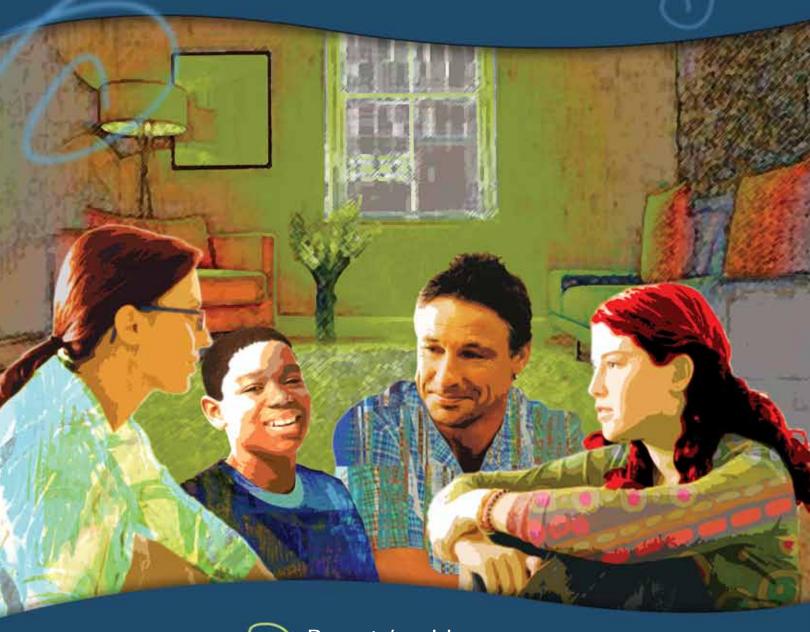
Transformations, Butterflies, Passions... and All Sorts of Questions



Parents' guide for discussing sexuality with their teens

Québec ##



The Quebec Federation of Parents' Committees is proud to support the distribution of this brochure.

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Masculine pronouns are used generically in this document.

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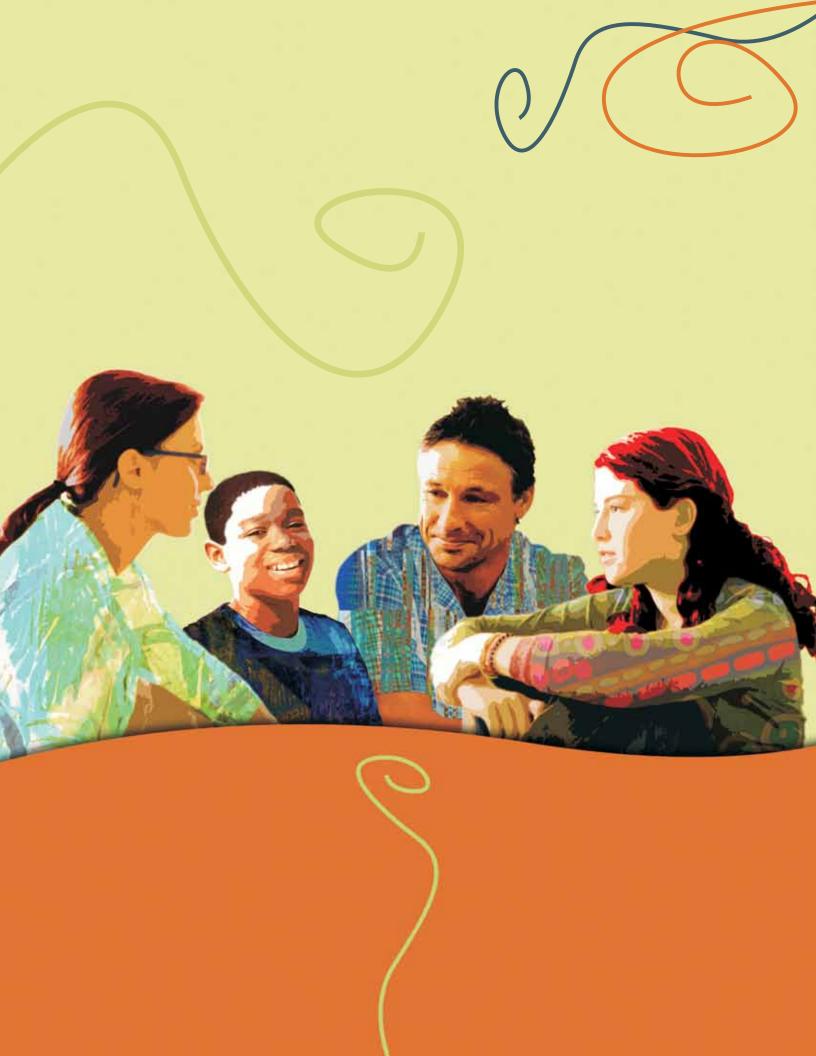
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Talk about sexuality with your teen

our child is about to start secondary school. This stage of life is often a source of concern for parents who see their child heading into adolescence, a period characterised by a greater thirst for independence as well as the onset of puberty and, therefore, a gradual sexual awakening. While your child is increasingly looking forward to growing up, you think about what he or she will meet on the path to adulthood and you ask yourself what you can do to help along the way.

Ideally, earlier is better, even before the first changes of puberty and first romantic encounters. Parents are the initial sex educators for their children; the way they take on this role depends on their own cultural background, the degree to which they feel comfortable with sexuality and their ability to assume the role. If you are unable to take on this role, it is important that you find someone you trust who can.

Educating about sexuality is more akin to being a guide or lending an attentive ear than being an expert on the topic. The goal of this brochure is to provide you with tools that can guide you and that you can use when you think about adolescent sexuality.

As you read on, you will notice capsules that suggest issues to think about and offer information as well as tips and tricks.

Questions to consider



Clarify your own values and feelings about sexuality; take the time to form an opinion on different situations. These are important assets for parents who wish to discuss the issue of sexuality with their teenagers.

Through different questions and information, the **Considerations** capsules will help you progress along this road. The topics proposed can also be used to initiate discussion on sexuality with your adolescent.

Information



You don't need to know everything to talk about sexuality with your adolescent. If you have enough knowledge, however, you will be in a better position to intervene effectively.

The **Information** capsules contain elements that complement the text in the brochure.

Tips and tricks

Tips and tricks

There is no miracle formula to being a sensitive and compassionate sex educator. Nonetheless, there are a few simple tricks you can use, depending on the circumstances.

The **Tips and tricks** capsules provide concrete examples and suggestions related to your adolescent's sexuality education.



A bridge between generations

The family: primary site for sexuality education

t is within the family that children become aware of male and female sex roles and family values related to sexuality (respect, love, equality, protection, etc.). Sexuality education begins early in a child's life and does not refer only to a discussion of genitals, sexual relations and prevention of problems such as unplanned pregnancy and sexually transmitted infections (STIs); it also includes relationships and emotional aspects.

The school also plays a leading role in sexuality education by allowing adolescents to discuss different aspects with each other and with professionals, while respecting varied levels of development. However, as parents, you have a clear advantage over educators who are working with 30 young people at a time: you know your child's personality, fears, aspirations and sensibilities. You have been developing a bond of trust since he or she was very young, which puts you in a privileged position. Take advantage of it!

Is each new generation so different?

When it comes to adolescent sexuality, we have to recognise that from one decade to the next, many things do not change: with puberty comes first attractions, first intimate relationships and first sexual contacts. What changes is the context in which these events take place. This is often where the generation gap manifests itself, where both parents and adolescents feel they are from different planets. Getting in touch with changes in the society in which your adolescent lives is one way to bridge the gap which, in the end, may not be as wide as it seems. Telling your children that you want to learn from them and understand what is going on in their lives can initiate a dialogue and will undoubtedly lead to

exchanges that are rewarding for parents as well as their children.



