

## Appendix E:

### Websites for Educators, Parents, and Youth

The following websites are intended to provide educators, parents, and youth with additional information regarding human sexuality education.

The websites contain information posted and maintained by the respective institutions or organizations independent of Manitoba Education, Citizenship and Youth. Although the websites were viewed during the development of this document, no guarantee can be made regarding their accuracy or availability. The responsibility of reviewing the websites (including those for youth) remains with educators and parents.

#### Websites for Educators

Alberta Health and Wellness: <<http://www.teachingsexualhealth.ca/>>

Provides educators, students, parents, and health professionals with information for teaching sexual health.

American School Health Association (ASHA): <<http://www.ashastd.org/>>

Provides information to prevent sexually transmitted infections (STIs) and their harmful consequences.

Canadian Abortion Rights Action League (CARAL): <<http://www.caral.ca/>>

Contains facts, statistics, and links providing pro-choice and abortion information.

Canadian AIDS Society (CAS): <<http://www.cdn aids.ca/>>

This national coalition of community-based AIDS organizations across Canada provides medical information and pamphlets about AIDS (in PDF format), and so on.

The Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD): <<http://www.cahperd.ca/>>

Provides educators and professionals with information and resources in the areas of health, physical education, recreation, and dance.

Canadian Association for School Health—Schoolfile: <<http://www.schoolfile.com/>>

Provides links and health reports related to school health.

Canadian Public Health Association (CPHA): <<http://www.cpha.ca/>>

Provides information for public health educators, including an HIV/AIDS Information Centre link.

The Canadian Women's Health Network: <<http://www.cwhn.ca/indexeng.html>>

Provides information on health topics, links, and resources specifically related to women.

Gay, Lesbian, and Straight Education Network (GLSEN): <<http://www.glsen.org/cgi-bin/iowa/home.html>>

This American-based website provides information to help educators and students learn about respecting and accepting all people, regardless of sexual orientation or gender identity/expression.

Health Canada. Canadian Guidelines for Sexual Health Education: <<http://www.hc-sc.gc.ca/pphb-dgspsp/publicat/cgshe-ldnemss/index.html>>

Provides a print version of the document, *Canadian Guidelines for Sexual Health Education* (in PDF format).

- . Canadian Health Network: <<http://www.canadian-health-network.ca/>>  
Provides information on a wide range of health topics, including sexuality and reproductive health.
- . National Clearinghouse on Family Violence: <<http://www.hc-sc.gc.ca/hppb/familyviolence/>>  
A national resource centre for all Canadians seeking information about violence within the family.
- . Sexual Health and Sexually Transmitted Infections: <<http://www.hc-sc.gc.ca/pphb-dgsp/std-mts/>>  
Provides current information for developing evidence-based national standards and policy, as well as for making healthy decisions.
- Manitoba Healthy Living: <<http://www.gov.mb.ca/healthyliving/>>  
Provides Manitobans with information and links related to six health topics, including sexuality.
- The National Campaign to Prevent Teen Pregnancy: <<http://www.teenpregnancy.org>>  
Provides information and support for campaigning to prevent teen pregnancy in the United States.
- Ottawa, City of. People Services Department—Health: <[http://ottawa.ca/city\\_services/yourhealth/sexual\\_en.shtml](http://ottawa.ca/city_services/yourhealth/sexual_en.shtml)>  
Provides fact sheets on STIs and birth control.
- Parents and Friends of Lesbians and Gays (PFLAG), Canada: <<http://www.pflag.ca/>>  
Provides support, education, and resources for families that deal with issues related to sexual orientation and gender identity.
- Planned Parenthood Federation of America: <<http://www.plannedparenthood.org/>>  
Provides comprehensive reproductive and complementary health care services, research, public policies, and educational programs.
- Planned Parenthood Federation of Canada (PPFC): <<http://www.ppfc.ca/>>  
Provides youth, parents, and educators with advocacy and service information on a variety of sexual health issues, ranging from access to birth control, to adolescent pregnancy, to sexual violence.
- . HIV: Women and Youth: <<http://www.ppfc.ca/ppfc/HIV/>>  
Provides fact sheets, resources for service providers, and knowledge tests related to HIV/AIDS.
- Rainbow Resource Centre. Helping Out: <<http://www.helpingout.ca>>  
Provides information for students and educators dealing with issues surrounding sexual diversity in Manitoba schools.
- Resource Center for Adolescent Pregnancy Prevention (ReCAPP):  
<<http://www.etr.org/recapp/programs/index.htm>>  
Provides a California-developed curriculum that includes practical tools and information to reduce sexual risk-taking behaviours.
- Sex Information and Education Council of Canada (SIECCAN): <<http://www.sieccan.org/>>  
Provides public and professional education about human sexuality, and includes a link to the *Canadian Journal of Human Sexuality*.
- Sexuality Education Resource Centre (SERC), Manitoba: <<http://www.serc.mb.ca/>>  
Provides factual information on sexuality, reproductive health, and referrals, including fact sheets on contraceptive methods and a Sexual Health Education Backgrounder related to Manitoba's physical education/health education curriculum.

