

# Responsible Sexuality



Planned Parenthood  
Newfoundland and Labrador Sexual Health Centre



# Who Are We?

RE **S** PONSIBLE  
SEXUALITY

A large, bold, black letter 'S' is the central focus. Three gender symbols are attached to the 'S': a male symbol (a circle with an arrow) on the left side, a female symbol (a circle with a cross) at the bottom, and a transgender symbol (a circle with a cross, a circle with a triangle, and a circle with a cross) on the right side.



# Ground Rules

1. Giggling and laughing is allowed
2. No names when telling stories
3. Only use “dictionary” terms for the body
4. Ask questions!

# Gender Identity

Your concept of “self”:

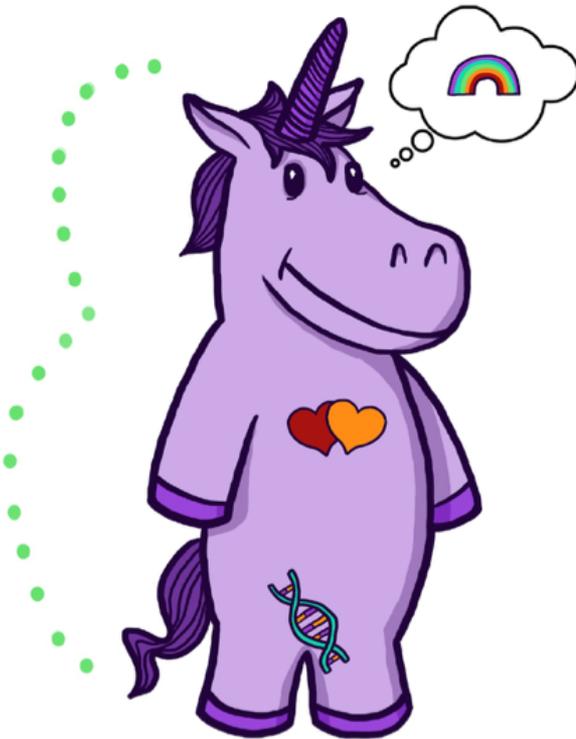
- Man, woman, both, or neither
- This can be the same or different to your assigned sex at birth
  - e.g.: Trans, non-binary, two-spirit, intersex



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# The Gender Unicorn

Graphic by:  
**TSER**  
Trans Student Educational Resources



## Gender Identity



## Gender Expression



## Sex Assigned at Birth



## Physically Attracted to



## Emotionally Attracted to



To learn more, go to:  
[www.transstudent.org/gender](http://www.transstudent.org/gender)

Design by Landyn Pan and Anna Moore

# Sexual Orientation

- Heterosexual (opposite gender)
- Homosexual (same gender)
- Bisexual (same and other genders)
- Pansexual (any sex/gender)
- Asexual
- And many more!



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So, what is sex?

# Sex...

- ❑ It means something different to everyone
- ❑ It is a mutual agreement between one or more consenting individuals



# There Are Different Types Of Sexual Activity

- Vaginal
- Oral
- Anal
- Masturbation
- And whatever you think counts!

What are the two most  
important parts of  
responsible sex?

1. Consent
2. Protection



# Consent

## 1. Clear

→ Absence of “no” isn't a yes!

## 2. Coherent

→ Being intoxicated with drugs or alcohol limits your ability to consent

## 3. Willing

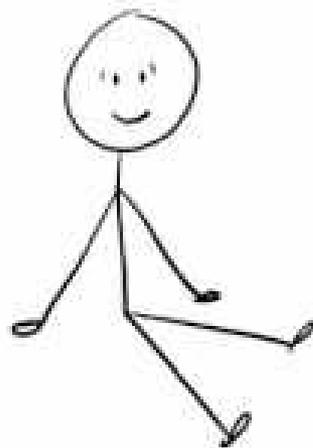
→ Manipulation, threat of physical violence, or authority figures

## 4. Ongoing

→ **CONSENTING TO ONE SEX ACT  $\neq$  CONSENTING TO ANY SEX ACT**



# Consent Is As Easy As Making Tea





# How to Talk About Consent with Your Partner

1. “I’d really like to ---- with you. Would you like to?”
2. “Do you like it when I do this?”
3. “Is it OK if I take off your shirt/bra/top/  
boxers/pants?”

