decision making. spiderbytes.ca is a service of the Teen Sex Information Program, a program of Planned Parenthood of Toronto and is funded by the United Way of Greater Toronto. spiderbytes.ca is designed to respond to questions about sexual health issues and to provide current information, links and referrals on a range of topics pertaining to healthy sexuality.

Web: www.spiderbytes.ca

“For the most part, adults are pretty predictable. They usually keep the same friends, the same partner and the same job from year to year. Their lives just aren’t always changing that much. Teenagers, on the other hand, are constantly changing. Each year, you may feel as though you are a completely new person. There will be changes to your body, of course, but you are also changing and growing as a person. You’re experiencing new things and new feelings. You’re becoming independent. You can start to make your own decisions and think for yourself. If you’re lucky, you may even be starting to get a good feel for what you want out of life. At times, these changes will be fresh and exciting. At other times they will be terrifying. But most of these new experiences - take your first kiss, for example - will probably fall somewhere in the middle. With these changes will come questions, and the more answers you have, the better off you’ll be.”

Teens Welcome
sexualityandu.ca

The Aboriginal Youth Network (AYN)

A network that runs across Canada (and beyond) connecting all Aboriginal youth and is operated totally for and by Aboriginal youth. AYN is here to ensure there's a place in cyberspace just for Aboriginal youth in Canada. This is a place for all youth, whether you live in the North, on the Six Nations Reserve in southern Ontario, or on the prairies to talk and type about your life. “By connecting with one another, we become stronger individuals and stronger as a people, better able to overcome our disadvantages, whether they be addictions or just plain old racism and sharing info about our Cultures and Traditions is also something we do, since knowing your roots is definitely important.” The AYN staff gets the word out about health, education and employment opportunities for Aboriginal youth, as well as provides links to health services, the latest news and events happening across Canada.

Box 34007 Kingsway Mall PO
Edmonton, AB
T5G 3G4
Tel: 780.459.1884
Toll Free: 1.800.459.1884
Fax: 780.458.1883
Web: www.ayn.ca

Go Ask Alice

Go Ask Alice! is the teen geared health question and answer Internet service produced by Alice!, Columbia University's Health Promotion Program a division of Health Services at Columbia. This site has three primary features: *New GAA! Q&As of the Week* gives you the most recently published inquiries and responses which is updated every Friday, *Search GAA!* lets you find health information by subject via a search of the ever-growing *Go Ask Alice!* archives containing nearly 3,000 previously-posted questions and answers, and *Ask Alice!* gives you the chance to ask and submit a question to Alice! To find out more please visit:

Web: www.goaskalice.com

Scarleteen

A website that believes education is not encouragement, and that education to it's fullest possible level allows anyone, regardless of age, to make the best choices throughout their lives. This, coupled with open care and communication from parents, other educators, teachers and other respected adults, and a confidence in individual choices and relationships is the foundation for lifelong sexual and emotional health. Sound knowledge and understanding of sexuality not only equips a teen with what is needed to make informed choices, but an understanding of sexual anatomy, boundaries, and what they may and may not want to participate in benefits them whether they choose to be sexually active or not. This site includes separate sections for boys and girls, as well as a parent section.

Web: www.scarleteen.com

iwannaknow.org

Developed by the American Social Health Association (ASHA), which is a non-profit organization whose mission for over 90 years has been to stop sexually transmitted diseases and their harmful consequences to individuals, families, and communities. The purpose of this site is to provide a safe, educational and fun place for teenagers to learn about sexually transmitted diseases (STDs) and their sexual health with the goal of providing educational information in a relaxed environment that can help initiate conversations about sexual health between parents and teenagers. Includes a parent guide.

Web: www.iwannaknow.org

Provincial government health resources

British Columbia Ministry of Health

The Ministry of Health's mission is to guide and enhance the province's health services to ensure British Columbians are supported in their efforts to maintain and improve their health. To find out more about the Ministry of Health, as well as information on and links to BC Health Care, the Medical Services Plan, Pharmacare, the Office of the Provincial Health Officer and other programs and services, please go to the website or contact the Ministry of Health through **Enquiry BC**, a provincial call centre that provides services to all British Columbia residents, on behalf of provincial government ministries, Crown corporations and public agencies. Hours of operation for **Enquiry BC** are Monday to Friday 7:30 a.m. to 5 p.m.

