



Get the information you need...

## You decide

Ask yourself "Am I ready for sex?"

Talking it over with someone you trust and getting the facts is the first step.

## Ask yourself...

- Does having sex fit with my beliefs?
- Do I feel pressured?
- Do I have to 'prove' that I love my partner?
- Will having sex change the way I feel about myself?
- Do I think this will be a fun and pleasurable experience for me?
- Will sex change my relationship?
- Am I comfortable with my body and how it works?
- Can I talk about my feelings with my partner without feeling scared or embarrassed?
- Am I ready?

Talk it over with someone you trust.

## Protect yourself

Manitoba has high rates of STIs and pregnancy in youth.

Know your risk factors.

Protect yourself and your partner from an unplanned pregnancy, STIs and HIV/AIDS.

## Knowledge is power

The more you know, the easier it will be to make decisions. The decision about whether or not to have sex, and how to protect yourself, is always yours.

## You decide

## think again about protecting yourself

Ask yourself: Is my safer sex method...

- effective?
- going to protect me and my partner against STIs and HIV?
- easy to use every time I have sex?
- going to have side effects?
- free or cheap?
- easy to get?
- going to be affected if I use drugs or alcohol?

### Abstinence

If you are not ready for sex, then this is the method for you.

There are lots of safe activities that don't put you or your partner at risk for any STIs, HIV or pregnancy (like massage, making out, talking sexy, cuddling, masturbation and the list goes on forever).

Just remember, always ask your partner if it's OK.

### Condoms

Male and female condoms are the only safer sex method that prevents pregnancy, most STIs and HIV.

With a little practice, using condoms can be fun!

Never use the male and female condom together, they'll stick and tear.

Effective condoms are made out of latex or polyurethane.

To use the male condom properly: Pinch the tip of the condom with two fingers and thumb to leave the right amount of space in the top of it. Then roll it down over the penis.

### Condoms are cheap and easy to get.

You can get them at most community health centres, public health offices or drugstores – no prescription necessary.

### Use condoms every time.

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### The Pill and Depo

#### Birth Control Pills:

Must be taken at the same time every day.

#### Depo Provera:

Must be given by injection every three months.

Both of these hormonal methods of birth control require a prescription and may have side effects: talk to your doctor/nurse or call Health Links.

If you are taking the pill, don't take medications (prescription or over the counter) without checking with a pharmacist first. Some medications may reduce the effectiveness of the pill. The pill and Depo Provera do not provide protection against STIs and HIV.

### ECP

#### Emergency Contraceptive Pills (ECP):

In case of sexual assault, a broken condom or unprotected sex, ECP can be taken to prevent a pregnancy. ECP must be taken within five days (5) of unprotected sex. The sooner ECP is taken, the more effective it is. Talk to your pharmacist, public health nurse or doctor about where ECP is available in your area.

### et cetera

#### Spermicides – Diaphragm – Cervical cap – IUD – Vaginal Ring – Contraceptive Patch

These birth control methods work well to prevent pregnancy too. Talk to a doctor or nurse, or go to a community health clinic for more info.





*think again  
about pregnancy options*

# again

## Know the facts

Think and talk about pregnancy options BEFORE you decide to have sex.

There are three options available to pregnant women in Canada: abortion, adoption and parenting. Each option is safe and legal. What you decide will depend on your own values, goals and lifestyle.

If you think you or your partner might be pregnant, find out fast! Go to a doctor, community health clinic, or pharmacy to get a pregnancy test. Putting off the test may limit your choices.

Make a decision that is right for you. Talk to someone you trust (i.e. your parents, a doctor, a counsellor, a public health nurse or friend). It is important to get support from someone who will respect your decision (no matter which you choose).

If you need more support or have questions, call one of the numbers on the back of this pamphlet. They can give you more info, listen, or refer you to someone who can help.

Visit our website, [www.thinkagain.ca](http://www.thinkagain.ca)

### Phone lines in Manitoba

**The Facts of Life Line**  
1-800-432-1957, 947-9222 (Winnipeg), [www.serc.mb.ca](http://www.serc.mb.ca)

**Health Links**  
1-888-315-9257, 788-8200 (Winnipeg)

**Kids Help Phone Line**  
1-800-668-6868

**AIDS/STD Info Line**  
1-800-782-2437

**Klinik Crisis Line**  
1-888-322-3019, 786-8686 (Winnipeg)

**Sexual Assault Crisis Line**  
1-888-292-7565, 786-8631 (Winnipeg)

**Teen Touch**  
1-800-563-8336, 783-1116 (Winnipeg)

### Public Health

Contact your local public health nurse or call any of the above numbers for your local public health contact info.

### Drop-in Teen Clinics in Winnipeg

Clinic locations and hours may change, so call first.

**Teen Klinik**  
870 Portage Ave, Monday 4:30–8, 784-4090

**Women's Health Clinic**  
419 Graham Ave, Thursday 3:30–8, 947-1517

**Mount Carmel Clinic**  
886 Main St, Saturday 12–4, 582-2311

**Nor' West Co-op**  
103-61 Tyndall, Wednesday 3:30-6, 940-2020

**Youville St. Vital**  
6-845 Dakota, Tuesdays 4–7, 255-4840

**Children's Hospital**  
840 Sherbrook St., Tuesday & Friday 1–4, 787-2401

**Elmwood Teen Clinic**  
505 Chalmers, Tuesdays 4–8

**St. John's Teen Clinic**  
401 Church, Wednesdays 12:15-4:15, 589-4374

### Education and Training

**SERC Professional Training Workshops:** (204) 982-7800

**Teen Talk Peer Support Training & Workshops for Youth:**  
(204) 784-4010



To re-order copies of this pamphlet, contact Healthy Child Manitoba Office at (204) 945-2266. Ce document disponible en français.

# Sex - You Decide

*Know the facts. Protect yourself.*



# think

## Myth busters

**You CAN get pregnant or a sexually transmitted infection (STI) including HIV the first time you have sex.**

**Safer sex is BOTH PARTNERS' responsibility.**

**There is no "safe" time to have unprotected sex.**

**You can have a STI or HIV and not know it.**

**Condoms and birth control are FREE or low cost at many community health clinics.**

**A LOT can be felt through condoms.**

**Less than 50% of high school students have had sex.**