



teaching
sexual
health.ca

CALM Learning Activity

PowerPoint Slides

Learning Outcomes:

P11 Examine the relationship between commitment and intimacy in all its levels

P12 Examine aspects of healthy sexuality and responsible sexual behaviour



Jealousy, Trust, Love





Need Support?

- Sometimes talking about relationships can bring up tough feelings.
- If an activity made you think about something in your own life (or a friend's), know that help is available.





Who can you talk to?

- A trusted adult like a teacher, coach, parent, Elder or family member
- A school counsellor
- A youth support line like **Kids Help Phone**
 - Call 1-800-668-6868
 - Text **CONNECT** to 686868





STBBIs

Sexually Transmitted and
Blood-borne Infections





What are STIs?

- STI stands for sexually transmitted infection.
- STIs are infections that can be passed from one person to another during sexual contact (like vaginal, oral, or anal sex).
- Some STIs can also be passed by skin-to-skin contact or sharing body fluids.
- Common STIs include chlamydia, gonorrhea, HPV, genital herpes and syphilis.





What are BBIs?

- BBI stands for blood-borne infection.
- BBIs are infections that can be passed from one person to another through contact with infected blood, semen or vaginal fluid.
- HIV, Hepatitis B and Hepatitis C are BBIs.





What are STBBIs?

- STBBI stands for sexually transmitted and blood-borne infection.
- STBBI is the umbrella term used when talking about both STIs and BBIs.
- STBBIs can affect anyone. They are common and often don't have symptoms, so people might not know they have one.
- All STBBIs are treatable and most are curable.





How can STBBIs be prevented?

- Talk with your partner about boundaries, protection and testing.
- Learn how to use protection correctly.
- Use a barrier method of protections such as condoms or dental dams every time during vaginal, oral or anal sex.
- Choose abstinence or other types of intimacy that don't involve sexual contact.





How can STBBIs be prevented?

- Get tested regularly if you're sexually active.
- Get immunized for human papillomavirus (HPV) and Hepatitis B
- Use Pre-Exposure Prophylaxis (PrEP) if at high risk for HIV.





What is PrEP?

- PrEP is the use of HIV medication by someone who is HIV negative, in advance of possible exposure to HIV, to prevent HIV infection.
- PrEP is prescribed by a healthcare provider.
- When taken as prescribed, PrEP is 99% effective at preventing HIV infection.
- People's risk for HIV depends on their sexual behaviour, current use of prevention methods, sexual partners and networks, drug use and more.





What are the symptoms?

- Irritation, sores, rash, itchiness, pain or bleeding when peeing or during/after sex.
- Unusual discharge or pain in the area of sexual contact.
- The majority of people with STBBIs have **no symptoms**.





How do you find out you have an STBBI?

- The only way to know is to be tested.
- Regular testing is recommended for all sexually active people.





How are STBBIs treated?

- Some STBBIs (like chlamydia or gonorrhea) can be cured with medicine.
- Other STBBIs (like herpes or HIV) can't be cured but can be managed with treatment.
- Early testing and treatment helps people stay healthy and avoid spreading infections.





Types of Birth Control

There are many different birth control methods. Everybody is responsible for birth control if they are involved in a sexual relationship.





No Method (chance)