Tel: Victoria: 387-6121

Tel: Vancouver and outside of BC: 604-660-2421

Tel: device for the deaf Vancouver: 604-775-0303

Tel: elsewhere in BC: 1-800-663-7867

Tel: device for the deaf elsewhere in BC: 1-800-661-8773

Email: EnquiryBC@gov.bc.ca

Web: www.gov.bc.ca/bvprd/bc/channel.do?action=ministry&channelID=-8387&navId=NAV_ID_province

BC HealthGuide Program

A program provided by the **British Columbia Ministry of Health**. This program has three components to give you high quality health information to help you manage any health care condition or concern for you and your family, any time of the day or night. These components consists of:

BC HealthGuide Handbook

Provides medically reviewed B.C. specific information on over 190 health concerns including prevention, symptoms, emergencies, home treatment, when to call a health professional, and B.C. resources. The handbook is available in English and French and will be translated and available in 2006 for BC's Chinese and Punjabi-speaking communities.

To get a copy of the **BC HealthGuide** handbook visit your local pharmacy or Government Agents Office. If you are unable to pick up a copy, call:

Tel: Toll-free in BC 1-800-465-4911

To request a copy via the web e-mail your name and address to:

Email: HLTH.Health@gov.bc.ca

BC HealthGuide OnLine

Links you to a world of reliable and up-to-date health information, including B.C. specific information and links to other Web sites, plus access to the Healthwise Knowledgebase that contains a vast library of health information with over 2,500 easy-to-read health topics.

Web: www.bchealthguide.org

BC HealthGuide NurseLine

Operates 24 hours a day, seven days a week and puts you in touch with specially trained Registered Nurses who can answer your questions about any health condition or concern to help you make better health care decisions for you and your family. Translation services are available upon request in over 100 languages.

Tel: Vancouver: 604-215-4700

Tel: toll-free elsewhere in B.C.: 1-866-215-4700

Tel: deaf and hearing-impaired toll-free in BC: 1-866-TTY-4700

BC Centre for Disease Control

BCCDC is an agency of the Provincial Health Services Authority that has responsibility to support a comprehensive program of communicable disease and environmental health prevention and control for the province of British Columbia. BCCDC works in close partnership with the province's health authorities, Medical Health Officers and the Provincial Health Officer and collaborates with the UBC Centre for Disease Control in the advancement of academia, research and teaching. Five key integrated divisions within BCCDC provide the coordinated services essential to efficiently and effectively prevent and control communicable disease in the province which are: Hepatitis Services, Epidemiology Services, Laboratory Services, STD/AIDS Control and Tuberculosis Control.

655 12th Ave W

Vancouver, BC Canada

Tel: 604-660-0584

Fax: 604-660-6066

Web: www.bccdc.org

Chee Mamuk - STD/AIDS Education: Aboriginal Program

To provide culturally appropriate on-site community based HIV/AIDS and Sexually Transmitted Disease education and training to Aboriginal communities, organizations, and professionals within BC. This website has links to educational materials, publications, Aboriginal youth projects and more about the Chee Mamuk program.

Chee Mamuk, Aboriginal Program

Division of STD/AIDS Control

BC Centre for Disease Control

655 12th Ave. W

Vancouver BC V5Z 4R4

Tel: 604-660-1673

Fax: 604-775-0808

Web: www.bccdc.org/content.php?item=96

British Columbia Health Authorities

The province of British Columbia is divided into six different health authorities that deal with health services and programs for their regions, ranging from first point of contact with health care professionals to care in hospitals to community-based residential, home health, mental health and public health services. To find out which health authority jurisdiction you belong to and the sexual health services, programs and resources that are offered in your community, including the many "youth clinics" that are in operation, please contact the Health Authority that is responsible for your community.

"The ages between 15 and 18 are a time of discovery for both teens and parents. However, these years can be as challenging as they are exciting. Many teens have periods of fluctuating emotions, as they have a tendency to base their worth on unrealistic comparisons, such as media images of the ideal body. Self-image is also influenced by success in sports and school, peer relationships, and how well they are meeting the expectations of their parents.

For parents, the teen years are a time to adapt to this growing young person. Teens, although maturing, still need a parent's love and guidance. Fortunately, most teens tackle these years with few problems, especially those who have done well up to this time and have had good support from their parents."

