

NOVA SCOTIA ASSOCIATION FOR SEXUAL HEALTH

formerly Planned Parenthood



NSASH NEWSLETTER

VOLUME 3, ISSUE 1 FEBRUARY, 2012

Note from the Editor...

February 12 marks the 9th annual Sexual and Reproductive Health Day, initiated by the Canadian Federation for Sexual Health. It's a day to bring awareness to the sexual health related issues and trends that impact our lives and those around us. NSASH centres have been busy (as usual) promoting healthy sexual and reproductive health across the province.

Take a look inside and see what events are happening in your community this year.

Happy SRH Day!

Kelty Moser

Sexuality Conference in Yarmouth - March 30

The Yarmouth Centre for Sexual Health, in partnership with South West Health Public Health Services, is hosting this exciting Sexuality Conference for educators, service providers, health professionals and interested individuals of the Tri-County area.

Topics include: Healthy Sexuality and the Early Years, Sexuality and Technology, Alcohol and Risky Behavior, STI/Birth Control Update, Creating Safe Spaces and Hypersexualization.

For more information check healthysexualityis.weebly.com or contact Michele at (902) 742-0085.

*NSASH
has been promoting
sexual health &
reproductive rights
throughout NS
since 1974.*



*We would love to hear
from you!*

*Please send your comments to
news@nssexualhealth.ca*

*Visit us online at
www.nssexualhealth.ca*

Taking Action on Cyberbullying

Workshops and Online Relational Aggression (cyberbullying) were delivered to two groups of school guidance counsellors at the NSTU Conference for Guidance Counsellors Association, held in Liverpool in October.

NSASH continues to offer the *Taking Action on Cyberbullying* program for both youth and adults in most regions of NS. If you are interested in bringing this program to your school, staff, or other group - contact one of our Centres.



Looking for resources on cyberbullying?

www.itgetsbetter.org

"The 'It Gets Better Project' was created to show young LGBT people the levels of happiness, potential, and positivity their lives will reach - if they can just get through their teen years. The project reminds teenagers in the LGBT community that they are not alone - and it WILL get better."

www.thatsnotcool.com

Aims to educate teenagers about digital dating abuse. The site features videos and "callout cards" to email or post to social networking sites ("Thank you for your thoughtful text every 10 seconds").

www.texted.ca

An innovative and interactive website designed to teach Canadian teens how to be safe and responsible and respectful users of texting technologies. The site incorporates games, quizzes, discussion pages, downloadables and other fun tools.

www.athinline.org

Draw Your Line is a place where MTV celebrates all the ways to take action to stop the spread of digital abuse. You can also connect to local resources and find other ways to make a difference.

Curriculum resources for educators

Common Sense Media Digital Citizenship

www.commonsensemedia.org/educators

CyberSmart

<http://cybersmartcurriculum.org/>

Media Awareness Network

www.media-awareness.ca/english/resources/educational/lessons

Sexual Health Centre for Cumberland County

"More Than the Birds and the Bees"

The SHCCC (with Cumberland Public Libraries) will offer a program for parents to help them talk about sexuality with their children. Library staff will be offering a story & craft for children who accompany the parents. Pre-registration required - call (902) 597-2211.

February 7 from 6:30 - 7:30 pm
Springhill Public Library

SRH Day

For Sexual & Reproductive Health Day, SHCCC will partner with local bars to distribute condoms and safer sex messages.

March Break Programming

SHCCC is partnering with three other agencies to offer youth wellness programming during March Break.

"I Can Wait"

This 15-minute educational DVD on postponing sexual involvement was developed with local youth in 2011 and may still be purchased for use with youth ages 11 - 14 and older. DVD & discussion guide: \$50.00 plus s&h.

Check us out online

Facebook: www.facebook.com/pages/Sexual-Health-Centre-for-Cumberland-County/225778277501746.

Also take a look at our "Staying Safe in Cyberspace" podcast on the HSHC website at www.hshc.ca - click on Youtube. Producing this podcast was a collaboration between SHCCC, the Cumberland Public Libraries and HSHC.

The Sexual Health Centre for Cumberland County: promoting informed, responsible attitudes toward sexuality since 1981. As a not-for-profit, registered charity, we are able to offer income-tax receipts for financial contributions which support our programs and services. Thanks to all our donors.

Cape Breton Centre for Sexual Health



"Sexting"

In early December a number of Cape Breton youth were involved in "sexting" incidents that garnered provincial attention.

Sexual Health Collaboration

The Sexual Health Network (a group of 10 member agencies including government and non-profit) is still working diligently to try and meet the

needs of educators, parents / guardians and youth regarding appropriate and timely information on healthy sexuality. Having developed resources for *Healthy Living* teachers, we are now looking at supporting elementary school teachers with the outcomes of their Health curriculum.

Staff has also talked to a Public Health Services committee about community education, expectations, and capacity building in the Cape Breton area. New technology has added another layer to deal with in addressing issues of prevention and protection.

We have to work together to meet these challenges. Happy Sexual & Reproductive Health Day!

