



teaching  
sexual  
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CALM

Learning Activity

# Taking Care of Your Body

## Learning Outcomes

*General Outcome 1: Personal Choices*

*Students will apply an understanding of the emotional/psychological, intellectual, social, spiritual and physical dimensions of health — and the dynamic interplay of these factors — in managing personal well-being.*

*Specific Outcome P12:*

*Examine aspects of healthy sexuality and responsible sexual behaviour.*



Fill in the chart below with actions you or your health care provider can take to support your sexual and reproductive health.

Action	Who should do this?	Done by self or health care provider?	Helps find or prevent	Notes
Testicular self-exam	Anyone with testicles			
HPV vaccine		Health care provider		
Pelvic exam			Find infections, sores or lumps on the genitals	
Pap test				Start at age 25, or 3 years after becoming sexually active, whichever is later
Condom/ vaginal condom/ dental dam use			Prevent STIs	





## Answers

Action	Who should do this?	Done by self or health care provider?	Helps find or prevent	Notes
Testicular self-exam	Anyone with testicles	Self	Find testicular cancer	Start at age 15
HPV vaccine	Everyone	Health care provider	Prevent cancer of the cervix, vagina, vulva, penis, anus, mouth or throat and genital warts	Free for people 26 and under
Pelvic exam	Anyone with a vulva/vagina	Health care provider	Find infections, sores or lumps on the genitals	Needed if having any symptoms like pelvic pain, abnormal vaginal bleeding or discharge, or painful sex
Pap test	Anyone with a cervix	Health care provider	Find cervical cancer	Start at age 25, or 3 years after becoming sexually active, whichever is later
Condom/vaginal condom/dental dam use	Everyone	Self	Prevent STIs	Use every time





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