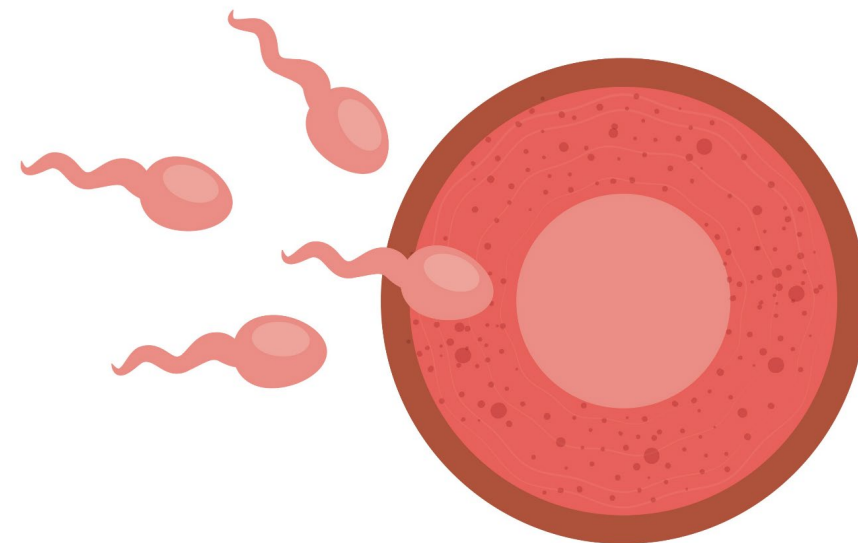
Ejaculations can happen when a penis is inside a vagina.



Pregnancy prevention: None – there is about an 85% chance of getting pregnant after 1 year if no birth control is used for vaginal sex.



STI protection: None





Birth Control Implant



A thin plastic rod that is put under the skin of the upper arm by a healthcare provider. It slowly releases hormone (progestin).



Works for up to 3 years.



Pregnancy prevention: 99.9% with typical use.*





STI protection: None





Birth Control Injection

 An injection (shot) of progestin hormone given by a healthcare provider into the upper arm or hip muscle.

 Given every 12 weeks.


 Pregnancy prevention: 94% with typical use.*


 STI protection: None





Birth Control Patch

 A small sticky patch worn on the skin that releases 2 types of hormones.

 Changed by the user once a week.

 Pregnancy prevention: 91% with typical use.*

 STI protection: None





Birth Control Pill



Hormone pills that are to be taken every day.



Each pill is taken at the same time every day and a new pack starts every 28 days.



Pregnancy prevention: 91% with typical use.*




STI protection: None





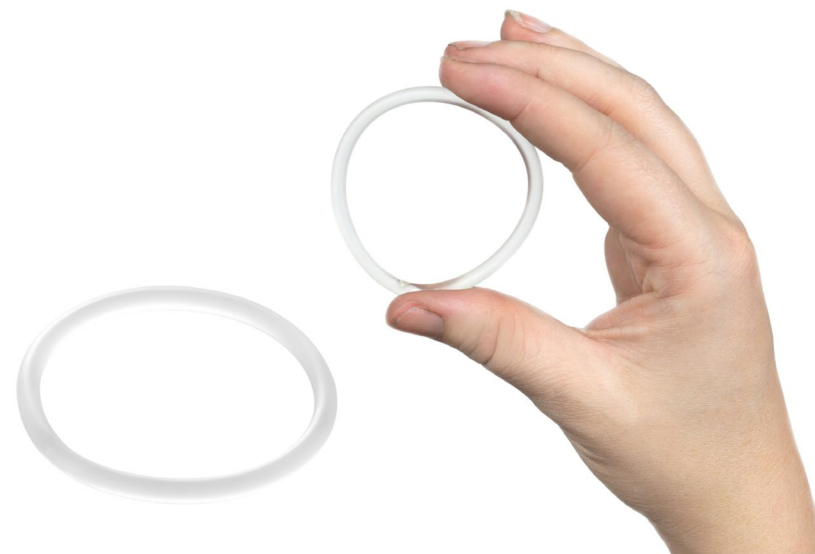
Birth Control Ring

 A clear plastic ring that is put in the vagina and releases 2 types of hormones.

 Changed by the user once a month.

 Pregnancy prevention: 91% with typical use.*

 STI protection: None





Diaphragm



A flexible disc-shaped cup that is put in the vagina to cover the cervix. It is used with a contraceptive or spermicidal gel.



Used every time you have sex.



Pregnancy prevention: 84% with typical use* of a fitted diaphragm with spermicidal gel.