Protection:  
Keeping you and your  
partner safe

# How Do You Protect Yourself?

There are a few unwanted things that can happen if you don't practice safer sex... We will go into this later

For now, let's talk about some different ways to protect yourself

# Condoms

- ❑ Protects against STIs and unwanted pregnancy
- ❑ There are external and internal versions, but people are most familiar with the external condom
- ❑ Internal condoms are inserted into the vagina or rectum and covers the external genitals
- ❑ Condoms are 98% effective if used perfectly, but only 82% in real life



Image taken with permission from:  
<https://pixabay.com/en/red-condoms-contraception-849407/>



Image taken with permission from:  
<https://pixabay.com/en/female-condoms-condom-contraception-849411/>

# How To Use An External Condom

1. Don't freak out
2. Check the expiry date
3. Squeeze the package for air
4. Peel the package carefully and hold the condom by the tip
5. Roll the condom down over the penis (it should not roll inside out!)
6. After, the partner wearing the condom should withdraw while still erect, holding the base of the condom so it does not slip off
7. Don't flush the condom, just throw it in the garbage



Image taken with permission from:  
<https://commons.wikimedia.org/wiki/File:Kondom.jpg>



# Condom Facts And Myths

1. No penis is too big for a condom
  - There are different sizes of condoms - find one that fits!
2. Flavored condoms can only be used for oral sex
3. Do not use an external and an internal condom at the same time
4. Condoms are not just for heterosexual or vaginal sex
5. Condoms are not just the “guys” responsibility
6. Condoms are the only method to protect against STIs

# Other Barrier Methods

- Spermicide
- Diaphragm
- Contraceptive sponge
- Cervical Cap
- Dental Dam

# Barrier Methods

- ❑ Failure rates range from 18-32% depending on proper use
- ❑ Can increase risk of UTI and toxic shock syndrome (TSS)
- ❑ Can be embarrassing and difficult to use

# Hormonal Birth Control

- ❑ Most common form is “the pill”
- ❑ Also available in other forms such as a patch, ring, and needle
- ❑ The pill requires a strict schedule
- ❑ The pill is 99% effective with perfect use, but only 90% effective with typical use
- ❑ Hormonal birth control does not provide any protection against STIs



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<https://www.flickr.com/photos/lookcatalog/8602762713>

# IUD (IntraUterine Device)

- ❑ Hormonal or copper versions
- ❑ Pros:
  - 99% effective and reversible
  - Works for 3 or 5 years, depending on the type
  - Copper version is non-hormonal
- ❑ Cons:
  - Spotting
  - Abnormal periods
  - Still a medical procedure - associated risks
  - No protection from STIs

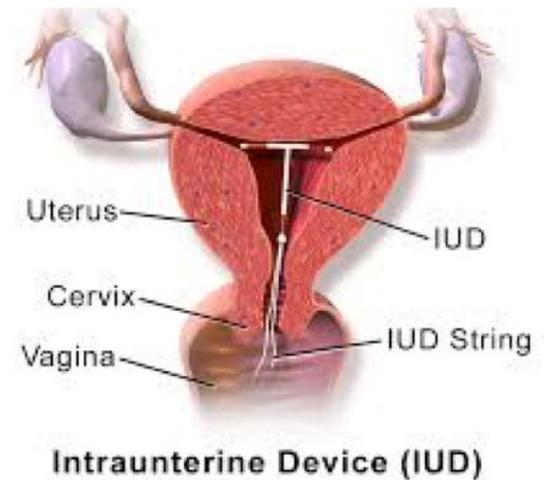


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[https://en.wikipedia.org/wiki/Intrauterine\\_device](https://en.wikipedia.org/wiki/Intrauterine_device)