BC Health Guide - Growth and Development, Ages 15-18

<http://www.bchealthguide.org/kbase/topic/special/te7221/sec1.htm>

Provincial Health Services Authority (PHSA)

PHSA is province wide and its primary role is to ensure that BC residents have access to a coordinated network of high-quality specialized health care services and operates provincial agencies including BC Children's Hospital and the BC Transplant Society. To find out more, please contact the PHSA:

700-1380 Burrard St

Vancouver, B.C.

V6Z 2H3

Tel: (604) 675-7400

Fax: (604) 708-2700

Web: www.phsa.ca

Vancouver Coastal Health (VCH)

VCH governs, manages and delivers a full range of health care services for Vancouver, Richmond, North and West Vancouver, Powell River, Squamish, Whistler, Pemberton, Gibsons, Sechelt, Pender Harbour and the remote communities of Bella Bella and Bella Coola. To find out about clinics, services, programs and other resources please contact VCH at:

10th Floor 601 West Broadway

Vancouver, BC

V5Z 4C2

Tel: (604) 875-4252

Tel: toll free 1-866-884-0888

Fax: (604) 875-4750

Email: feedback@vch.ca

Web: www.vch.ca

S.A.F.E. or Sexual Awareness for Everyone

A partnership between Options for Sexual Health and VCH, provides access to a wide range of confidential services, support and information. Weekly SAFE clinics are available to anyone seeking out information and/or clinical services for Birth Control, Sexually Transmitted Diseases, Sexual Health Counselling and Education, and Relationships. Please visit the VCH website to find out more and find a community S.A.F.E. clinic near you.

Web: www.vch.ca

Northern Health Authority

Serves northern British Columbia and covers almost two-thirds of British Columbia's landscape, bordered by the Northwest and Yukon Territories to the north, the BC interior to the south, Alberta to the east, and Alaska and the Pacific Ocean to the west. To find out about clinics, services, programs and other resources please contact the Northern Health Authority at:

300-299 Victoria Street

Prince George, BC, Canada

V2L 5B8

Tel: (250)565-2649

Tel: toll-free: 1-866-565-2999

Fax: (250)565-2640

Email: communications@northernhealth.ca

Web: www.northernhealth.ca

Interior Health Authority

The Interior Health Authority serves a large geographical area, covering 200-thousand square kilometres, from Williams Lake in the north, east to the Alberta border and south to the US border. To find out about clinics, services, programs and other resources please contact the Interior Health Authority at:

220 - 1815 Kirschner Road

Kelowna, B.C. V1Y 4N7

Tel: (250) 862-4200

Fax: (250) 862-4201

Web: www.interiorhealth.ca

Vancouver Island Health Authority (VIHA)

VIHA provides a full range of health care services to people living on Vancouver Island, the Gulf and Discovery Islands and to the residents of the mainland, located adjacent to the Mt. Waddington and Campbell River areas. Our services include hospital, community, and home care, as well as environmental and public health services, which include education and prevention. To find out about clinics, services, programs and other resources please contact VIHA

1952 Bay Street

Victoria, B.C. V8R 1J8

Tel: (250) 370-8699

Fax: (250) 370-8750

Web: www.viha.ca/

Healthy Choices

The VIHA has created this program which provides advice and resources for parents, to assist them in providing a sexual health education for their children and as well, in partnership with other agencies, developed a comprehensive broad-based health program for children and youth in grades 5-10, with a focus on sexual health. The program has been developed by Prevention Services (Public Health) with the assistance of several advisory groups including school district personnel, parents, youth, public health nursing and community sexual health educators and includes curriculum-based lesson plans for classroom education. This website acts as an extremely informative and helpful resource base for all parents in finding out information about providing their children with a sexual health education, not just those in the Vancouver Island vicinity.

Web: www.viha.ca/prevention_services/healthy_choices.htm

Fraser Health Authority

Fraser Health serves 1.47 million people living in 20 municipalities plus two electoral areas (in the Fraser Valley Regional District) from Burnaby to White Rock to Hope, which covers one-third of the BC population. To find out more about the service, programs and resources available through the Fraser Health Authority please contact:

300 - 10334 152A Street

Surrey, B.C. V3R 7P8

Tel: local: (604) 587-4600

Tel: toll free 1-877-935-5669

Fax: (604) 587-4666

Web: www.fraserhealth.ca

Provincial school system information

Sexual health is included in the curriculum in many schools in British Columbia,. What is taught, how it is taught, and how much time is spend on sexual health however, is left mostly to the discretion of the teacher. This creates a lack of standardization in the information that children are receiving, if they are receiving any at all. To find out more about the curriculum, access the sites below, and please feel free to discuss directly with your children's teacher, the Parental Advisory Council and the school administration to discover what will be being taught to your children about their sexual health.