STI protection: None





Emergency Contraception



Used after vaginal sex without a condom or other type of birth control, or if you're not sure you're protected from pregnancy (e.g., condom breaks, missed pills). Can be a pill or copper IUD.



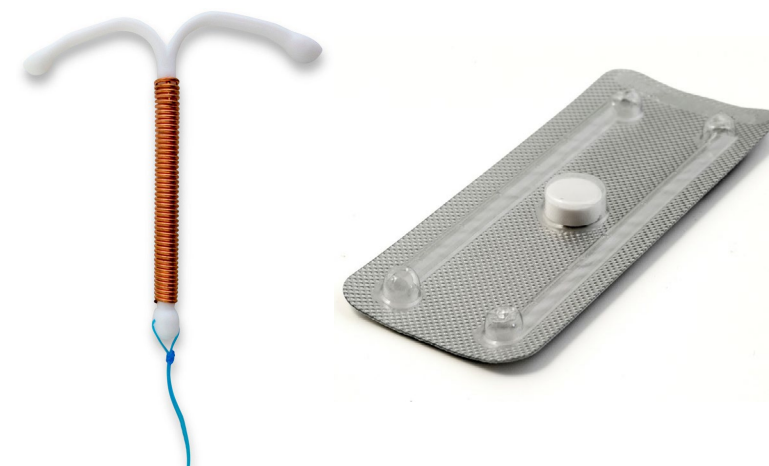
Used within 5 days (pill) or 7 days (copper IUD) after unprotected sex.



Pregnancy prevention: 99% (IUD) 50-90% (pill) with typical use.*



STI protection: None





External Condom



A thin covering that fits over a hard (erect) penis. Sometimes called a male condom.



Used every time you have sex.



Pregnancy prevention: 82% with typical use.*



STI protection: Yes, lowers the risk of STIs





Fertility Awareness Based Methods



Help people identify the most likely time to get pregnant (fertile time) so they can choose not to have sex or use another type of birth control during that time.



Requires ongoing observations and changes in sexual activity.



Pregnancy prevention: 76% with typical use.*



STI protection: None





Internal Condom



A soft plastic (non-latex) sleeve with 2 flexible rings, one on each end. The inner ring goes inside the vagina. The outer ring covers part of the vulva. Sometimes referred to as a vaginal condom.



Used every time you have sex.



Pregnancy prevention: 79% with typical use.*




STI protection: Yes, lowers the risk of STIs.





IUD (Intrauterine Device)

 A small soft T-shaped device that is put in the uterus by a healthcare provider. Can be copper or hormonal.

 Works for up to 3-10 years, depending on the type.


 Pregnancy prevention: 99.9% with typical use.*

 STI protection: None





Pulling Out (withdrawal)

 The penis is pulled out of the vagina before ejaculation.

 Used every time with vaginal sex.

 Pregnancy prevention: 78% with typical use.*

 STI protection: None

*Typical use for birth control reflects its effectiveness in real-world scenarios, accounting for inconsistent or incorrect usage, for example missing a birth control pill. Perfect use describes a method's effectiveness when used precisely as instructed, every single time, without any errors.





Tubal Ligation



A surgery to close the fallopian tubes and block an egg and sperm from meeting.