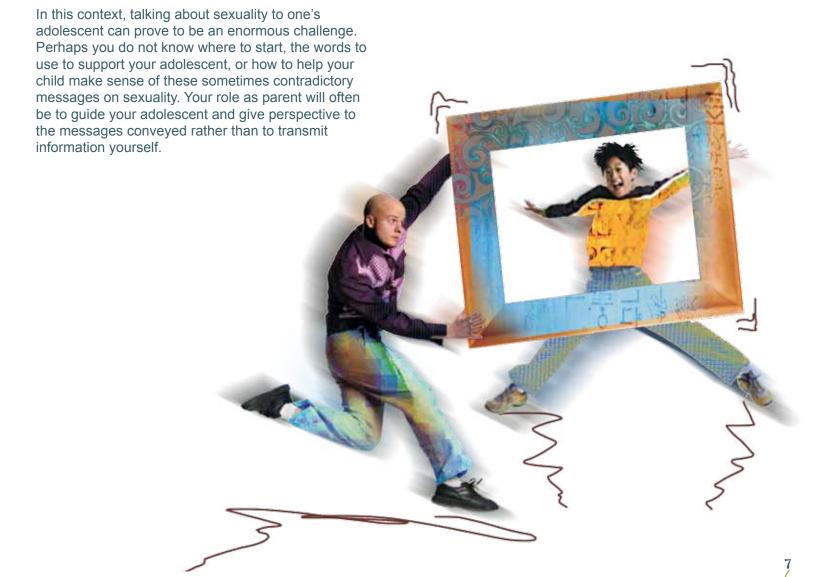


When sexuality is in the headlines

Every culture has its own norms, conceptual references and representations related to sexuality. Consequently, our way of perceiving and living our sexuality is coloured by the culture in which we grow up². Presently, one of the particularities of our society is probably the large amount of information available about sex, and images of a sexual nature that we see every day. Advertising, magazines, television shows, films and the Internet all expose us to increasingly sexualised and explicit images and comments. Our adolescents, both boys and girls, are as aware as we are of the importance currently given to sexuality.

sharing your values (respect for oneself and others, love, authenticity, pleasure, etc.) and to set guiding principles and limits. Talking about sexuality and undertaking a process of reflection with your adolescent does not mean you should be totally permissive. Adolescents need to be heard and to have a greater sense of autonomy, but they also need boundaries to develop a healthy and satisfying sexuality. Parental support helps an adolescent take responsibility. It is important to strike a balance between the times when you support your child and the times when you leave him or her alone³.

Educating your child about sexuality also involves



Young people today: a brief introduction

dolescence is a time of exploration and experimentation, a time to discover oneself and others, and to develop one's tastes and needs. It is also a time of sexual awakening (first love, first sexual encounters such as kissing and fondling, first sexual relations). All these new experiences begin at puberty, a period defined as a set of physical and psychic changes that occur during the transition from childhood to adulthood'. (The term "psychic" refers to the mind and to psychological and emotional life).



Adolescence, a period of changes in the psyche...

During this period, adolescents feel the need to redefine their roles within the family and to acquire more independence, more power to act and more decision-making abilities. They slightly distance themselves emotionally from their parents and gradually act more autonomously 7. They want to shop for their own clothes (often with friends); they participate less in family activities and become more secretive.

Nevertheless, the family remains central in adolescents' lives despite their distancing efforts. The fact that your child is more secretive and distant does not mean that you have been relegated to second place. It only means that they are becoming more autonomous, and exploring values and views that differ from those of their families. The broad questions they are asking themselves, such as "Who am I?" and "Am I normal?", are important to them. They must get to know themselves, assert themselves, and form their own values and opinions. In short, they have to define their own personalities. They question the values passed on by their parents; peers and friends become very important and their influences are felt. Some of the tasks that adolescents have to accomplish involve discovering their interests and passions, and experimenting with their limits.

For many parents, therefore, the challenge is to live with their child being distant and to maintain reassuring emotional connections with him or her. Adolescence is a time when the parent/child relationship changes. At first, the relationship was one of dependence and authority; it is now evolving toward a mutually reciprocal and cooperative relationship. The more parents and adolescents work at developing trust and mutual understanding, the easier it will be to take their distance, and the more respectful discussions and exchanges will be⁸. It is important to know that the majority of adolescents will not experience major conflicts with their parents⁸.



... and in the body

Human beings are sexual from birth. Therefore, sexuality is an integral part of the lives of girls and boys. During adolescence, it takes up more space in their lives: this is absolutely natural given all the changes that are occurring at the same time.

During puberty, boys and girls go through a series of physical changes over a five- to six-year period¹⁰. In Québec, almost all 13-year-old girls and boys have started puberty¹¹. By the age of 16, one third of girls, but only 3% of boys, have completed puberty¹². This means that boys and girls do not develop at the same rate.

INFORMation

Puberty begins between the ages of 8 and 17 years in girls \bigcirc , and between 10 and 18 in boys \bigcirc .

In girls:

- Preasts and uterus develop
- Pubic hair appears, followed by underarm hair.
- Prior Hips grow wider; menstrual periods begin.

In boys:

- O' Pubic hair appears, penis and testicles grow bigger.
- O' Spontaneous erections and first ejaculations occur.
- O' Underarm and facial hair appear.
- O' Voice deepens.





The changes brought on by puberty require certain adjustments and bring adolescents to take a closer look at themselves¹³, as can be observed by the time they spend in front of the mirror. Most young people welcome these changes; for others, they are more difficult to accept.

Considerations

Fashions and beauty standards influence how young people see their bodies. For example, in societies where being thin is valued, some pubertal changes, such as hips widening in girls, can be more difficult to accept.

Be attentive to your child's feelings toward the transformations that are occurring so you can help him or her have a positive body image.

Youth and sexuality: a gradual awakening

It is during adolescence that the first sexual and emotional relationships occur. Concurrent with forming their personalities, adolescents learn to reach out to others and engage in reciprocal emotional relationships where each person brings something to the other. They also feel a desire for closeness, tenderness, and physical contact.

All the changes that occur during puberty cause some young people to feel anxious about their appearance; others float around feeling intensely romantic, while some question their sexual orientation, are afraid they will never please, or are not at all interested in sexuality. In other words, adolescents who are all quite different from one another deal with an array of situations.





Discovering romantic feelings

Going out with someone is an important event in adolescent development. By age 13, nearly two-thirds of Québec high-school students will have had at least one boyfriend or girlfriend¹⁴. This proportion rises to 78% among 16-year-olds. Although some adults may think first relationships are unimportant or trivial, young people take them very seriously. They can experience emotional intimacy with someone who has similar interests and to whom they are attracted.

Exploring sex

A kiss is the first sexual act that most young people will experience. As a general rule, non-genital touching, genital petting and then sexual relationships with penetration follow¹⁵. In Québec, it is estimated that by the age of 16, 41% of high school students have already had their first sexual relation with vaginal penetration¹⁶.

Boys will often experiment with masturbation before having their first sexual contacts with a partner. For girls, the inverse is more common: they will first engage in sexual relations with a partner before discovering masturbation¹⁷. Today, masturbation is still fairly taboo. Yet, masturbation enables people to explore their bodies and become aware of their sexual needs, two elements that are central to the development of a fulfilling sexual life. Due to the intimate character of this practice, some adolescents will not bring up the topic with their parents. In this context, discretion would be appropriate to ensure your adolescent's need for privacy is respected. On the other hand, if your child asks you questions about this subject, being open to discussing it will help him or her perceive this act as natural and acceptable.

INFORMation

In order of importance, the three main reasons why secondary III and V students have not yet had sexual relations¹⁸:

Girls:

- 1) not ready;
- 2) have not met the right person;
- 3) want to remain virgins before marriage.

Boys:

- 1) have not had the opportunity yet;
- 2) have not met the right person;
- 3) not ready.

In order of importance, the reasons why boys and girls say they have had their first sexual relation¹⁹:

- 1) love for the partner;
- 2) curiosity
- 3) to attain adult status;
- 4) to satisfy their sex drive.





What if my child is homosexual?

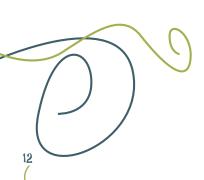
Some young people might experiment sexually with someone of the same sex without necessarily defining themselves as homosexual. A Québec survey revealed that 3% of 13-year-old boys and girls have had homosexual experiences²⁰. Sometimes, these experiences are linked to the need to explore typical issues of adolescence rather than an indication of homosexual orientation. On the other hand, about 10% of boys and 8% of girls will discover they are homosexual at some point during their lives.

On average, these boys and girls feel their first attractions to someone of the same sex at age 11; for others, it can be earlier or later²¹. Nonetheless, although some youth may become aware of their homosexuality in early adolescence, others may only discover their sexual orientation later on or not until adulthood.



INFORMation

Young homosexuals are just as likely to have fulfilling love and sexual lives as young heterosexuals. Like other adolescents, they learn to handle their first sexual attractions and wish to become emotionally involved with someone. On the other hand, they risk running into more obstacles. Some of these young people will keep their loves and desires to themselves to avoid being mocked by their friends. The more homosexuality is accepted in their environment, the more homosexual adolescents will be inclined to develop positive self-esteem. Fortunately, society as a whole tends to be increasingly accepting of various sexual orientations, but more work needs to be done.