# Emergency Contraception

- Plan B/the morning after pill (Levonorgestrel)
- Can be taken after unprotected sex  
Do not wait for a pregnancy test
- Can be taken up to 72 hours after sex, but its effectiveness drops to 70-95%
- You can get it over the counter at your pharmacy (no age restrictions)
- Copper IUD can be inserted as a form of emergency contraception

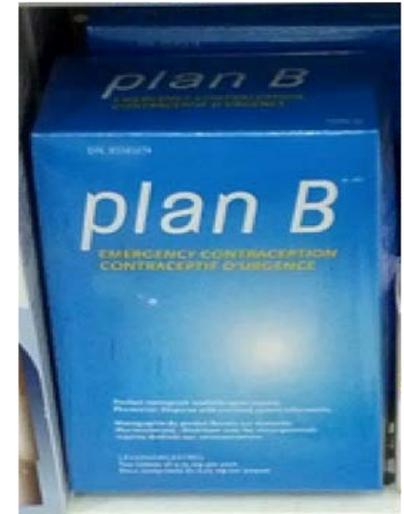


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Why is protection important?

# Important Points Before We Begin...

We are not here to scare you

We are not here to judge you

If you have any concerns about your own sexual health, talk to your doctor/sexual health clinic! These are safe spaces to go for help

# Chlamydia

- ❑ Most common bacterial infection
- ❑ 80% of people with vaginas and 50% of people with penises are asymptomatic
- ❑ Symptoms include vaginal discharge, abdominal pain, pain with peeing, pain with sex
- ❑ Easily treated with antibiotics
- ❑ If not treated, it may affect your ability to get pregnant later on in life, and can cause chronic pelvic pain

# Gonorrhoea

- ❑ Symptoms and treatment are similar to chlamydia
- ❑ Can also affect other sites of the body
  - Throat
  - Anus
  - Eyes
  - Joints (arthritis)

# Herpes (HSV)

- ❑ Type 1 HSV causes cold sores, type 2 causes genital sore
- ❑ But ... you can get type 1 lesions on your genitals and type 2 lesions on your mouth
- ❑ 70% of people are infected when during an asymptomatic period ... aka don't need an open sore
- ❑ Symptoms include painful ulcers and vesicles
- ❑ There is no cure
- ❑ Treatment options available to help prevent recurring outbreaks

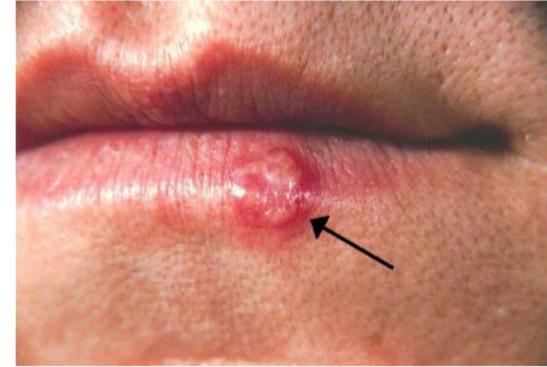


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[https://en.wikipedia.org/wiki/Herpes\\_simplex](https://en.wikipedia.org/wiki/Herpes_simplex)

# Syphilis

- ❑ Bacterial infection
- ❑ Signs:
  - Chancre (round, painless sore)
  - Rash on hands and feet
  - Tired, headaches, generally unwell
- ❑ Can be treated with an antibiotic
- ❑ If left untreated long enough, can progress to neurosyphilis, which can damage the brain and other organs



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# HPV

- ❑ Viral infection spread through skin to skin contact
- ❑ 75% of sexuality active Canadians have had at least one HPV infection
- ❑ HPV related genital warts are the most common viral STI in Canada
- ❑ Genital warts can be managed with creams or liquid nitrogen

# HPV (cont'd)

- ❑ Some strains can lead to cancer (but not the same strains that causes warts)
- ❑ Gardasil vaccine reduces the risk of genital warts by 90% and cervical cancer by 70%
- ❑ PAP tests screen for abnormal cervical cells
  - ❑ These can sometimes lead to cervical cancer
  - ❑ Does not screen for STIs