BC Ministry of Education

The ministry is committed to providing a high quality education for Kindergarten to Grade 12 children so they can develop their individual potential and acquire knowledge, skills and attitudes to contribute to society. For more information on sexual health education in British Columbia schools please contact the ministry.

Tel: Toll-free 1 888 879-1166.

Web: www.gov.bc.ca/bvprd/bc/channel.do?action=ministry&channelID=-8382&navId=NAV_ID_province

K - 12 Education Plan

Sexual health education is included in the public school curriculum in British Columbia and is a part of The Personal Planning (K-7) and Career and Personal Planning (8-12) curriculums, which are required areas of study. These curriculums are designed to have students set learning goals, develop plans to achieve them and study topics that promote career and personal development. Students study topics that promote personal health and human development, as well as selected topics in business and consumer education. A main objective is to encourage students to take increased responsibility for their learning. These curriculums recognize that emotional and social development are as important as academic achievement and intellectual and physical skills. To find out more about what sexual health information is included in the school curriculum for children and youth in this province, and to learn about school based sexual health programs and services, please visit:

Web: www.bced.gov.bc.ca/resourcedocs/k12educationplan/programfeatures/progfeatures_02.htm

Provincial School Districts/Contact Information

To find which British Columbia school district your family belongs to and links to all the individual school districts and schools in British Columbia, please visit:

Web: www.bced.gov.bc.ca/schools

“Canadian parents and students want schools to provide sexual health education programs

For example: A recent series of surveys have found that over 85% of parents agreed that sexual health education should be provided in schools. A majority of parents approved of schools providing students with information on reproduction, birth control, STI/HIV prevention, healthy relationships, abstinence, sexual orientation, sexual abuse/rape, community and moral beliefs about sexuality, etc.”

Public Health Agency of Canada

Q & A's About Sexual Health Education

Federation of Independent School Associations

FISA's mission is to enable parents to exercise the right to choose the kind of education that shall be given to their children and to promote the rightful place and responsibility of independent schools within a democratic and pluralistic society. Independent schools are those schools which are governed by the Independent School Act. The Federation of Independent School Associations, established in 1966, is an umbrella organization for independent school groups in British Columbia which acts as spokesman for its members in British Columbia, and as a liaison between the schools and the government, and other educational institutions. This site includes a complete listing of all independent schools, whether or not they belong to FISA, with complete contact information. Use this resource to find out more about how sexual health may be approached in a particular school and to inquire about potentially useful resources.

150 Robson Street, Vancouver, B.C. V6B 2A7

Tel: (604) 684-6023, 684-7846

Fax: (604) 684-3163

E-mail: fisabc@telus.net

Web: <http://www.fisabc.ca>

BC Confederation of Parental Advisory Councils

BCCPAC is a charitable organization registered under the Society Act of BC and committed to enhancing the parental voice in public education in BC. BCCPAC represents a membership of over 1,000 Parent Advisory Councils and District Parent Advisory Councils from every school district in the province. They represent the parents of hundreds of thousands of children in BC. They receive funding from the Ministry of Education, membership fees, conference registration fees, sales of resources, advertising, sponsorship, and project funding. They ensure that parents have a voice in their children's education and work to ensure that the BC public education system remains focused on the needs of children. BCCPAC support parents as they navigate the education system and exercise their and their children's rights in education.

#202 - 1545 West 8th Avenue

Vancouver, BC

Canada

V6J 1T5

Tel: 604-687-4433

Fax: 604-687-4488

Email: General Inquiries: info@bccpac.bc.ca

Email: PAC Ed Workshop Inquiries: paced@bccpac.bc.ca

Web: www.bccpac.bc.ca

Provincial non-governmental sexual health resources

Options for Sexual Health (OPT)

Formerly the Planned Parenthood Association of B.C., OPT is an organization whose mission is to promote optimal sexual health for all British Columbians by supporting reproductive choice, reducing unplanned pregnancy, and providing quality education, information, and clinical services. Options is a non-profit, charitable society with more than 40 years of service to the people of BC as a significant provider of reproductive health care and education. It consists of a network of 41 reproductive health clinics and 12 professional educators, organized into 26 branches that are managed by volunteer Branch Boards. The Parents/Adults section of the Options for Sexual Health website provides resources such as: **Ask Joy!** for answers to common questions about how to talk to your kids about sexual health, the comprehensive Just the Facts! section for information on birth control, STDs, and sexuality and also the provision of an extensive list of external resource links that expand on the information provided.

