

# NOVA SCOTIA ASSOCIATION FOR SEXUAL HEALTH

*formerly Planned Parenthood*



## NSASH NEWSLETTER

VOLUME 1, ISSUE 1 NOVEMBER, 2010

### Note from the Editor

*We've certainly come a long way since the days when accessing birth control was illegal, but in light of today's sexual health trends, we're now faced with a realm of issues that require proactive awareness & educational interventions. NSASH is dedicated to doing just this and all Centres strive to provide safe & confidential services to individuals of all ages, genders, socioeconomic backgrounds, races & ethnicities.*

*I encourage you to read our newsletter and use it as a tool for starting conversations at the office or at home. To be added to the email list to receive newsletters, please send your contact info to [news@nssexualhealth.ca](mailto:news@nssexualhealth.ca).*

*Kelty Moser*

### HEALTHY SEXUALITY IS...

NSASH is excited to present the *Healthy Sexuality Is...* Conference in partnership with Yarmouth Centre for Sexual Health (YCSH) and Southwest Public Health. This year's conference is being held on November 17 & 18 at the Grand Hotel in Yarmouth with over 100 people planning to attend from all across the province.

Conference topics include examining your own values & judgements, creating safe spaces, hypersexualization, youth sexual health trends, and more.

A special thanks goes out to Michele at YCSH for all her hard work as well as Dept. of Health Promotion & Protection, Yarmouth Community Health Board, White Point Resort and Southwest Public Health for making this event possible!

### 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](mailto:news@nssexualhealth.ca)

*You can also visit us online at*

[www.nssexualhealth.ca](http://www.nssexualhealth.ca)

**NSASH** *Promoting Healthy Sexuality Across the Lifespan*

## NEW Youth Health Centre in Chester

A new Youth Health Centre opened its doors in September 2010 in a newly renovated space within the Forest Heights Community School. The project was led by Shirley Burris of the Schools Plus program (South Shore Regional School Board), with the support and participation of the Sexual Health Centre Lunenburg County (SHCLC), Public Health, and school staff and students. The SHCLC was involved from the beginning and has been providing outreach services to the school since May, and is continues to provide support. The Youth Health Centre and the SHCLC's outreach services are addressing significant needs within the student population.



Check out [www.forgirls.ca](http://www.forgirls.ca) to learn about **SHCCC's** award-winning program. It also includes links to other great 'stuff' for girls.



## World AIDS Day 2010

The first World AIDS Day was celebrated on December 1st 1988 and is a day dedicated to raising funds, promoting awareness, and fighting prejudice of HIV/AIDS. This year's theme is 'Universal Access and Human Rights'.

World AIDS Day is celebrated across the globe with a variety of events, gatherings and candle light vigils to commemorate those living with and affected by HIV/AIDS. Please show your support by wearing a red ribbon and attending one of the events taking place across the province throughout AIDS Awareness Week from November 24 - December 1.

*The Sheet Harbour Sexual Health Centre (SHSHC), in partnership with local Youth Health Centre, is hosting "Talking to you kids about Sex"; a series of workshops for parents. Call 885-2789 or email [sheetharbourshc@hotmail.com](mailto:sheetharbourshc@hotmail.com) for further details.*

## SAFER SEX OVER 50

*Sex can be fun at any age, BUT age doesn't keep you safe!*

This is the message the Sexual Health Centre Cumberland Co. (SHCCC) has been spreading recently with funds provided through the NS Positive Aging Fund.

Learn more about how to reduce the risk of contracting an STI as well as tips on safer sex practices for those over 50 by checking out [www.sexualityandu/adults.ca](http://www.sexualityandu/adults.ca).

For a copy of the pamphlet please contact SHCCC at 667-7500 or [shccc@ns.aliantzinc.ca](mailto:shccc@ns.aliantzinc.ca).



## A NEW INITIATIVE FOR NSASH

In June 2010, NSASH was awarded a grant of \$10,050 from the Mental Health Foundation of NS to develop a provincial program addressing the safe, responsible, and respectful use of texting technologies & social media.