Sexually active earlier now than inprevious generations?

Some social messages suggest that young people today have numerous sex partners and start having sex earlier and earlier. However, the profile that emerges from studies of young Canadians is more nuanced. The proportions of young people who experimented with various sexual acts have remained constant²². In Québec, 18% of sexually active high-school youth aged 14 to 17 years have had four sex partners or more²³. This latter group does not form the majority but must be taken into account since the fact of changing sexual partners can place adolescents at greater risk of contracting sexually transmitted infections (STIs).

In short

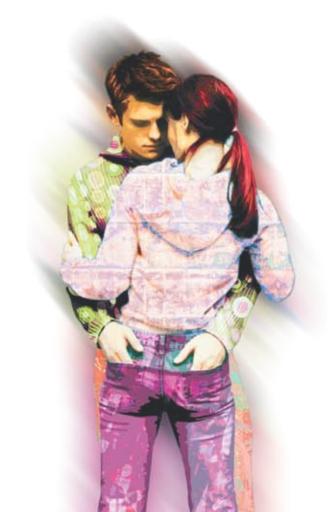
Adolescents gradually learn to know themselves and to deal with emotional relationships through their first emotional connections and sexual experiences. These experiences help them acquire the skills to develop emotional and sexual intimacy with a partner.

In the context of these new feelings and experiences, it is pertinent for you to:

- listen to your child's questions and concerns about sexuality;
- avoid trivialising your child's first emotional connections. Your adolescent will greatly appreciate the significance you give to this important aspect of his or her life;
- think about your own perceptions of sexuality in general or of the sexuality of adolescents (reserves, fears, interests, hopes, etc.). Why not talk about it with other parents?

Considerations

- How is your adolescent's perception of and experiences with sexuality similar to or different from yours when you were that age? Note the points you have in common and the ones that differ.
- What would your perception of sexuality be if you were an adolescent in today's world?
- What aspects of your adolescent's sexuality are of concern to you?
- What aspects are reassuring to you?
- What would you like for your child concerning his or her sexuality?



A few "preliminary" notions: preparing to talk about sex with your adolescent

s parents, we have many questions when it comes to how to teach sexuality. How do we bring up such a delicate subject with adolescents? And whose responsibility is it to talk about sex with a child, the mother's or the father's? Is it better to split the task along the mother-daughter and fatherson dyads? Obviously, it is tempting to get it over with quickly, to briefly touch on the dangers of unprotected sexual relations, leave condoms in the bathroom cabinet and wait... and hope that all goes well.

Your children have been asking you questions and talking to you about sexuality since they were very young. But adolescence also brings about its share of concerns... both for them and for you! Since the onset of their puberty, you may be vacillating between feeling happy to see your children becoming adults and concerned about them struggling with a broken heart or getting involved in a relationship that may not be the best for them, or you may be worried because they have had unprotected or poorly protected sex. How do you situate yourself within all of that? To act effectively and sensitively, a little preparation is required.



Considerations

- Under what circumstances could discussions about sexuality be most beneficial and pleasant between you and your child?
- Do you find it difficult to bring up the topic of sexuality with your adolescent? Are you comfortable in this role?
- Have you ever talked about sexuality with your adolescent? What specific aspects have you discussed?
- In what kinds of atmosphere did these discussions about sexuality take place?
- How would you qualify your experiences with sexuality education?



A question of timing

Preadolescence is an opportune moment to lay down the basis of mutual trust and establish respectful and effective means of communication. Young people are more often willing to discuss sexuality with their parents during preadolescence, that is, between the ages of 9 and 12. They are less secretive at that age and confide in their parents more readily. Young people perceive interactions with their parents less favourably when they are 16 than when they are 13, undoubtedly because they are going through a more turbulent period of adolescence. Also at this time, they feel the need for more distance from their parents. This is why it is important to initiate dialogue early²⁴.

You may not know it but you are already a sex educator

As parents, you are male or female role models and, as such, you are already sex educators. Without even bringing up the subject specifically, your actions have said a lot about your values and attitudes toward sexuality. Do not underestimate the role model you are for them. Sexuality education is not only done through discussion: preaching by example rather than words is also a promising avenue²⁵. Moreover, sexuality is a topic that often comes up unexpectedly. Adolescents spontaneously give their opinions on issues without voicing clear preoccupations. Take advantage of these moments to listen and find out what they think.



When adolescents reach out

When your adolescent talks to you about friends' emotional relationships, he or she is trying to work out emotional dynamics. Listen to what your child is saying without judging his or her perceptions. Take advantage of this moment of exchange, just for the pleasure of discussing. Perhaps your adolescent is trying, indirectly, to find out what you think.

Adolescents often take to heart their parents' opinions about sexuality. Indeed, nearly half of Canadian adolescents aged 14 to 17 consider their parents to be the most reliable source of information about sexuality²⁶.



Car therapy²⁷

Parents have noticed that driving their children to an activity (hockey, soccer, going out with friends, etc.) is often a good time to have a discussion. Let them talk about their game or the time they have spent with their friends. Discuss with them just for the pleasure of exchanging and sharing a special moment. You will be surprised to see them open up even more.

Do simple activities with which your adolescent feels comfortable. These occasions are often good times to bring up something that is bothering you both.



Communicating is sharing²⁸

To communicate, each person has to be open and ready to discuss. To make it easier, try to choose moments when your child will feel like opening up or having a discussion with you. Respect your adolescent's need for isolation when something is not going well²⁹. After spending a bit of time alone, your child might feel like talking. Do not force exchanges: follow your adolescent's rhythm. Also be careful not to judge your child's experience and understanding of the messages he or she receives about sexuality. This does not necessarily mean that you endorse his or her opinions. Rather, try to use the opportunity to better understand the way your child sees things.



Talking about sex can be more difficult for adults whose parents did not educate them about sexuality. To make up for the absence of a role model, you can think about the way you would have liked your parents to bring up the topic with you. It is not a matter of trying to be perfect but only to seize the moment to talk about it, to express your feelings, perceptions³⁰ and values sincerely, and to talk with your teens not only when you are worried but also when you are proud of them.

Considerations

- What were your parents' attitudes toward sexuality?
- Did your parents talk to you about sexuality when you were an adolescent?
- If they did, what did you discuss? In what kind of atmosphere did these discussions take place?
- If they did not, would you have liked to talk about sexuality with them?
- What would you have liked to discuss with them, more specifically?
- What is the difference between the sexuality education you had and the one you would like to give your adolescent?



Talking about sexuality by evoking problems related to it before discussing its positive aspects is a bit like describing the risks of an amusement park instead of the fun you can have. There is a good chance that adolescents think about how much fun rides in amusement parks are rather than being afraid they will get hurt. This is totally natural since an amusement park is synonymous with fun. On the other hand, we tend to choose rides that we know are safe. Similarly, chances of having a fulfilling sexual life are better when sex is safe.

When our fears take a front row seat

The first messages we pass on to our adolescents regarding sexuality are often tainted with our own fears about sex: for example, the fear they will contract an STI or have an unwanted pregnancy. While your child is crazy in love with the boy or girl of his or her dream, you may be going crazy too, but for other reasons. "What if they make love too soon?" "What if they become parents?" "What if they catch an STI?". Since young girls are the ones who often experience the consequences of having unprotected sex, such as pregnancy, parents tend to talk about sexuality with girls in terms of prevention31. These discussions often revolve around the negative consequences of sexuality rather than what girls should know to better understand their psychosexual development (puberty, intimate relationships, their needs and values, etc.).





From sexuality education to sexuality

Imagine:

- A mother who listens to her son whose heart is broken...
- An adolescent girl who comes upon her father covertly reading the instruction sheet from a box of tampons so he can better understand how they are used...
- A father who tells his son the story of his first love.



Discussions about sexuality are more valuable when they are positive. We have observed that girls whose mothers had presented the first menstruation as a normal stage in development were more likely to accept and acknowledge bodily changes and had a better perception of puberty³². Boys whose fathers were close to them and gave them attention had more flexible attitudes regarding gender roles and tasks that are attributed to boys and girls³³. Adolescents' relationships with their parents also have a significant influence on sexual behaviours. Indeed, according to some studies, the first sexual experiences of girls who had discussed sexuality with their parents were more positive than of those who had not³⁴.

Still, it is normal that you would have fears and concerns. You may find it difficult to hear certain questions or to witness certain events in your children's sexual lives, for example, when they want to invite their girlfriend or boyfriend to stay overnight. On the other hand, the older they get, the more likely they are to perceive the fears and hopes you may have concerning them³⁵. Therefore, they are able to understand your worries regarding various situations such as the time they come home, who their friends are, etc.