3550 East Hastings Street

Vancouver, BC

V5K 2A7

Tel: 604-731-4252

Fax: 604-731-4698

Web: www.optionsforsexualhealth.org

E-Mail: admin@optbc.org

OPT2ACT

In May 2004, Options for Sexual Health held a consensus conference on school sexual health education in BC that included youth, parents, educators, school authorities, public health services representatives and public policy makers. From this a list of statements that participants developed in consensus to reflect priorities for school sexual health education in BC was developed. Opt2Act has started the campaign ball rolling, and is working to get youth, parents and other organizations involved in the action to improve sex education in the schools. Opt2Act has created advocacy tool kits for both parents and youth to provide information and ideas for action in the campaign for better sexual health education in our school system, which can be accessed from the website.

Web: www.opt2act.org

Don't Just Do It

This organization is the home of The BC Curriculum Builders, a group of young people (and those who care about them) who are taking an active part in their sexual health education. Don't Just Do It formed as a result of a conference held in the spring of 2004 by OptBC entitled "Hit and Miss"; to follow up on a qualitative research project assessing the state of school sexual health education, and further develop advocacy strategies in the areas of identified gaps. The conference once again identified that there is a significant absence of youth input in regard to the information taught in the school setting and the manner in which it is delivered. The Curriculum Builders recognize the value and efficacy of involving youth on every level, allowing youth to define their own needs, to have influence in shaping the curriculum and initiating outreach to their peers. The core value of this project is that Sexuality Education is a fundamental human right, to which all people, including youth are entitled. With the "Don't Just Do It, Talk About It" manifesto, we are encouraging youth to not feel so powerless in this process. Here's your chance to help make a difference! To find out more email Stacey Forrester or visit the website.

Email: staceymforrester@hotmail.com

Web: www.dontjustdoit.com

BC Association of Aboriginal Friendship Centres

This organization aims to improve the quality of life for Aboriginal Peoples by supporting the activities of the Friendship Centres in BC. The BCAAFC is the umbrella association for 24 Friendship Centres throughout British Columbia. Friendship Centres provide a number of quality services to the Aboriginal communities located in an urban setting and no longer do they simply provide social, cultural and recreational services. Now they also act as agents of change; they are actively involved in the community development process and play a vital leadership role in their communities; they promote and provide training and education programs and services; they are becoming actively involved in the economic development process; they operate quality housing programs for Aboriginal people with low incomes and operate health programs which emphasize a holistic approach to treatment. They are committed to providing quality services which provide for the physical, emotional and spiritual well being of their clients. To find out more, please contact:

#200 - 506 Fort Street

Victoria BC V8W 1E6

Tel: (250) 388-5522

Fax: (250) 388-5502

Web: www.bcaafc.com

"The challenge of sexuality education is to provide children and teenagers with the information they need to keep themselves safe from abuse, unplanned pregnancy and sexually transmitted infections. At the same time, it must help them develop a capacity for maintaining relationships that are loving, healthy and responsible."

Fraser Health Authority - Sexuality and Maturation

<http://www.fraserhealth.ca/HealthInfo/PublicHealth/SchoolHealth/SexualityAndMaturation.htm>

The Centre

The Centre is a community resource providing support, health and social services, and public education for the well being of lesbians, gay men, transgendered and bisexual people and their allies in Vancouver throughout B.C. Thanks to the skills, commitment, and efforts of more than 200 volunteers, The Centre is able to provide a range of services that meet diverse needs. Core services include: Out on the Shelves Library, Prideline, Education and Outreach Services, free Groups and One-to-one Counselling, Gab Youth Services, The LGTB Health Matters Project (Health Matters), The LGTB Generations Project and a variety of workshops and discussion groups which are provided by volunteers.