# Human Immunodeficiency Virus (HIV)

- ❑ Viral infection (retrovirus)
- ❑ Attacks the body's ability to ward off infection
- ❑ Transmitted through certain bodily fluids
  - blood, semen, vaginal and rectal fluids, breast milk
- ❑ If not treated, can progress to AIDS (Acquired Immune Deficiency Syndrome)
- ❑ People with AIDS are vulnerable to infection and are more susceptible to opportunistic or rare illnesses and infections

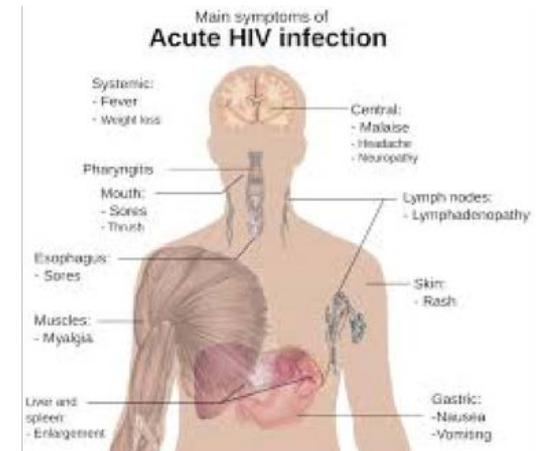


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<https://en.wikipedia.org/wiki/HIV/AIDS>



# HIV (cont'd)

- ❑ Nowadays, it is no longer a death sentence, however there is still no cure
- ❑ People often have to live with severe social stigma
- ❑ Many people live long lives with HIV due to great advances in medical treatment
- ❑ Survival depends on adherence to medical treatment, which can sometimes be quite difficult
- ❑ Medications available to reduce risk of transmission (PrEP and PEP)



# Hepatitis C Virus (Hep C)

- ❑ A viral infection of the liver that often shows no signs in initial infection
  - If any symptoms: flu-like with jaundice and tenderness near liver
- ❑ Ranges from mild, short-term illness to severe, lifelong condition
- ❑ Can cause cirrhosis of liver and liver cancer
- ❑ Only diagnosable through blood test
- ❑ If test is positive, a second test to confirm infection



# Hep C (cont'd)

- ❑ Transmitted through blood and sexual contact
- ❑ Common modes of transmissions from Hep C infected people/materials:
  - Unsafe blood products and organ transplants (Canada has screened for HCV since 1990)
  - Use of illicit drugs and sharing of injection/drug equipment
  - Sharing personal items (like razors, nail clippers, and toothbrushes)
  - Unprotected sex
  - Contaminated equipment for tattoos, piercings, and acupuncture
  - During childbirth

What is a  
Healthy Relationship?