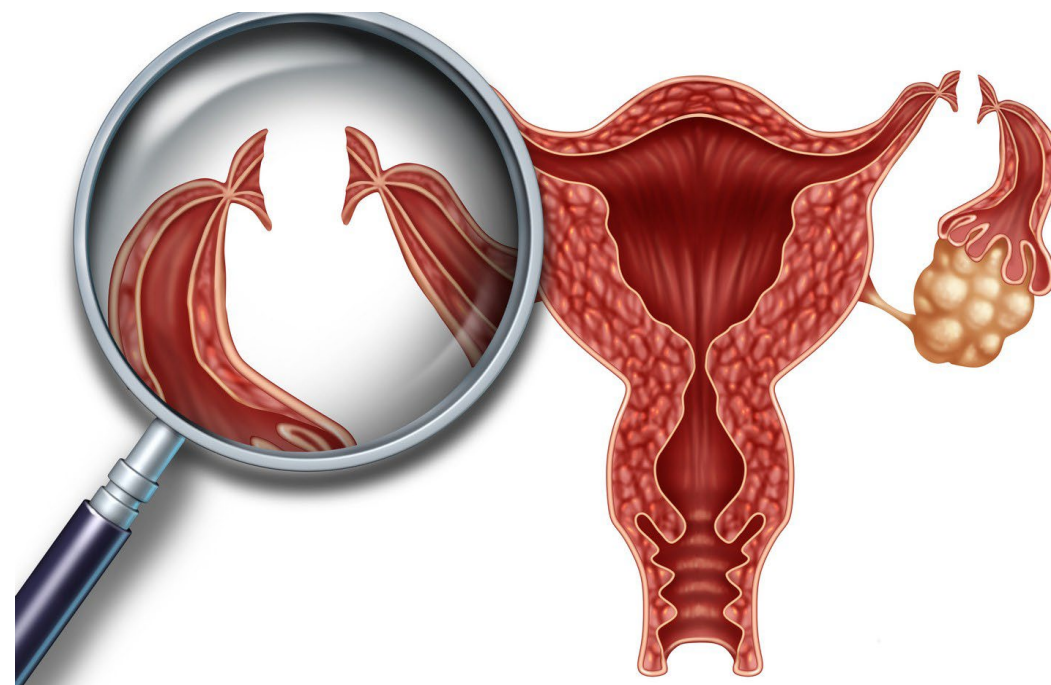
A permanent type of birth control.



Pregnancy prevention: 99.5%



STI protection: None





Vasectomy



A surgery to close the vas deferens and block sperm from getting into semen.



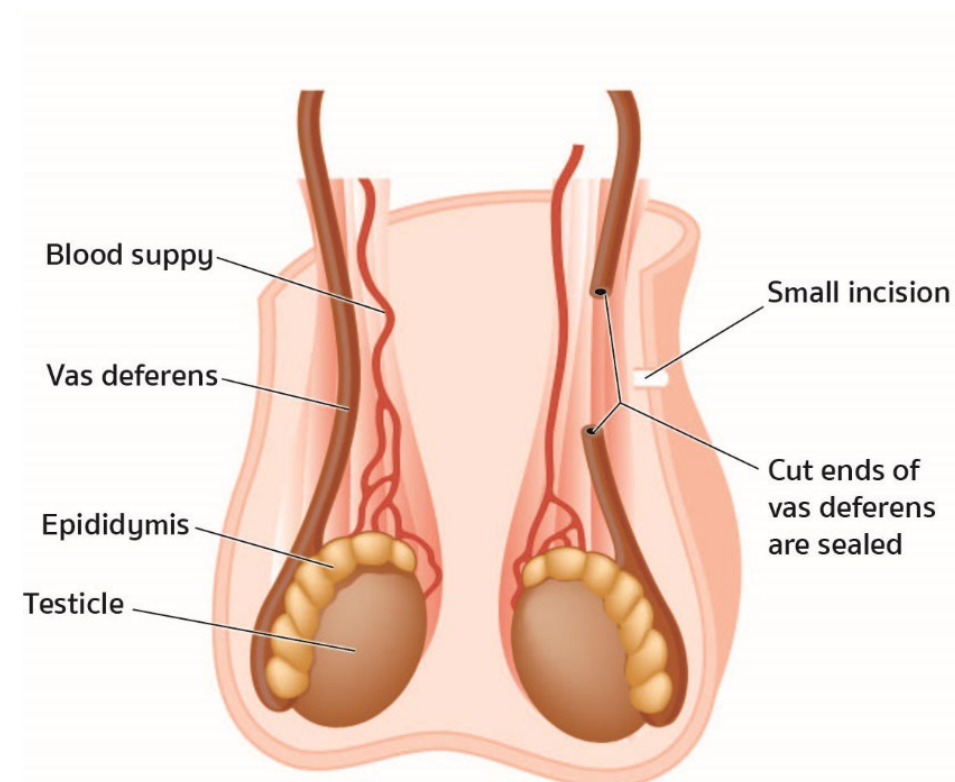
A permanent type of birth control.