Halifax Sexual Health Centre

Former HSHC Volunteer Wins National Scholarship

Former Halifax Sexual Health Centre volunteer Kerry Worth, who is currently studying medicine at the University of Ottawa, is the recipient of the John and Lois Lamont Graduate Scholarship as awarded by the Canadian Federation for Sexual Health.

Congratulations Kerry!

Easier STI Testing Now Available

Chlamydia and gonorrhoea are common Sexually Transmitted Infections (STIs) and the majority of people will have no symptoms. HSHC is seeing an increase in the positive cases for Chlamydia. Testing for these two STIs has now become easier. Everyone is automatically tested for both Chlamydia and gonorrhoea via a urine test for males and a vaginal swab for females and transmen. Throat swabs and rectal swabs can now be processed by the lab.

Did You Know?

Every year, HSHC distributes about 15,000 Lifestyles® condoms and 12,000 packages of Lifestyles® personal lubricant for free. We would not be able to do this without the very generous support of Ansell Canada.

Some of the comments we've received include, "Thank you for the free condoms. I can't always afford to buy them so it's good to know where I can get some so I can remain safe."

One of the first videos added to our YouTube channel, HSHCTV, is "See How Lifestyles Condoms are Made and Tested." The rigorous quality control tests are fascinating and worth the 3 minutes it takes to watch. Go to our home page (www.hshc.ca) and click on the YouTube logo on the top of the left page.

Thanks Ansell Canada!

Follow us...

Facebook: www.facebook.com/HSHCNS

Twitter: [@HfxSexualHealth](https://twitter.com/HfxSexualHealth)



Sexual Health Centre Lunenburg County

Outreach Program

The SHCLC's outreach program has undergone some changes. Sadly, despite efforts we were unable to secure renewed or other funding to sustain the Queens County portion of the program, which was offered May-August 2011 at Liverpool High School & Gorham Alternate School. The brief program was immensely successful, which demonstrated both the talent of Outreach Worker, Sharon Woodill, and the already-established need for sexual health services in Queens County.

Queens County is one of the regions in NS lacking a Sexual Health Centre due to NSASH's funding constraints.



The SHCLC continues to offer the NSASH-developed program, *Taking Action on Cyberbullying*, to Queens County via an IWK Community Grant.

Happily, the SHCLC's outreach program was **expanded** in Lunenburg County as of the Fall 2011, and now includes Bridgewater Jr/Sr High School in addition to two rural schools, Park View Education Centre & Forest Heights Community School.

Through the outreach program, the SHCLC continues to offer one-on-one services to students, including free pregnancy testing, options counselling, referrals, free condoms & lube, STI & contraception info, GLBTQ support; and services to staff and service providers such as support, training, resources, consultation, and referrals.

"The issue of safe and healthy sexuality is vital to the health, safety, self-care, and protection of our youth. Knowledge around these issues is only a small part of the battle. Access to services and supports is critical... The cost of disease, infection, and teen pregnancy, is, in the long term, far higher, financially, personally, and in our larger community, than is the cost of prevention. Healthy young people are our greatest resource."

– Shirley Burriss, Schools Plus program,
South Shore Regional School Board

New Faces

The SHCLC would like to welcome volunteer Scotty Vaughan. Scotty has been volunteering with the SHCLC since August 2011 and has so far contributed approximately 125 hours. To Scotty and our other volunteers, from the SHCLC and our community, we'd like to extend a big thank you!

Follow us...

Facebook: www.facebook.com/groups/179476790101/

Twitter: @shclc



Sheet Harbour Sexual Health Centre

Positive Aging Project

The SHSHC was successful in receiving Positive Aging Funds to create, publish and distribute a **healthy sexuality guide for seniors**.

There is clearly a lack of information on topics surrounding seniors and sexuality. It is hoped that this guide will answer many of the questions people are too afraid (or embarrassed) to ask. We want this to act as a catalyst for opening up lines of communication and to get people talking about sexual health related issues that are important to them in their aging years.



The guide will be released by March and will be made available at various locations across the province as well as for sale through the Centre. Do watch for it!

Celebrate SRH Day

To celebrate Sexual and Reproductive Health Day, we will be hosting a fun-filled **Trivia** with the Coordinator of the Youth Health Centre at DMHS on February 10.

Monthly Sexual Health Services

Debbie Dicks, Nurse Practitioner, (and winner of last year's Sexcellence Award) continues to provide sexual health services for the men & women in our area. These essential services are offered at the Eastern Shore Memorial Hospital and appointments can be made by calling (902) 885-2668.

New Monthly Column

The SHSHC is now the author of a monthly column in *Shore News*, a local paper. The column is entitled **Labour Day** and features stories of women and their birth experiences.

New website

www.sheetharboursexualhealth.com



Pictou County Centre for Sexual Health



Voluntary Sector Professional Capacity Trust

With funding from the Voluntary Sector Professional Capacity Trust (administered with the support of the NS Dept of Labour and Advanced Education), the PCCSH is offering a series on board training, governance & strategic planning. Topics include: governance styles, monitoring & evaluation, legal & ethical accountability and much more. Sessions are open to all non-profit agencies.