Tips and tricks

Want ads

If you have tried to talk but did not succeed, you are wondering how to establish contact. Leave a want ad on your child's desk or bedroom door suggesting you meet to talk about a given situation. For example:

- "Slightly awkward but well-intentioned mother would like to discuss the question her son asked last Thursday. Suggests meeting on Friday after school over hot chocolate."
- "Father who has never had a period would nonetheless be interested in discussing it so he can better understand his adolescent girl. She can come to the living room any evening this week, at her convenience. Anything discussed will remain confidential."

Educating girls and boys about sexuality: is it up to the father or the mother?

The majority of parents whose adolescents are aged 13 to 16 say they are comfortable talking about sexuality with their children³⁶. In addition, two thirds of parents say they talk about sexuality-related topics very often or quite often with their adolescents. This statistic is rather surprising because even though a majority of young people think it is useful that their parents discuss sexuality with them³⁷, barely one out of five adolescents says he or she has talked about sexuality with the parents³⁶. Parents and adolescents do not seem to have the same perception³⁹.





It appears that mothers are the ones who mostly take the first steps and bring up the topic of sexuality: almost 70% of mothers raise the subject with their daughters⁴⁰. Also, boys and girls confide in their mothers before talking about sexuality with their friends; the family environment is the first source of information on the subject. However, adolescents of both sexes confide in their friends more than in their fathers⁴¹. Therefore, adolescents discuss sexuality less often with their fathers than with their mothers⁴²; consequently, father-daughter and father-son combinations for discussions about sex are less common⁴³. Yet, fathers and mothers both have important roles to play in the sexual education of their sons and daughters.

Boys have fewer opportunities to talk about sexuality with either of their parents44 and are much more inclined to get information from their peers. Young people who count on their group of friends for their primary source of information about sexuality are more likely to have risky sexual behaviours⁴⁵. The same applies to sources such as the Internet. It is undoubtedly because the information circulating in an adolescent's peer group or on the Internet is not always accurate. Moreover, there are good and bad sides to using the Internet. Some sites provide quality information and resources on sexuality (see the list on p. 38). Unfortunately, other sites provide unrealistic images of sexuality; sensationalistic and sometimes violent commentary and images are far from being positive references for adolescents. Besides, the Internet should be accessed in a common room in the house, which lets parents better manage access and, in particular, reduces surfing on pornographic sites. Sexuality education implies that parents can help adolescents develop a critical sense of the information that is circulating on the topic (for more information, go to the following Web site mediasmarts.ca).



A suggestion for boys46

Your son comes in slamming the door because his best friend is going out with the girl he was in love with.

When emotions seem to be too close to the bone to start a discussion with their sons, some fathers suggest going out to shoot baskets together, or doing another activity that will let the dust settle a bit.

By doing this, you are expressing empathy with what your adolescent is going through and you are giving him the opportunity to "digest" the situation. You can then propose to talk it over together in a more favourable atmosphere.



More suggestions for talking about sex with your adolescent

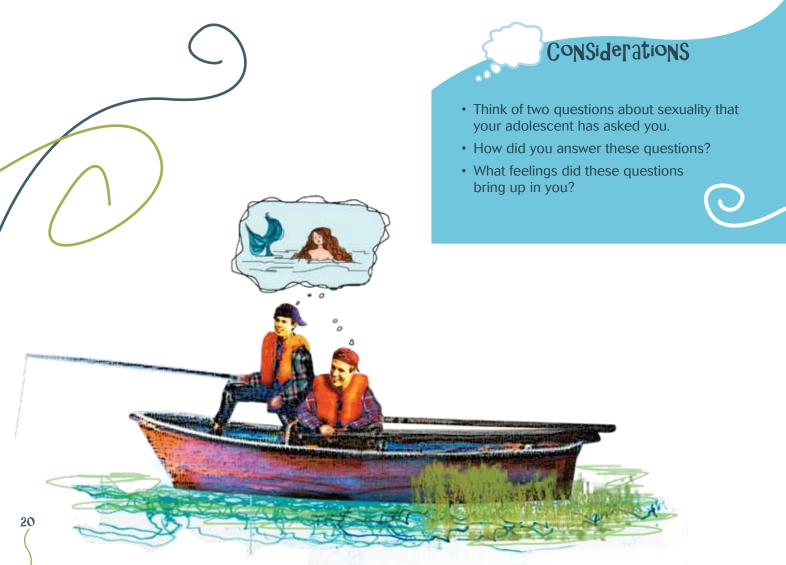


Tips and tricks

Relying on dialogue and maintaining a climate of trust and openness are essential starting points. But what exactly should we discuss with our adolescents? What questions should we expect? How should we react to a thorny situation that occurs unexpectedly? Some knowledge of themes to bring up and questions most often asked by adolescents are additional tools for having enriching exchanges on sexuality. Here are a few more points to guide you.

When their questions catch you off guard

Some questions or statements can render you speechless or seem impossible to answer. Do not give up. Ask them to be indulgent. If you do not have the knowledge required to answer their questions or if you have never thought about the situation they are describing, consult resources with them. This exchange can be beneficial for both you and your children.





Adolescents	s' questions and concerns	
	Events that find expression in adolescence by	Examples of questions they ask
Pubertal changes	A certain impatience or apprehension, embarrassment or pride in their changing bodies. Concerns about pubertal development. Questions on beauty standards and criteria.	 I'm 13 years old and I still don't have periods. Is this normal? What is the normal size of a penis? Do people find me handsome? Beautiful?
Emotional and sexual awakening	First feelings of love, and desire for emotional intimacy with someone. Questions on how to attract someone or make contact with someone they like. Questions on elements of a satisfying and reciprocal loving relationship. The discovery of physical manifestations of sexual arousal (spontaneous erections, ejaculation, lubrification). Questions and increasing curiosity about sexuality and sexual acts. Questions and fervour related to first emotional connections and sexual contacts. Questions on realities such as pornography, sexual violence, etc. New awareness of multiple facets of sexuality and curiosity regarding sexuality in general.	 How do you know when you're in love for real? How do you survive a broken heart? Can girls and boys be "just friends"? What does "doing a blow job" mean? Why does prostitution exist? Why do some people sexually abuse others?
Engaging in sexual acts	Anticipation of and first sexual experiences (from kissing to sexual relation with penetration). Concerns about sexual know-how. Concerns about contraception and protection against STIs.	 Can my girlfriend/boyfriend sleep over? What is a successful kiss? How do you know when you're ready to make love? Will my boyfriend/girlfriend find me beautiful/ handsome enough? At what age is it normal to make love? How do you catch AIDS?



Situations that can be tricky

In addition to questions related to sexuality, other particular situations also come up.

For example:

- Your 14-year-old son wants to invite his girlfriend to sleep over.
- Your 13-year-old girl is getting ready to go to a film with friends and is wearing clothes that you find too suggestive.
- Your 12-year-old son listens to songs that convey sexist ideas.
- You discover that your 13-year-old girl is going onto chat sites, where she has sexually explicit discussions with other people.
- You are worried about the intensity of your 15-year-old son's relationship.
- You surprise your 11-year-old boy masturbating in the bathroom.

Some situations require short-term reactions while others require a bit of time to reflect. But there is no miracle solution for either. The chart below proposes steps to help you clarify your thoughts and guide your intervention, depending on the situation.

Considerations

- Think about a situation related to your adolescent's sexuality into which you intervened or could have intervened.
- How did you react to this situation?
- What feelings did this situation bring up in you?







To improve your intervention	Examples of questions to ask yourself
Clarify your own attitudes, perceptions and opinions about the situation.	What do you think about this situation? What feelings and emotions does this situation bring up in you?
	 What are your fears or concerns related to your adolescent's well being in this situation?
	 With what aspects of this situation do you agree or disagree? Feel comfortable or uncomfortable? Why?
Clarify the role you should play	What should your role be in this situation?
in this situation (sometimes there are more than one).	Accompany or support your adolescent;
, , , , , , , , , , , , , , , , , , , ,	Answer a request for information;
	Allow, refuse or reevaluate a privilege;
	Correct inaccurate information;
	Encourage a change in attitude;
	Help your adolescent become more aware;
	Set limits and establish points of reference;
	Pass on or share your values;
	Other.
Consult resources and shed light on your decision.	What books, Internet sites or people could you consult to help you? (See Section 7 for examples).
Assess the best way to intervene.	 Given your values and beliefs as well as your child's personality and needs, what would be the best solution in this situation?
	Why? (Your adolescent will need to understand the reasons behind your intervention or decision).
Act.	At this stage, make sure you choose the right moment to intervene with your adolescent (See Section 2).