Pregnancy prevention: 99%



STI protection: None





What about abstinence?

- Abstinence means choosing not to have sexual contact.
- The only sure way to avoid pregnancy is to abstain from any activity where a penis or semen are near the vaginal area.
- It's a good idea to have a plan for safer sexual practices, including condoms and birth control, in case sexual activity does occur.





Dual Protection

- Many contraceptive methods provide pregnancy prevention but may not protect against STIs.
- Using two methods of birth control increases contraceptive effectiveness and reduces risk for STIs.

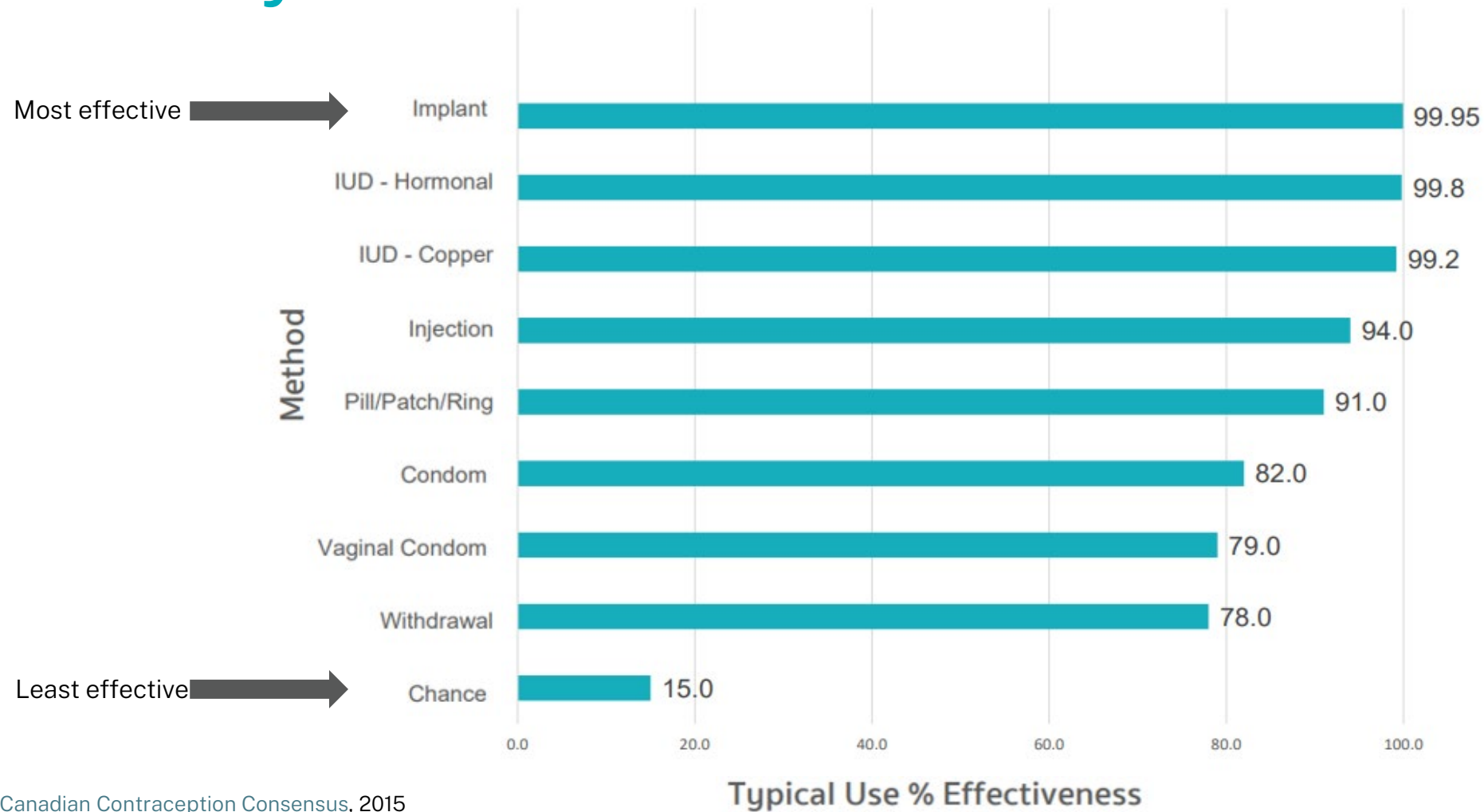
Condom

+

Another method
of birth control



Summary of Birth Control Effectiveness





How do people choose the right method?

- There's no “best” method.
- The right method is one a person will use consistently and correctly.
- Talk to a trusted adult or your healthcare provider to make the best decision for you.





Sexual and Reproductive Health





Taking Care of your Body

- Sexual and reproductive health care is part of taking care of your body.
- Ways to access care:
 - Family doctor
 - Walk-in clinic
 - STI or Sexual and Reproductive Health clinics
 - School public health nurse
 - Call Health Link at 811





HPV Vaccine

- HPV (human papillomavirus) is a family of viruses, passed through sexual contact, that can cause infections that lead to skin warts, genital warts or cancer.
- The HPV-9 vaccine protects against 9 types of HPV. These 9 strains may cause up to:
 - 92% of cervical cancers
 - 75% of anal cancers
 - 57% of penile cancers
 - 72% of vaginal cancers
 - 25% of head and neck cancers
 - 90% of genital warts
- HPV immunization (getting the vaccine) is free up to 26 years of age.





Pap Test

- For anyone with a cervix.
- Tests for changes in the cells of the cervix that could lead to cancer.
- Get a Pap test regularly starting at age 25, or 3 years after becoming sexually active, whichever is later.