1170 Bute Street

Vancouver B.C. V6E 1Z6

Tel. 604 684-5307

Fax. 604 684-5309

Vancouver Prideline 604 684-6869

Prideline BC Toll Free Tel: 1-800-566-1170

Web: www.lgtbcentrevancouver.com

BC Persons with AIDS Society (BCPWA)

The British Columbia Persons With AIDS Society exists to enable persons living with AIDS and HIV disease to empower themselves through mutual support and collective action. This site provides chat rooms and bulletin boards for persons living with AIDS. It also has a list of resources, programs, and information on the services provided at BCPWA.

1107 Seymour Street, 2nd floor

Vancouver, BC V6B 5S8

Tel: 604.893.2200

Tel: toll free: 1.800.994.2437

Email: info@bcpwa.org

Web: www.bcpwa.org

The Red Book: Directory of Services for the Lower Mainland

The most comprehensive guide to community, social, and government services available across the Lower Mainland. It is considered by many professionals working in the human services field to be the "Bible" of community resources. The Red Book is available for purchase, but many public libraries and community health organizations will have a copy you can access free of charge. You can have your directory mailed to you, or you can pick-up a Red Book directly from the office. .

202-3102 Main Street (Heritage Hall),

Vancouver, BC

To order your Red Book, download the order form from the website and fax the completed form back

Fax: 604 660-9415,

Tel: 604 875-6431.

Red Book Online

A practical guide to all community and non-profit services available in the Lower Mainland. Listed in The Red Book Online are: Non-profit agencies, self-help groups, advocacy groups, hospitals, health clinics, continuing care facilities, social clubs offering a community service, professional associations, MPs, MLAs, councillors, private companies providing a free service (or with a sliding scale of fees), commercial organizations offering services not available in the non-profit sector and more.

Web: www2.vpl.vancouver.bc.ca/redbook

Federal resources

Health Canada

This is the website of the Federal department responsible for helping Canadians maintain and improve their health, while respecting individual choices and circumstances. The website contains an overview of Health Canada and provides points of entry to many Health Canada-specific related topics from which one can learn more about how the Department is structured, where the offices are situated and who the ministers are. One can also find out about Health Canada strategies and initiatives, the budget estimates for programs and can access information about health-related legislation and activities including commissions and inquiries. A complete repository of all reports and publications is available on this Web site and you can find a list of health-related conferences and events, including consultations with Canadians.

Web: www.hc-sc.gc.ca

Canadian Health Network (CHN)

CHN is a national, non-profit, bilingual web-based health information service. CHN's goal is to help Canadians find the information they're looking for on how to stay healthy and prevent disease. CHN does this through a unique collaboration - one of the most dynamic and comprehensive networks anywhere in the world. CHN's mission is to support Canadians in making informed choices about their health, by providing access to multiple sources of credible and practical e-health information. This network of health information providers includes the Public Health Agency of Canada, Health Canada and national and provincial/territorial non-profit organizations, as well as universities, hospitals, libraries and community organizations.

Web: www.Canadian-health-network.ca

Canada Health Portal (CHP)

A single-window on-line access to citizen-centred, fully integrated authoritative and trusted health information and services across organizational and jurisdictional boundaries. The mission of CHP is to empower Canadians to make informed decisions that improve and sustain their health and will achieve this by providing one-stop shopping for health information; access to previously inaccessible or difficult to find government information and services; access to all Canadians whether they live in urban, rural, remote or foreign centres, via electronic channels, dozens of health information categories, a wide range of interactive tools to help maintain a healthy lifestyle, health resources specific to groups such as youth, seniors, men, women, children, links to all provincial/territorial Ministries of Health and easy to understand fact sheets on variety of topics. Federal Government departments are currently the primary content contributors, but the portal is expanding to include: provincial and territorial information and services; municipal information and services; international government health organizations; and not-for profit health-related organizations.

Web: www.chp-pcs.gc.ca/CHP

Public Health Agency of Canada - Sexual Health and Sexually Transmitted Infections

Provides national leadership and co-ordination through programs which develop and support surveillance and targeted research studies, develop evidence-based national standards and policy, and provide the timely dissemination and exchange of information. We work in concert with provinces and territories, non-governmental organizations, and health care providers to improve and maintain the sexual health and well-being of the Canadian population by preventing and controlling sexually transmitted infections and their complications including infertility and cancer.