In short

Talking about sexuality to adolescents contributes to their being better informed, fulfilled and able to make choices regarding sexuality. You do not need to have expert knowledge on the topic to succeed. The parents' role is to interact with their adolescents so that together, they can reflect on how their children want to live out their sexuality rather than to talk about more specialized knowledge concerning sexuality and sexual savoir-faire.

- Your son or daughter is now between the ages of 11 and 14. Do not rush things. Let your child savour the excitement of a first sexual attraction and share it with you. Try to be supportive and reassuring at this time of preadolescence, when questions like "Who am I?" and "Am I normal?" come up. Talk plainly about the positive aspects of sexuality. Help your child develop respect for his or her body, appreciate the fact of being a boy or a girl and be in touch with his or her feelings. Talk about STIs and unplanned pregnancy. These initiatives will help you strengthen the feelings of trust that are necessary to support your child through the upcoming stages of psychosexual development.
- Your adolescent is between 15 and 17 years old. Maybe you have already talked about sexuality together. If not, it is not too late. Nothing prevents you from looking back and making up for lost time... and preparing for what is to come! You are witnessing a multitude of significant events in the emotional and sexual life of your adolescent. Continue to bring up sexuality beyond discussions about the genitals. Talk about the joys of emotional and sexual relationships and the stakes involved (connection, attraction, seduction, desire, pleasure, etc.). Encourage discussion and critical reflection on how sexuality is portrayed in our society. Pay attention to your child's concerns regarding sexual acts. Talk about the importance and ways of preventing STIs and pregnancy. Also, keep talking with your adolescent for the simple pleasure of sharing with him or her.



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Avoiding slip-ups

person's sexual life brings much happiness and pleasure. But problems and difficulties can also arise, such as sexually transmitted infections (STIs) and unplanned pregnancies. Parents are well placed to prepare their adolescents for obstacles they may face when they are discovering and learning about their sexuality.

Avoiding sexually transmitted infections and unplanned pregnancy

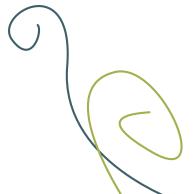
A person's first sexual relation is not a trivial matter. It is often exhilarating, sometimes a bit stressful. It is an event mixed with excitement and apprehension: there is the other person and the relationship one has with him or her, discovering someone else's body and having to deal with one's own, which is not always perfect, discovering desire and arousal... in addition to the need to protect oneself against sexually transmitted infections (STIs) and pregnancy. It is quite a challenge! But with STI rates increasing in Québec, especially that of chlamydia among 15- to 24-year-olds⁴⁷, and teen pregnancies still occurring, it is vital to be aware of the importance of having protected sexual relations.



INFORMation

STIS

STDs, sexually transmitted diseases, have a new name. They are now called "STIs", which stands for sexually transmitted infections. The term "disease" is often associated with the presence of symptoms experienced by the infected person. The term "infection" comprises both realities, that is, cases where a person who is infected has symptoms and cases where a person has no symptoms. Someone can be infected with an STI and spread it, even though they do not feel sick.



Preventing sexually transmitted infections

STIs can have serious consequences such as infertility and ectopic pregnancy (in the Fallopian tubes). Moreover, they increase the risk of developing uterine cancer and can facilitate transmission of human immunodeficiency virus (HIV), the virus that causes AIDS. These days, AIDS can be treated but unfortunately there is still no cure.

Some parents might think that saying they do not agree with sexual relations during adolescence could bring their adolescents to postpone being sexually active. But this approach does not appear to be very effective. Indeed, less than 2% of young Canadians questioned referred to parents' or friends' disapproval, or fear of HIV, other STIs or pregnancy as reasons not to have sexual relations⁴⁸. This does not mean that adolescents are heedless of the risks associated with poorly protected or unprotected sexual relations. Young people live with a certain fear of contracting HIV or another STI. However, adolescents have little knowledge of the risks and consequences associated with some STIs. Almost 70% of sexually active youth do not know that STIs can be transmitted through oral-genital contact⁴⁹, while about 80% have never heard about the virus that causes condylomas (genital warts), one of the most common STIs. Many youth don't know that it is possible to contract the same STI more than once, or that these infections can be asymptomatic and have serious health consequences⁵⁰.



Considerations

- What is your perception of sexually transmitted infections, or STIs?
- How would you react if you found out your adolescent has had poorly protected or unprotected sex and may have an STI?
- How would you react if you found out your adolescent girl is pregnant? How about your son's girlfriend?

Although some STIs can seem less serious than HIV/AIDS, it is important to know that being a carrier of an STI makes the body more vulnerable to other STIs, including HIV. STIs include parasites (crabs and scabies), bacteria (such as chlamydia, gonorrhoea and syphilis) and viruses (such as human papilloma virus (HPV), which can cause condylomas, herpes, hepatitis B and HIV). They are described in more detail in Section 6.

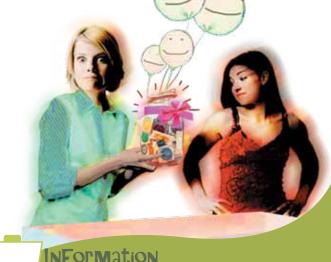
It is important to remember that when treated, infections caused by parasites and bacteria can be cured and, if treated early, complications can be avoided. On the other hand, treatments for HIV and other viruses such as herpes can only relieve symptoms or prevent certain complications. There are preventive vaccines but only for hepatitis B and certain types of human papilloma virus. Therefore, to reduce the risk of contracting an infection, condom use should be seriously considered infection, condom use should be seriously considered undergo screening tests.

Preventing unplanned pregnancy

Prevention of teen pregnancy presents an unusual problem: it is not about preventing a health problem, as is the case with STIs. The birth of a child is, in and of itself, an extraordinary human experience. But teen pregnancy stirs up mixed opinions among parents, health professionals and adolescents themselves. For some people, it is a condition to avoid. Indeed, being an adolescent and becoming a parent are stages in life that can be difficult to go through simultaneously; the former is characterised by a need for independence while the latter creates a feeling of responsibility toward the child52. Other people think that with the support of family and friends. teen pregnancy can be a positive experience. However, we know that adolescents who decide to continue their pregnancies and become mothers are at higher risk of dropping out of school, living in precarious economic conditions and becoming single parents⁵³. Children of these young parents run more risks of having behavioural problems and developmental retardation⁵⁴.

In Québec, out of a thousand 14- to 17-year-old girls, 13 become pregnant; among them, three quarters choose to terminate the pregnancy. These statistics indicate that, most of the time, pregnancies which occur before age 18 are unwanted⁵⁵. Some girls do not always use their chosen method of contraception consistently for a variety of reasons (forget to take the pill, have a fear of adverse effects, or a conscious or subconscious wish to get pregnant, etc.). However, to avoid unplanned pregnancies, not only must an effective method be chosen but it must also be used regularly and according to the instructions provided by health professionals. In addition, it is essential to discuss contraception with a partner before engaging in sexual contacts since the consequences of poorly or unprotected sex concerns both people.

If an adolescent has poorly protected or unprotected sexual relations, it is recommended that she take an emergency contraceptive pill as soon as possible. The emergency contraceptive pill prevents pregnancy and does not cause induced abortion. It is not effective if a girl is already pregnant.



INFORMation

When should you use the emergency contraceptive pill?

- if the condom broke or slipped;
- if a girl forgets to take one or more of her usual oral contraceptive pills;
- if the contraceptive patch comes off;
- if the contraceptive vaginal ring was removed for more than three hours;
- if a girl is late in implementing the procedure for using the contraceptive (taking a pill, injection, application of a patch, or insertion of the contraceptive ring);
- if no contraceptive was used or if using a interruptus or calendar);
- after a sexual assault;
- if taking an antibiotic such as Rifampicin® or Rifabutin® at the same time as an oral contraceptive.

The sooner an emergency contraceptive pill is taken, the more effective it is. It is very effective if it is taken within 24 hours after having unprotected or poorly protected sex. But it can be taken up to 5 days after. For more information, call Info-Santé at 8-1-1 or visit the following Website: www.sexualityandu.ca/ games-and-apps/s-o-s-stay-on-schedule

Where can you get it?