The ***Taking Action on Cyberbullying*** program is being developed in response to evidence of the increasing prevalence of bullying and harassment through electronic media. In a 2007 study<sup>1</sup>, “32% of teens online say they have been targets of a range of annoying and potentially menacing online activities, such as receiving threatening messages; having their private emails or text messages forwarded without consent; having an embarrassing picture posted without permission; or having rumours spread online.”

Research also indicates that significant numbers of youth are sending sexually suggestive text messages, as well as posting or sending nude, semi-nude pictures or videos of themselves, have had sexually suggestive messages shown to them, or have participated in forwarding such messages to someone other than the person for whom it was originally intended. Research suggests this is in response to pressure from peers.<sup>2</sup>

NSASH will use this funding to develop workshops for youth, parents, teachers, and health professionals which will be delivered in 6 regions across the province with the aim to build community capacity to ensure program sustainability. A web-based forum will be created for mental health promoters, teachers, public health educators, and sexual health promoters to share knowledge and strategies for improving mental health and sexual health by reducing the unethical use of the internet and cell phone technology.

*For more info or to get involved call:*

Halifax Sexual Health Centre ~ 455-9656 (youth workshop)  
Cape Breton Centre for Sexual Health ~ 539-5158 (adult workshop)  
Sexual Health Centre Lunenburg Co. ~ 527-2868

~ 1 A. Lenhart, "Data Memo: Cyberbullying and Online Teens." Pew Internet and American Life Project, June 27, 2007. ~ 2 Sex and Tech: Results from a survey of teens and young adults. The National Campaign to Prevent Teen and Unplanned Pregnancy <http://www.thenationalcampaign.org/sextech/> ~



## HELP @ your FINGERTIPS

The Sexual Health Centre Lunenburg Co. (SHCLC) has a great selection of pamphlets on a variety of topics related to youth sexual health that can be easily downloaded to use within the classroom, centres or at home to discuss with your child. Check them out @ [www.theSHaC.org](http://www.theSHaC.org) by clicking on “info for teens”.

The SHIFT project series of pamphlets funded by the



United Way of Lunenburg County

**NSASH** *Promoting Healthy Sexuality Across the Lifespan*

# NSASH *members*

## NOVA SCOTIA ASSOCIATION FOR SEXUAL HEALTH

### Halifax Sexual Health Centre \*

Tel: 455-9656

[Educator@HSHC.ca](mailto:Educator@HSHC.ca)

[www.HSHC.ca](http://www.HSHC.ca)

### Sexual Health Centre for Cumberland County

Tel: 667-7500

[shccc@ns.aliantzinc.ca](mailto:shccc@ns.aliantzinc.ca)

[www.cumberlandcounty.cfish.info](http://www.cumberlandcounty.cfish.info)

### Cape Breton Centre for Sexual Health

Tel: 539-5158

[pp.cb@eastlink.ca](mailto:pp.cb@eastlink.ca)

### Pictou County Centre for Sexual Health

Tel: 695-3366

[pcsexualhealth@hotmail.com](mailto:pcsexualhealth@hotmail.com)

[www.pictoucountysexualhealth.com](http://www.pictoucountysexualhealth.com)

### Sexual Health Centre Lunenburg County

Tel: 527-2868

[lunco@nssexualhealth.ca](mailto:lunco@nssexualhealth.ca)

[www.theSHaC.org](http://www.theSHaC.org)

### Sheet Harbour Sexual Health Centre \*

Tel: 885-2789

[sheetharbourshc@hotmail.com](mailto:sheetharbourshc@hotmail.com)

[www.sexualhealth.sheetharbour.ca](http://www.sexualhealth.sheetharbour.ca)

### Yarmouth Centre for Sexual Health

Tel: 742-0085

[yarmouth@nssexualhealth.ca](mailto:yarmouth@nssexualhealth.ca)

\* *Provides Clinical Services*

free condoms  
women education  
anonymous HIV testing  
FREE PREGNANCY TESTING  
individual guidance

referrals sex  
free lube information  
pap & STI testing  
ECP men  
community development  
social advocacy  
self-esteem

awareness  
confidential  
LGBTTIQQ non-judgmental  
birth control  
resource library

puberty  
empowerment reproductive health  
youth friendly sexuality  
free condoms  
women

anonymous HIV testing  
education  
FREE PREGNANCY TESTING  
individual guidance  
referrals sex