# Healthy Relationship

- Mutual Respect
- Trust
- Support
- Communication
- Separate Identities

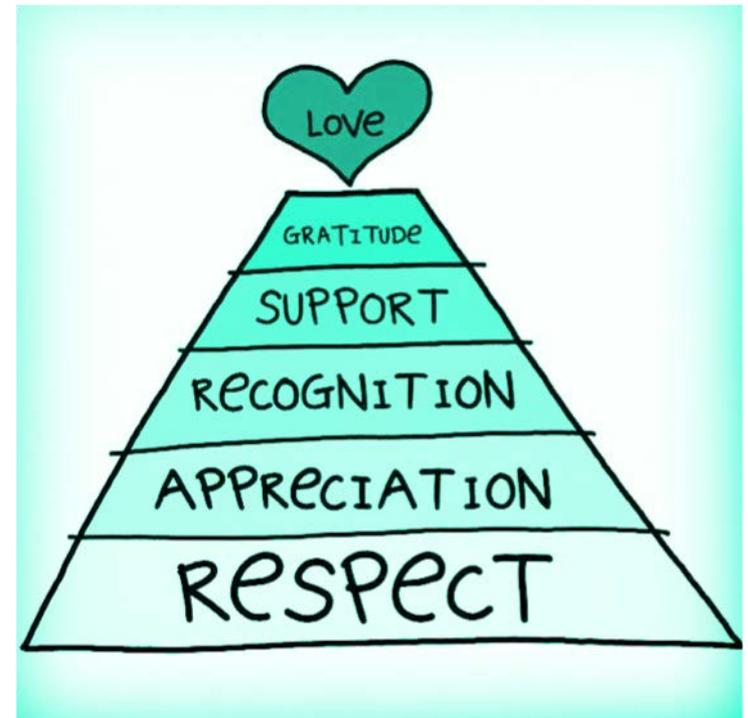


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# Signs Of An Unhealthy Relationship

- Lack of respect
- Feeling Held back
- Controlling behaviour
- Always jealous
- Trying to change the other person