Emergency contraceptive pills are available in CLSCs, youth clinics and from school nurses; they are also available without prescription from pharmacists. The cost of the pill is reimbursed by Québec's drug insurance programme and by most private insurance companies.

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Prevention tools

The prevention of STIs and unplanned pregnancies among young people depends on using appropriate methods. Protection methods (male and female condoms) act as barriers against STIs; contraceptive methods (pill, intrauterine device, ring, contraceptive patch, injection, etc.) are only designed to prevent pregnancy. Protection methods can also prevent pregnancy. It is important to choose methods that have been proven to be effective and correspond to one's needs, and to use them correctly. Since contraceptive methods do not protect against STIs, combined use of condoms and efficient contraceptive (double protection) is preferable for adolescents. This combination suggests that boys and girls share responsibility, and prevents both STIs and pregnancy.

In general, adolescents who use double protection stop using condoms once they feel they're in a stable relationship⁵⁶. Before stopping the use of condoms, adolescents should get tested for STIs. It is also important to remind them that condoms can be used if they forget to take their contraceptive or if they take it irregularly. Intrauterine devices are very efficient and are an interesting option to postpone pregnancy for a few years.

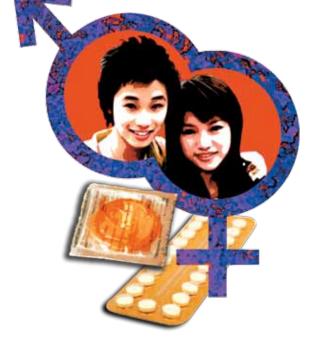
It has been shown that a greater proportion of 16-year-olds whose parents have discussed sexuality with them use pregnancy prevention methods than adolescents whose parents have only talked with them a bit or not at all⁵⁷.

The essential condom

Many parents ask themselves if they should give their adolescents condoms or let them buy them on their own. This decision depends on your values and how comfortable you are with these situations. It is important, however, to take the time to talk about protection against STIs and pregnancy prevention while stressing the importance of using condoms. Having unplanned sexual relations was the main reason given by secondary III students who did not use condoms. Since sexual relations do not always occur in circumstances that have been planned, it is better to always have condoms readily available.

Lack of self-esteem and self-confidence⁵⁰, and alcohol and drug consumption are other factors that can increase the risk of having poorly protected or unprotected sex⁶⁰. Moreover, being under the influence of alcohol can cause some young people to have sexual contacts they did not really want. Therefore, the idea should be reinforced of exploring sexuality in a context where they feel they are aware of their desires and needs and where they are able to protect themselves and their partner.

The proportion of young Quebecers who protect themselves when they have their first sexual relation is increasing⁶¹. This is an important point because young people who use a condom during the first sexual relation are more likely to continue using it. Consequently, it is better to instil early the reflex to protect oneself against STIs and prevent pregnancy. Young people who say they use condoms do so for 7 out of 10 sexual relations, on average⁶². The proportion of youth who use both birth-control pills and condoms is increasing. Sexuality education that stresses the importance of having protected sexual relations is bearing fruit.





Being an adolescent and having an STI

Many young people say they would be too embarrassed to consult a professional if they had an STI⁶³. If you have opened a dialogue with your adolescent about sex, he or she will probably seek your help in case of trouble. Of course, it is tough to learn that your adolescent has contracted an STI; but it is not easy for your child to confide in you either. Above all the emotions that you may feel, remember that your adolescent has confided in you because he or she wants your help. Your child may be feeling shame, regret, sadness or anger⁶⁴. Try to be reassuring and see to it that he or she gets a reliable diagnosis and appropriate treatment. Your child's sex partner or partners should also be notified so they can get treated (a nurse, a doctor or a counsellor can provide appropriate support in this matter). Once these steps have been taken, you should then discuss the issue of condom use with your adolescent to prevent this situation from occurring again.

Being an adolescent and becoming a parent

It is also true that in cases of unplanned pregnancy. adolescents hesitate to ask for help out of fear of being judged. However, getting help early means having access to more options in addition to having more time to think clearly about the outcome of the pregnancy. Becoming a parent during adolescence presents many challenges: besides dealing with realities associated with adolescence, the young person also has to come to terms with having adult responsibilities and obligations66. As a parent yourself, you risk feeling various, even contradictory, emotions when you learn that your adolescent daughter or your son's girlfriend is pregnant. Indeed, should your child choose to become a parent, this decision will have repercussions on your own life⁶⁷. In this context, it is a good idea to ask for support from resource persons who can provide assistance to adolescents: they can talk to them about the realities of becoming parents and support them in the choices they are making (see "People and groups to contact" p.37). They can also support you and provide information that you will need.

INFORMation

Adolescents 14 and over can consult a health professional (nurse, pharmacist, doctor) without their parents being informed.

If this weren't the case, young people could be reluctant to visit a health care professional. The goal of this measure is to encourage young people to use health services, particularly for access to condoms, oral contraception or STI screening.

In short

Before your adolescent becomes sexually active, you can tell him or her about the body's reproductive powers and the related responsibilities and consequences. You can help your children perceive this responsibility as something positive that enables them to have control over their lives and to be thriving as they move into adulthood.



5 Overview of contraception





hat contraceptive methods are best adapted to adolescents? How can they be obtained? This section groups together contraceptive methods to help you gain a clearer understanding of the contraceptives that are best suited to adolescents. When used correctly, all these methods to prevent pregnancy are effective. Choice of method depends on the young person who will be using it. There are contraindications, benefits, inconveniences and possible complications associated with each method, and they should be considered before making a choice. It is important to talk it over with a health professional (doctor or nurse) before choosing a method; you can also visit the Internet sites listed on p. 38.

Barrier methods*



Type of method	Accessibility	A few details
Male condoms Latex contraceptive that is rolled on to the erect penis before sexual contact.	 In pharmacies. From school nurses or the CLSC youth clinic From some youth workers From parents 	Male condoms provide excellent protection against most STIs. It's also an excellent method in case the contraceptive has been forgotten or taken irrregulary. The condom should be put on at the beginning of foreplay.** Most condoms are made of latex but some are made of polyurethane or polyisoprene and can be used by people who are allergic to latex.
Female condom Polyurethane contraceptive in the shape of a small narrow bag that is inserted in the vagina before sexual contact.	In pharmacies	This condom is more complex to use than the male condom and is more expensive. It is an interesting option for people who are uncomfortable with male condoms or when the partner is not cooperating. For people who are allergic to latex, this type of condom can be an option.

* Barrier methods prevent sperm from coming into contact with the ovum.

^{**} You can get information on how to use condoms correctly from the itss.gouv.qc.ca Web site or the brochure Play it safe! published by the ministère de la Santé et des Services sociaux.

Hormonal methods*

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Hormonal methods		
Type of method	Accessibility	A few details
Birth-control pill: Oestrogen and progesterone pill taken orally every day.	From a doctorFrom a nurse**	The pill has to be taken every day at the same time. There are contraceptive pills that are taken continuously for three months and that reduce the number of periods to four a year. There are no health consequences to having fewer or no periods. There is also an oral contraceptive that contains progesterone only and that can be an interesting option for some adolescent girls.
Contraceptive patch (Evra®): Patch that is placed on the skin and that releases oestrogens and progesterone for seven days.	From a doctorFrom a nurse**	The patch must be replaced every week; it is used for three weeks and removed the fourth week. Works like the pill. Interesting method for young women who tend to forget to take a pill daily.
Vaginal ring (Nuvaring®): Flexible ring that is inserted in the vagina and that releases oestrogen and progesterone for three weeks.	From a doctorFrom a nurse**	The ring is kept in place for three weeks, taken out for one week and then replaced with a new ring. Works like the pill. Discreet and interesting method for young women who tend to forget to take a pill daily.
Contraceptive injection (Depo-provera®): Progesterone contraceptive injected in the arm or buttocks.	From a doctorFrom a nurse**	Injection every three months. Periods stop after a year in half of users, and after two years in two-thirds of users. Contraceptive that can be an interesting option for some adolescents.
Emergency contraceptive pill: Previously called morning-after pill, this oral contraceptive has to be taken within 5 days after unprotected sex or contraceptive failure.	 From a pharmacist, without prescription From a doctor From a nurse** 	The sooner it is taken after having sex, the more effective it is. This is not a regular birth control method. Emergency contraceptive pills can be obtained beforehand, just in case.
Intrauterine methods	***	
Copper Intrauterine Device**** T-shaped device, wrapped in copper wire, that is inserted into the uterus.	 In pharmacies, with a prescription Has to be inserted and removed by a doctor or by a nurse practitioner specialized in primary care 	Contraceptive method that may interest young women because an IUD can be kept in place for three to ten years, depending on the type of Copper device used. It does not require a daily effort. Copper devices can also be used as an emergency contraceptive method (the most efficient).
Intrauterine Device Mirena®**** and Jaydess®**** T-shaped device that is inserted into the uterus and that releases progesterone.	 In pharmacies, with a prescription Has to be inserted and removed by a doctor or by a nurse practitioner specialized in 	Contraceptive method that may interest young women because it remains in place for three to five years depending on the type of device used. It does not require day-to-day compliance. Depending on the type of device used, some women will no longer have periods after a year.