Web: www.phac-aspc.gc.ca/std-mts/index.html

Canadian Federation for Sexual Health

A national network that takes leadership in advancing sexual and reproductive health and rights in Canada through public education and awareness, support for the delivery of programs and services in Canada and advocacy. There are twenty-three independent Planned Parenthood Affiliates in more than 60 communities across Canada, which provide clinical services, education, and counselling to over 310,000 Canadians every year; the majority of these clients are under 30 years of age and most of them are women. CFSH works in partnership with all levels of government, academic institutions and other non-profit, non-governmental organizations.

1 Nicholas St., Suite 430

Ottawa, ON K1N 7B7

Tel: (613) 241-4474

Email: admin@ppfc.ca

Web: www.ppfc.ca

“Sexual health is an important component of overall health and well-being. It is a major, positive part of personal health and healthy living and it follows that ‘sexual health education should be available to all Canadians as an important component of health promotion and services.’ In principle, all Canadians, including youth, have a right to the information, motivation, personal insight, and skills necessary to prevent negative sexual health outcomes (e.g., sexually transmitted infections including HIV, unplanned pregnancy) and to enhance sexual health (e.g. maintenance of reproductive health, positive self-image).

SIECCAN - Sexual Health Education in the Schools: Questions and Answers

http://www.sieccan.org/health_questions.html

SIECCAN

Sex Information and Education Council of Canada, a national non-profit educational organization established in 1964 dedicated to informing and educating the public and professionals about all aspects of human sexuality in order to support the positive integration of sexuality into people's lives.

850 Coxwell Avenue

Toronto, Ontario, M4C 5R1

Tel. 416-466-5304;

Fax. 416-778-0785

Email. sieccan@web.net

Web: www.sieccan.org

The Canadian Women's Health Network (CWHN)

The CWHN is a Network of individuals, groups, organizations and institutions concerned with women's health. The CWHN recognizes the importance of information sharing, education and advocacy for women's health and equality. We work to build and strengthen the women's health movement in Canada and throughout the world. The CWHN functions in English and French, and endeavours to provide access to materials in other languages and alternative formats.

Suite 203 419 Graham Avenue

Winnipeg, MB Canada

Tel: 204-942-5500

Tel: toll free 1-888-818-9172

Fax: 204-989-2355

Email: cwhn@cwhn.ca

Website: www.cwhn.ca

Sexual health educators

Please contact the following sexual health educators to find out more about them and their philosophies. You can discuss with them how to access their shows or websites/books/articles or how to get about having them come to your child's school or church to perform a talk, class or workshop.

Saleema Noon, B.A., M.A.

Tel: 604-418-9417

Fax: 604-685-0769

Email: saleema@saleemanoon.com

Web: www.saleemanoon.com

Alice Bell

Tel: 604-985-4237

Email: healthtalks@shaw.ca

Julia Saunders and Alix Bacon

JuiceBox is a talk show dedicated to developing your relational and individual sexual health. Tune in to JuiceBox on alternate Wednesdays at 8pm on CiTR 101.9fm, Vancouver, BC or listen live on the world wide web at www.citr.ca/
www.juiceboxradio.com

Margaret Newbury Jones

Tel: 604-251-8998

Email: margaret@mnjconsulting.ca

Web: www.mnjconsulting.ca

Vi Nick, RN

Vi has 2 teenage boys and is a public health nurse and clinic supervisor and does a lot of the "maturation" talks in elementary school

Tel 604-820-1125

Email: violanick@shaw.ca

Additional resources

teachingsexualhealth.ca

Alberta Health and Wellness and the Calgary Health Region, in partnership with a development team of educators has created a remarkable resource for sexual health teachers in Alberta. Their goal is to enhance excellence in education by providing teachers with evidence-based sexual health education background and delivery methods, current lesson plans and activities, and comprehensive resources. This website has substantial separate parent and children resource sections along with the educator directed section.

Web: www.teachingsexualhealth.ca

Not 2 Late. Com

This website is operated by the Office of Population Research at Princeton University and by the Association of Reproductive Health Professionals. It offers a wide variety of information about emergency contraception including; describing what it is and answering frequently asked questions, how to access emergency contraception, a searchable database to find a location where you can purchase emergency contraception, links to references including publications, a newsletter and a materials database as well as educational and promotional materials.