Governance Workshops

Veronica MacNeil, Voluntary Sector Consultant, will be hosting all-day workshops on:
February 10 & 11 and March 23 & 24.

Strategic Planning

The Acadia Centre for Social & Business Entrepreneurship will be hosting a Strategic Planning session entitled: **Purposeful Planning for Non-Profits on March 3.**

Non-profit staff, board members and professionals are invited to attend.

"In Full Bloom"

In Full Bloom is a program designed for mature women faced with later in life experiences such as menopause, self-esteem, sexuality & aging and body image. This is an ideal program for women who have fulfilled their roles as mother and are facing *empty nests*, are new to the dating scene, recently divorced or separated, retired or are recovering from an illness. Call for details.

LGBTQQ2II Focus Groups

The PCCSH will be holding focus groups with LGBTQQ2II youth in our community to assess their needs for programming & services. Assessments are currently being scheduled for Youth Health Centres, youth centres and other local groups. The results of our assessment will be presented in recognition of International Day Against Homophobia. Check our Facebook & Twitter for more information.

Sexual Assault Awareness Month

May is Sexual Assault Awareness month in Nova Scotia. Last year, the PCCSH, in partnership with the Pictou County Women's Centre, organized a proclamation signing with all municipal leaders. Contact us for details on this year's event.

NS has the highest rate of sexual assault per capita in Canada (Statistics, Canada 2004) and is a crime that affects everyone in our community - especially women and children.

Interested?

If you're interested in becoming involved in any of these activities please contact us at (902) 695 3366 or pcsexualhealth@hotmail.com.



Sexcellence Award

Congratulations Lori McCracken!



The winner of the coveted Sexcellence Award has been selected for 2012: congratulations **Lori McCracken!** McCracken is the Public Health Leader for South Shore Health and has been a long-time proponent of sexual and reproductive health. She has made a number of significant contributions - she served on the Board of the Sexual Health Centre Lunenburg County from the beginning until just last year (when she reluctantly resigned due to increasing demands of her work in Public Health), and as the Board Chair in 2009.

McCracken established *Teen Place*, the happenin' Youth Health Centre in New Germany, in rural Lunenburg County. She also put a lot of effort toward establishing a Youth Health Centre in Bridgewater; an idea that took hold and is now being realized at a high school in Bridgewater that primarily serves rural youth. She was also one of the creators of the amazing *Sex on the Brain* board game; a fun, *Cranium*-inspired sexual health education tool.

In general, over the years Lori McCracken has coordinated collaborations and liaisons between Public Health and the SHCLC, and has enhanced sexual health work in myriad ways. She has demonstrated a passion for the promotion of sexual and reproductive health in Nova Scotia, and NSASH is pleased to be able to honour her work through the Sexcellence Award.

Join the SHCLC on February 9 at 6 pm at the South Shore Regional Hospital, Lecture Rm 1, 3rd Flr for the Sexcellence Award Ceremony.

National Campaign

"Not Everything Has to Go Viral"



The Canadian Federation for Sexual Health (CFSH) is in the process of rolling out its annual Sexual & Reproductive Health (SRH) Day campaign (with the SHC Lunenburg County on the campaign committee). Some firsts this year are that SRH will be celebrated all week beginning Feb 12th AND it will be social media based!

The theme is STI awareness, treatment, and testing and youth empowerment, with the slogan "Not everything has to go viral."

Find the **social media kit** online now! The kit will include a hip poster with a scan code, a set of status messages that you will be able to use on facebook / Twitter, complete with hashtags, resource links and themed images.

Follow them online www.cfsh.ca Facebook & Twitter: [@sexualhealthcan](https://twitter.com/sexualhealthcan)

NSASH *members*

NOVA SCOTIA ASSOCIATION FOR SEXUAL HEALTH

Halifax Sexual Health Centre *

Tel: 455-9656

ED@HSHC.ca / Educator@HSHC.ca

www.HSHC.ca

Sexual Health Centre for Cumberland County

Tel: 667-7500

shccc@ns.aliantzinc.ca

www.cumberlandcounty.cfsh.info / www.forgirls.ca

Cape Breton Centre for Sexual Health

Tel: 539-5158

pp.cb@eastlink.ca

Pictou County Centre for Sexual Health

Tel: 695-3366

pcsexualhealth@hotmail.com

www.pictoucountysexualhealth.com

Sexual Health Centre Lunenburg County

Tel: 527-2868

lunco@nssexualhealth.ca

www.theSHaC.org

Sheet Harbour Sexual Health Centre *

Tel: 885-2789

sheetharbourshc@hotmail.com

www.sexualhealth.sheetharbour.ca

Yarmouth Centre for Sexual Health

Tel: 742-0085

yarmouth@nssexualhealth.ca

** Provides Clinical Services*

free condoms

women education

anonymous HIV

testing FREE

PREGNANCY

TESTING

individual guidance

referrals **SEX**

free lube *info*

pap & STI testing

ECP men

community development

advocacy

self-esteem

awareness

confidential

LGBTTIQQ **non-**

judgemental

birth control

resource library

puberty

empowerment

reproductive

health youth friendly

sexuality

free condoms

women

anonymous HIV

testing *education*