These methods are efficient to avoid pregnancy but do not protect against sexually transmitted infections. They are all reimbursed by

primary care

- Québec's public prescription drug insurance plan and by most private insurance companies.

 Some nurses, especially those who work in CLSC, youth clinics or schools, can initiate hormonal contraception or an IUD in healthy young women, for a period of a year.
- **** Intrauterine methods protect against pregnancy but not against STIs.
 ***** Only some private insurance companies cover copper IUDs; Mirena[®] Jaydess® IUDs are reimbursed by Québec's public prescription drug insurance plan and by most private insurance companies.

Sexually transmitted infections

mong sexually transmitted infections (STIs), formerly called STDs (for sexually transmitted diseases), some can be cured easily and some less so, some cause symptoms and some do not... It is difficult to make sense of all this information! Here are some details to help you clarify your understanding of the modes of transmission, symptoms and treatments of STIs, called Sexually Transmitted and Blood-borne Infections (STBBIs) when they can also be transmitted through blood.



Viruses: infections that can be treated but not always cured

Modes of transmission	Symptoms	Treatment	Additional information
HIV (human immunodeficiency virus): • sexual contact (e.g. penetration, oral sex [rare]); • blood-to-blood contact; • from an infected mother to her infant during pregnancy, childbirth or breastfeeding.	Some people don't have any symptoms. Others may not be aware that their symptoms are linked to HIV infection. First probable symptoms: • flu-like symptoms (fever, headache, sore throat, joint and muscle pain); • nausea, vomiting, diarrhoea; • swollen lymph glands in the neck, armpits or groin. More serious manifestations follow, such as extreme fatigue, pneumonia, some types of cancers, etc.	There is no cure for HIV infection, nor is there a vaccine to protect against this disease. Medications (antiretrovirals) and adequate medical care can control the virus and lessen the severity of the infection but can not completely eliminate it. Nowadays, with good medical care, a person living with HIV can have a quality of life and a life-expectancy similar to those in the general population.	HIV weakens the human defense mechanism (immune system) which allows for the development of diseases or infections. With time, if left untreated, HIV infection can lead to aids.
 Hepatitis B: sexual contact (e.g. penetration); blood-to-blood contact; from an infected mother to her infant during pregnancy or childbirth. 	Possible symptoms (some people have no symptoms): • fatigue; • loss of appetite, nausea, vomiting; • abdominal pain; • light fever; • sometimes jaundice.	A person is cured only if the virus spontaneously disappears on its own. If it does not, the infection can become chronic. In that case, treatments are used to prevent complications.	In Québec, hepatitis B vaccine is offered free of charge to infants, to all grade 4 primary school students as well as to several adult groups (check with your CSSS).



Viruses: infection	ons that can be treat	ed but not always cured	(continued)
Modes of	Symptoms	Treatment	Additional
transmission			information
Genital herpes: • sexual contact (e.g.	Most people don't have specific symptoms: the	Currently, there is no effective cure for this infection.	There are 2 types of herpes: 1 et 2.
penetration, oral sex); • intimate contact (e.g. skin-to-skin with an infected	ration, oral majority of people infected with herpes don't know it. The first episode of herpes can be very intense or can go completely unnoticed. Some people will have several.	Some medication can relieve symptoms and reduce the duration of episodes.	Herpes type 1, commonly called "cold sores", is more often found on the mouth but can also be found on the genitals.
person); • in some cases, from an infected mother to her infant during pregnancy or childbirth.	outbreaks a year while others will only have a few in their lifetime. The number and the intensity of outbreaks will vary from one person to the next.		 Herpes type 2 is usually found on the genitals and very rarely on the mouth.
	 First episode: small painful lesions on or near genitals (penis, vulva, vagina, anus), on the thighs or the butt; 		
	 fever, aches and pains, headache. 		
	Recurring episodes:		
	 itchiness or a tingling sensation before lesions appear; 		
	 aches and pains, headache; 		
	 small painful lesions on or near genitals (penis, vulva, vagina, anus), on the thighs or the butt. 		
Human papilloma virus (VPH): • sexual contact (e.g.	2 types of manifestations, caused by different types of virus.	In most cases, lesions disappear spontaneously after several months.	It's the most common STI in Quebec. HPV is mostly transmitted
penetration, oral	Condylomas:	Condylomas:	during the first years of
sex); • intimate contact	When visible, small wart-like	With treatment (laser, liquid	sexual activity. Adolescents and young adults are
(e.g. skin-to-skin with an infected person);	bumps on the genitals, anus and, less often, in the mouth. Occasional irritation and itching.	nitrogen, etc.), condylomas will disappear but the virus is still present.	particularly affected by HPV. A free vaccination program for girls under 18 years
from an infected mother to her infant	HPV associated with certain	HPV associated with certain	old was implemented in Québec. It especially
during childbirth.	types of cancer:	types of cancer:	targets students in grade 4
5	Very often, these types of HPV do not show any symptoms visible to the naked	There are treatments to avoid the development of a cancer.	elementary school. The vaccine currently used for the vaccination program
	eye.		helps prevent against the types of HPV associated with most condylomas and cancers of the uterine cervix. However, the vaccine does not offer protection against all types of HPV or other STIs

STIs.

Bacteria: infections that can be treated



Modes of transmission	Symptoms	Treatment	Additional information
Chlamydia and gonorrhea: • sexual contact (e.g. penetration, oral sex); • from an infected mother to her infant during childbirth.	Often, there are no symptoms. Symptoms can be as follows: abnormal vaginal discharge; bleeding after sexual intercourse or in between periods; abnormal discharge from the penis; itching or burning sensation at urination.	Treatment (antibiotics) completely cures the infection. Infected people should get treated as soon as possible to avoid complications.	Young people between 15 and 24 years of age represent the majority of declared cases of chlamydia and gonorrhoea in Quebec. If untreated, these bacteria can cause infertility, ectopic pregnancy in the Fallopian tubes, chronic lower abdominal pain, pain during sexual intercourse and testicular pain. Chlamydia and gonorrhoea can be contracted more than once.
 sexual contact (e.g. penetration, oral sex); direct contact with the lesions of an infected person; from an infected mother to her infant during pregnancy or childbirth. 	 1st stage: painless ulcer on the genitals (penis, vulva, vagina), in the anus, the mouth or throat. 2nd stage: fever, flu-like symptoms, the appearance of redness (e.g. on the palm of the hands, soles of the feet), swollen glands. 3nd stage: severe neurological or cardiac disorders. 	Treatment (antibiotics through an injection) completely cures the infection. Infected people should get treated as soon as possible to avoid complications.	1st and 2nd stage symptoms disappear on their own without treatment. However the bacteria is still active in the body and can cause complications. At stage 3, some damages caused by syphilis are irreversible. Syphilis can be contracted more than once.



Parasites: company you can get rid of

Modes of transmission	Symptoms	Treatment	Additional information
 Crab lice: intimate contact (e.g. skinto-skin, sexual contact) with an infested person; contact with contaminated clothing or bedding. 	Itching and skin irritation especially in the pubic area.	Treatment (modicated letions	Clothing and
Scabies: intimate contact (e.g. skinto-skin, sexual contact [rare]) with an infested person; close contact (e.g. family	Itching and skin irritation particularly at night.	(medicated lotions, creams and Shampoos) will get rid of these parasites.	bedding must be washed in very hot water or dry cleaned.
members); • contact with contaminated			



clothing or bedding.

INFORMation

An infected person can transmit STIs even if he/she has no symptoms.

Resources

ere is a list of resources that can support you in your role as sex educator.

Books for young people

HARRIS, Robie H. (2010). *Let's Talk About Sex!*, London, Walker Books, 96 p.

ROBERT, Jocelyne (2002). Full sexuel: la vie amoureuse des adolescents, Montréal, Éditions de l'Homme, 183 p.