Web: www.not-2-late.com

E-Mail: ec1@opr.princeton.edu

Our Whole Lives

Our Whole Lives is a faith based series of sexuality education curricula for five age groups: grades K-1, grades 4-6, grades 7-9, grades 10-12, and adults. *Our Whole Lives* helps participants make informed and responsible decisions about their sexual health and behaviour. It equips participants with accurate, age-appropriate information in six subject areas: human development, relationships, personal skills, sexual behaviour, sexual health, and society and culture. Grounded in a holistic view of sexuality, *Our Whole Lives* provides not only facts about anatomy and human development, but helps participants to clarify their values, build interpersonal skills, and understand the spiritual, emotional, and social aspects of sexuality. To find out more about this resource please visit:

Web: www.uua.org/owl/

Publications

The Canadian Guidelines for Sexual Health Education

Offers clear direction to assist local, regional and national groups as well as organizations and government bodies concerned with education and community health to further develop and improve sexual health education policies and programs that address the diverse needs of Canadians. The 2003 *Guidelines* revision has been achieved through consultation and feedback from national meetings, surveys and focus testing with key experts in the various fields of sexual health education who are gratefully acknowledged for their invaluable contribution. The Canadian Guidelines for Sexual Health Education are available on-line or copies can be obtained through the Canadian HIV/AIDS Information Centre.

To order copies please contact the Canadian HIV/AIDS Information Centre at

Web: www.aidssaida.cpha.ca

Tel.: 1-877-999-7740.

Web: ww.phac-aspc.gc.ca/publicat/cgshe-ldnemss

The Adolescent Health Survey (AHS)

The AHS is a questionnaire used to gather information about youth health. Conducted over 2003-2004, AHS III provides information about physical and emotional health, and about factors that can influence health during adolescence or in later life. The AHS III was administered in over 1,500 classrooms by approximately 190 Public Health Nursing staff during the spring of 2003. Over 30,000 BC students in grades 7 through 12 completed a questionnaire. Forty-five of the Province's 59 school districts participated in AHS III.

Web: www.mcs.bc.ca/rs_ahs

Canadian Youth, Sexual Health and HIV/AIDS Study: Factors influencing knowledge, attitudes and behaviours

This report presents the findings of a study on youth sexual health and HIV/AIDS. The Canadian Youth, Sexual Health and HIV/AIDS Study (CYSHHAS) has been administered by the Council of Ministers of Education, Canada, in collaboration with the Canadian Strategy on HIV/AIDS of Health Canada. Researchers from four Canadian universities (Queen's, Acadia, Laval and University of Alberta) conducted the study. The overall purpose of this study is to increase understanding of the factors that contribute to the sexual health of youth by examining the socio-cultural, socio-environmental and interpersonal determinants of adolescent sexual activity. CYSHHAS focuses particularly on the context of sexual risk taking, especially with regard to HIV/AIDS prevention. Findings are intended to inform the development, refinement, and implementation of sexual health and HIV/AIDS prevention programs, both in schools and in community health settings. To find out more please visit the website.

Web: www.cmec.ca/publications/aids/

Report from Consultations on a Framework for Sexual and Reproductive Health

Health Canada (1999)

The Report is a comprehensive assessment of sexual and reproductive health issues in Canada, and was developed through input from federal, provincial and territorial governments, and non-government organizations. This paper presents the outcome of national discussions around a framework for comprehensive action to maintain, protect, and promote the sexual and reproductive health of people in Canada. Included are principles to guide action, seven strategic directions focusing on the major determinants of sexual and reproductive health, and suggested initiatives for each of the seven directions. The Report is intended to stimulate and guide collaborative action by partners inside and outside government. It provides a broad strategic foundation upon which more specific initiatives can be built.

To obtain a free copy of the Report, please contact Health Canada Publications at

Tel: 613 954-5995.

Tel: BC Toll Free Number: 1-800-661-4337

Web: www.hc-sc.gc.ca/hppb/srh/pubs/report/index.html

“This study utilizes two relatively new concepts originating with the World Health Organization: sexual health and healthy sexuality. These are intended to invoke a holistic image of sexual being, one which integrates the emotional, physical, cognitive, and social aspects of sexuality. Attaining sexual health implies much more than simply avoiding disease and unintended pregnancies. Sexuality itself is broadly conceptualized as knowledge and attitudes about sexuality and sexually-related illnesses, romantic relationships, sexual experiences, and avoidance behaviour regarding unintended pregnancies and STIs”

Canadian Youth, Sexual Health and HIV/AIDS Study - Factors influencing knowledge, attitudes and behaviours

<http://www.cmec.ca/publications/aids/>