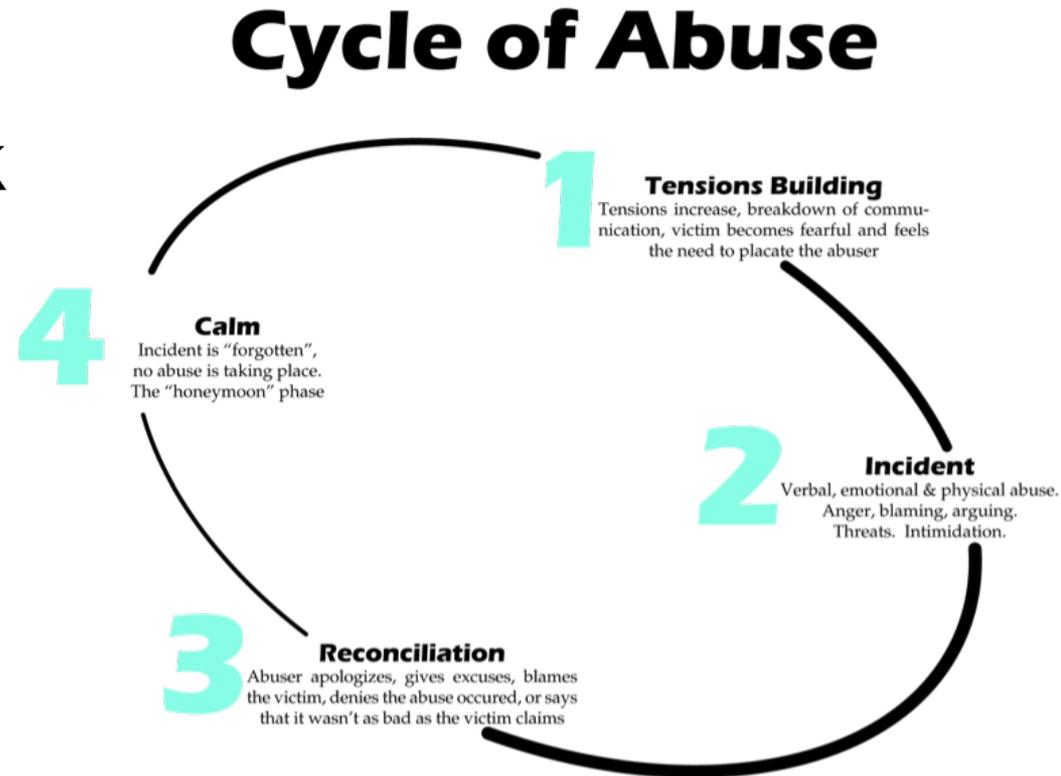


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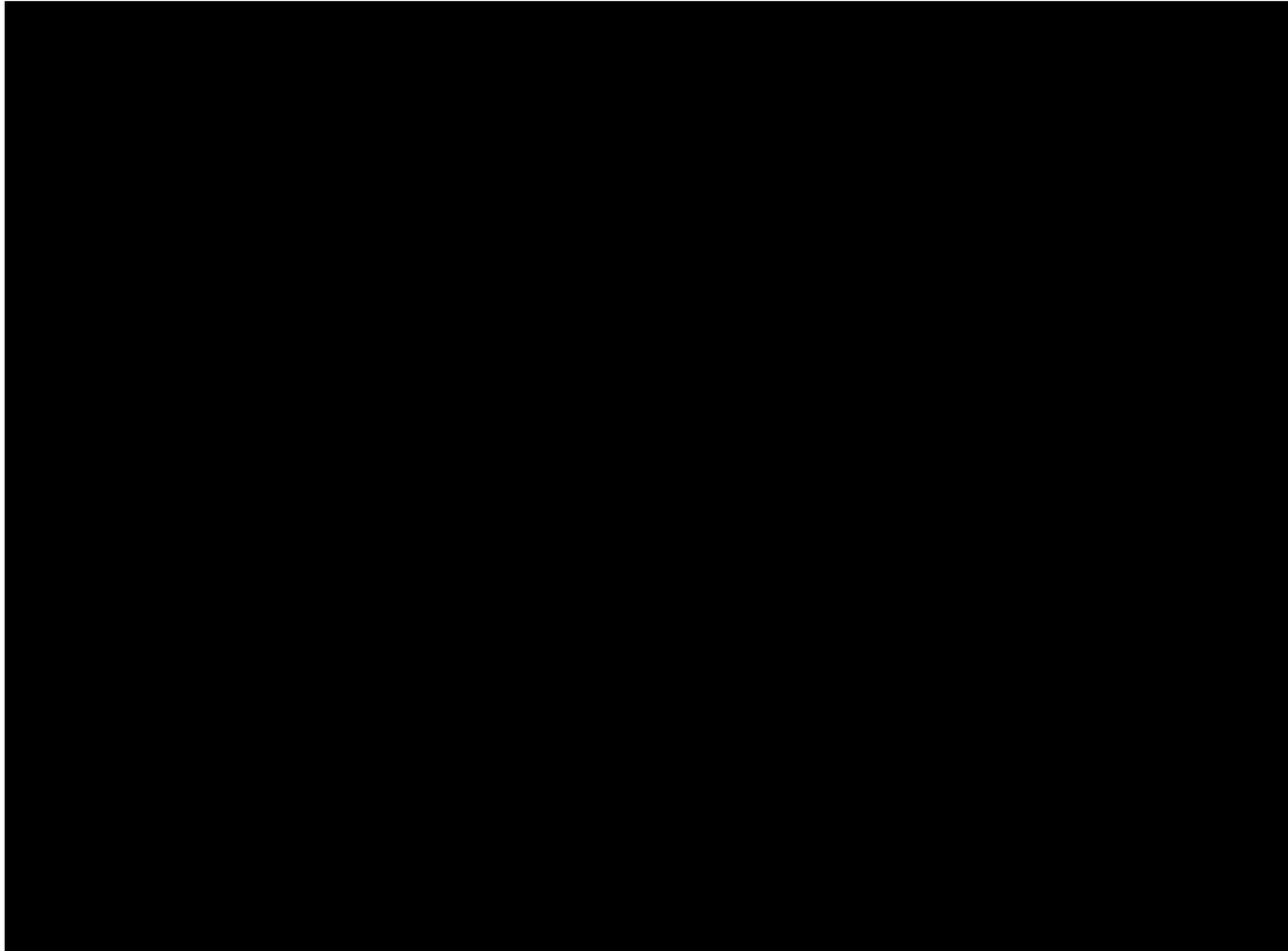


# Things That Are Never Okay

- Verbal, emotional, or physical abuse
- Threats
- Breaking or hitting things during an argument
- Trying to control the other person
- If you have experienced any of these things in a relationship - please reach out



# Love Labyrinth



# Question Box!

This was a lot of information  
for you folks!

You probably have some questions!

Please everyone take out a piece of paper, and  
write something down

\*\*\*Even if you don't have a question\*\*\*

You have two minutes, then we will collect your  
responses



# Hope We Did Better Than This...



Thank you!



# References

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