Books for parents

BEAUCHAMP, Denis; Dominique RENAUD; Colette THIBODEAU (1999). With Dads around, Kids are sound, Father's manual, Montréal, Éditions de l'Hôpital Sainte-Justine, 216 p.

chu-sainte-justine.org/applications/editions

BEAULIEU, Danie (1999). *Une centaine de trucs simples pour améliorer les relations avec votre adolescent*, 2nd edition, Québec, Académie Impact, 40 p.

BEAULIEU, Danie (2004). 52 cartes pour développer vos stratégies parentales, Québec, Académie Impact.

BOISVERT, Céline (2003). Parents d'ados: de la tolérance nécessaire à la nécessité d'intervenir, Montréal, Éditions de l'Hôpital Sainte-Justine, 206 p. chu-sainte-justine.org/applications/editions

DELAGRAVE, Michel (1999). *Les ados, mode d'emploi*, Beauport, MNH, 108 p.

Duclos, Germain, (2001). *Self-Esteem:*A Passport For Life, Montréal, Éditions de l'Hôpital Sainte-Justine, 110 p.
chu-sainte-justine.org/applications/editions/

GOUVERNEMENT DU QUÉBEC (2003). Sex Education in the Context of Education Reform, Québec, ministère de l'Éducation, ministère de la Santé et des Services sociaux, 56 p.

LESSARD, Sophia (2011). For the Love of Children... Discovering Sexuality and its Mysteries, Éditions Sexprime.

ROBERT, Jocelyne (1999). *Parlez-leur d'amour... et de sexualité*, Montréal, Éditions de l'Homme, 185 p.

SOCIETY OF OBSTETRICIANS AND GYNAECOLOGISTS OF CANADA (2006). Sex Sense, 2rd Edition. sogc.org/sexsense

People and groups to contact

- Info-Santé 8-1-1.
- S.O.S. Grossesse in Québec City: 418 682-6222 or toll free: 1 877 662-9666.
 sosgrossesse.ca
- S.O.S. Grossesse in the Eastern Townships: 819 822-1181 or toll free: 1 877 822-1181.
 sosgrossesseestrie.qc.ca
- Grossesse-secours in Montréal: 514 271-0554.
 grossesse-secours.org
- Gay Line, telephone help line: 514 866-0103 (Montreal area) on toll free: 1 888 505-1010.
 gaiecoute.org





Free brochures:

- HIV is still around
- Getting to Know STBBIs
- Play it safe!
- Safer sex for young gay and bisexual men
- Tips for smart love
- Tattoos and piercing... Protecting yourself from AIDS, hepatitis B and hepatitis C.

You can obtain these brochures from CLSCs at health and social services centres (CSSS), AIDS community groups and your regional public health department. You can access them on the Web at msss.gouv.qc.ca/itss (Documentation section).

For more information on STIs and screening services, contact the CLSC at your health and social services centre 8-1-1.

Videos

SFRISO, Lisa (2005). *Les années papillon*. Video, 18 minutes 47 seconds, Vidéo Femmes, Québec. (**videofemmes.org**). (in French only)

The story of Jacynthe, Angela, Carole-Anne, Dylan, Ali and Bastien. Six teenage girls experience the emotions of their first love: boy-girl relationships, friendship, the feeling of having butterflies in your stomach the first time you fall in love, changing bodies, and sexuality. Why is it so complicated? Les années papillon is about the years of questions and discoveries, metamorphoses and changes in others and in ourselves.

BISSONNETTE, Sophie (2010). Staying real: Teens confront sexual stereotypes. National Film Board of Canada.(www.nfb.ca)

Preteens and teens discuss the adverse effects of the sexual stereotypes they're bombarded with. They talk about how hard it is to develop their own personality and make friends when they don't conform to media and advertising images



BISONNETTE, Sophie (2007). Sexy inc. Our children under influence. National Film Board of Canada. (www.nfb.ca)

This documentary analyzes the hypersexualization of our environment and its noxious effects on young people. Psychologists, teachers and school nurses criticize the unhealthy culture surrounding our children, where marketing and advertising are targeting younger and younger audiences and bombarding them with sexual and sexist images. Sexy Inc. suggests various ways of countering hypersexualization and the eroticization of childhood and invites us to rally against this worrying phenomenon.

LEVIN, Mark (2005). *Little Manhattan*. Twentieth-Century Fox. United States. Romantic comedy, 1 hour 30 minutes.

Gabe is an 11-year-old who loves playing basketball with his friends and hanging around his New York neighbourhood. He has no interest in girls until he meets Rosemary in his karate classes. Gabe is fascinated, even though he does not understand his feelings, which are both passionate and perturbing... When Rosemary tells him that she will soon be going off to summer camp and, even worse, that she will be going to another school in the fall, Gabe is devastated. Never in his young life has he had to deal with such an important issue: he has to do everything he can to hold on to his first love...

Sexual Responsibility (2002) Teen Files series, canlearn.com/catlogfr.htm

A Girl's Guide to Growing Up, marshmedia.com A Girl's Guide to Puberty and Personal Safety, marshmedia.com

A Boy's Guide to Growing Up, marshmedia.com A Boy's Guide to Puberty and Personal Safety, marshmedia.com



Web sites

itss.gouv.gc.ca

This interactive site, produced by the ministère de la Santé et des Services sociaux du Québec, examines knowledge and attitudes towards STIs, including AIDS. It contains information and a series of questions that can evaluate a person's knowledge and personal risks of contracting an STI. It also presents information on using a condom and negotiating its use. In addition, it reproduces information found in the brochure *Tips for smart love*.

msss.gouv.qc.ca/en/sujets/prob_sociaux/teenage_pregnancy.php

This Ministère de la Santé et des Services sociaux du Québec Web site presents various themes related to adolescent pregnancy: provincial statistics, the repercussions of teen pregnancy, the young man's role, resistance to contraception use, difficulties linked to contraception, myths surrounding pregnancy and contraception, interventions, resources and documentation.

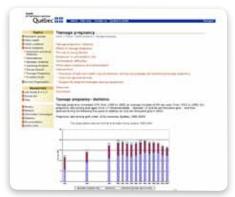
en.teljeunes.com

This popular help line's Web site is designed for young people as well as parents and health professionals. It contains information on a number of themes such as sexuality, sexual relationships, drugs, and taxing. The site provides young people with a space where they can help each other and offers tools and suggestions to help them succeed in doing so.

ligneparents.com (in French only)

At LigneParents, you'll find support and come to realize that you're not alone. You can participate in, or just browse, the discussion groups, or tell about what you're going through...











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sexualityandu.ca

This site gives information on STIs and contraceptive methods. It also contains a section on adolescent sexuality designed specially for parents. The site includes a colour interactive multimedia game which you can play with your adolescent to test your knowledge about female and male anatomy, STI protection and the use of contraceptive methods.

youngandhealthy.ca

Produced by the Canadian Association for Adolescent Health, this site is mostly geared towards young people. It contains an abundance of information on sexuality, love, contraception, STIs, and pregnancy. Young people can ask questions about sexuality, answer quizzes to test their knowledge, or try out different creative activities. There is also a short section on communication intended for parents.

mediasmarts.ca

This site is dedicated to media education. You will find information on a variety of media and current media issues. If you enter the word "sexuality" in the search engine you will access a number of texts on how sexuality is represented in music videos, representations of male/female relationships in the media, depictions of masculinity in male magazines, sexist song lyrics, etc.

hc-sc.gc.ca/index-eng.php

Health Canada site, the department that approves and posts warnings about medications sold in Canada. By entering the name of the medication or contraceptive in the "Search for" box, you can read the warnings and be better able to choose your contraceptive method.











Web sites (continued)

Alterheros.com/en

Site to help you understand the realities of gay people. It includes sections for parents and family, youth, and teachers and youth workers.

cfsh.ca

Produced by the Canadian Federation for Sexual Health, the site is dedicated to promoting sexual and reproductive health and rights in Canada and internationally. There are sections for youth, parents and professionals working in health and social services.

Monfilsgai.org (in French only)

This site is for parents who wish to get a better understanding of homosexuality. It provides tips about supporting a gay son and testimonials of young gay men, their parents and counsellors.

SEXOclic.ca

This site is an interactive space that brings together tools, suggestions for interventions and awareness activities. The parents' section presents an FAQ on their role in sex education as well as a summary of their role at each stage of their child's development.

Mosaïk (in French only)

The Mosaïk project presents promotion and prevention tools regarding youth' sexuality. Parents will have access to brochures on topics such as first love, condoms, contraception, etc. as well as capsules on how to better communicate with their child, how to counter homophobia, etc.











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Notes

