

Finding the right information on the Internet

The Internet is a tool to get quick information on different subjects. Online information can be easily accessed at any time. But finding your way through everything can be hard, especially when it comes to sex and sexuality.

Where can you find information? How do you know which information is reliable?

1. ENSURE THE INFORMATION IS GOOD QUALITY

When you look for information with a search engine (Google, Bing, Yahoo), ensure that you:

- Clearly indicate what you're looking for in 2 to 5 words and use very specific key words.
- Read the information to find complete answers to your questions.

How to determine whether the information is good quality

- Look for Quebec and Canadian sites, as these will reflect your reality.
- Look for the sites of recognized groups or agencies (Health Canada, Ministère de la Santé et des Services sociaux, Tel-Jeunes, etc.). These sites have accurate information.
- Be careful when it comes to blogs. These are personal Web pages that individuals use to share their experiences and opinions. This type of information may not be reliable.
- Make sure the site refers to books and articles on the topic.

2. WEBSITES FOR PARENTS

For sex and sexuality, here are some essential sources:

www.sexualityandu.ca/Parents section

Site of the Society of Obstetricians and Gynaecologists of Canada. This site contains reliable information on sexual health (puberty, contraception) and advice for parents.

www.msss.gouv.qc.ca/sujets/index.php

Website of the Ministère de la Santé et des Services sociaux. This site contains recent information on sexually transmitted infections (STI), teen pregnancy and dating violence.

www.ligneparents.com

Website of Générations, a non-profit organization. This French-language site can answer parents' questions (via forums based on age group, testimonials, and more). You can reach this organization 24 hours a day, 7 days a week at 1-800-361-5085.

www.cfsh.ca

Website of the Canadian Federation for Sexual Health. Visit the section "Your Sexual Health/How to Talk about Sex."



3. WHAT YOU CAN DO WITH THE INFORMATION

- Print the relevant pages to take time to read them. Share the information with someone else (your partner, a friend).
- Post a list of interesting Web resources next to the family computer.
- Bookmark the appropriate Web addresses in your browser.
- Send an e-mail to your child to share the information you found.