 - If you're 17 and are already sexually active: You don't need to start having Pap tests until you're 25.
 - If you're not sexually active until 25: You don't need to start having Pap tests until you're 28.
- Is not an STI test.





Pelvic Exam

- A physical examination of the cervix, ovaries, fallopian tubes and uterus.
- Needed if you have any symptoms like pelvic pain, abnormal vaginal bleeding or discharge, or painful sex.
- Might include a Pap test.





Testicular Self-exams

- For anyone with testicles
- Start at age 15
- Helps find testicular cancer
- Testicular cancer is the #1 cancer in young men
- It's very curable when caught early





© 2025, Primary Care Alberta, Student and Adult Health Promotion and Oral Health



This work is licensed under the Creative Commons Attribution-Non Commercial-No Derivative 4.0 International license. To view a copy of this license, see <https://creativecommons.org/licenses/by-nc-nd/4.0/>. You are free to copy and distribute the work including in other media and formats for non-commercial purposes, as long as you attribute the work to Primary Care Alberta, do not adapt the work, and abide by the other license terms. The license does not apply to Primary Care Alberta trademarks, logos or content for which Primary Care Alberta is not the copyright owner.

This material is intended for general information only and is provided on an "as is", "where is" basis. Although reasonable efforts were made to confirm the accuracy of the information, Primary Care Alberta does not make any representation or warranty, express, implied or statutory, as to the accuracy, reliability, completeness, applicability or fitness for a particular purpose of such information. This material is not a substitute for the advice of a qualified health professional. Primary Care Alberta expressly disclaims all liability for the use of these materials, and for any claims, actions, demands or suits arising from such use.