Sexuality Information and Education Council of the United States (SIECUS):

<http://www.siecus.org/>

Provides educators and parents with information on issues such as sexuality education, youth development, sexual and reproductive health, puberty, abstinence, relationships, sexual orientation, body image, self-esteem, sexually transmitted diseases, HIV/AIDS, unintended pregnancy, and more.

The Society of Obstetricians and Gynaecologists of Canada—Sexuality and U for Parents and Teachers: <http://www.sexualityandu.ca/>

Provides teens, adults, parents, teachers, and health professionals with reliable Canadian information on human sexuality.

Sutter Health: <http://www.babies.sutterhealth.org/babygrowth/fetaldev/>

Provides pictures of fetal development at each month.

US Department of Health and Human Services. Centers for Disease Control and Prevention:

<http://www.cdc.gov/>

This American federal agency provides information for making healthy decisions and promoting healthy living for everyone.

## Websites for Parents

American Social Health Association (ASHA): <<http://www.ashastd.org/>>

Provides parents and youth with factual information and answers about sexual health and sexually transmitted infections (STIs/STDs).

---. I Wanna Know/Teen: <<http://www.iwannaknow.org/>>

Provides answers to teen questions about puberty, teen sexual health, and STI prevention, and includes a section for parents.

Health Canada. Canadian Health Network: <<http://www.canadian-health-network.ca/>>

Provides information on a wide range of health topics, including sexuality and reproductive health.

Parents and Friends of Lesbians and Gays (PFLAG), Canada: <<http://www.pflag.ca/>>

Provides support, education, and resources for families that deal with issues related to sexual orientation and gender identity.

Planned Parenthood Federation of America: <<http://www.plannedparenthood.org/>>

Provides comprehensive reproductive and complementary health care services, research, and American public policies and educational programs.

Planned Parenthood Federation of Canada (PPFC): <<http://www.ppfca.ca/>>

Provides youth, parents, and educators with advocacy and service information on a variety of sexual health issues, ranging from access to birth control, to adolescent pregnancy, to sexual violence.

Sexuality Education Resource Centre (SERC), Manitoba: <<http://www.serc.mb.ca/>>

Provides factual information on sexuality, reproductive health, and referrals, including fact sheets on contraceptive methods and a Sexual Health Education Backgrounder related to Manitoba's physical education/health education curriculum.

Sexuality Information and Education Council of the United States (SIECUS):

<<http://www.siecus.org/>>

Provides parents and educators with information on issues such as sexuality education, youth development, sexual and reproductive health, puberty, abstinence, relationships, sexual orientation, body image, self-esteem, sexually transmitted diseases, HIV/AIDS, unintended pregnancy, and more.

The Society of Obstetricians and Gynaecologists of Canada—Sexuality and U for Parents and Teachers: <<http://www.sexualityandu.ca/>>

Provides teens, adults, parents, teachers, and health professionals with reliable Canadian information on human sexuality.

Talking with Kids: <<http://www.talkingwithkids.org/>>

Provides information on how to talk with children about many issues, such as tobacco, sexuality, drugs, and violence.

### For Parents of Children with Developmental Delays

Canadian Down Syndrome Society (CDSS): <<http://www.cdss.ca/>>

Provides links (under Resources) to articles that address sexuality, which could be appropriate for many young people with developmental delays or learning problems.

## Websites for Youth

- Advocates for Youth: <<http://www.advocatesforyouth.org/>>  
Provides American-based information, training, and strategic assistance to help young people make informed and responsible decisions about their reproductive and sexual health.
- American Social Health Association (ASHA): <<http://www.ashastd.org/>>  
Provides parents and youth with factual information and answers about sexual health and sexually transmitted infections (STIs/STDs).
- Cyberisle—Your Youth Health Site (University of Toronto, Teen Net):  
<<http://www.cyberisle.org/>>  
Works directly with youth in Ontario—through focus groups, youth working groups, virtual youth working groups, and youth forums—to create Internet-based resources that meet the health and social needs of young people between the ages of 12 and 19.
- Health Canada. The Journey Begins: Gender and Sexual Identity: <[http://www.hc-sc.gc.ca/hppb/hiv\\_aids/youth/journey/](http://www.hc-sc.gc.ca/hppb/hiv_aids/youth/journey/)>  
Provides information about determining one’s sexual identity, and discusses feelings experienced during this journey.
- Kids Help Phone: <<http://kidshelp.sympatico.ca/>>  
Provides Canada-wide service and information for people in crisis or distress.
- KidsHealth (The Neumours Foundation): <<http://www.kidshealth.org/>>  
Provides families with accurate, current, doctor-approved, and jargon-free health information.
- Klinic Community Health Centre: <<http://www.klinic.mb.ca/>>  
Provides health services ranging from medical care, to counselling, to education for all ages, including lines for youth crisis, sexual assault, and teen talk.
- Planned Parenthood Federation of America—Teenwire: <<http://www.teenwire.com/>>  
Provides teens with information on making responsible choices regarding sexual health.
- Planned Parenthood Federation of Canada (PPFC): <<http://www.ppfcc.ca/>>  
Provides answers to commonly asked teen questions, as well as information on HIV/AIDS.
- Rainbow Resource Centre. Helping Out: <<http://www.helpingout.ca>>  
Provides information for students and educators dealing with issues surrounding sexual diversity in Manitoba schools.
- Sexuality Education Resource Centre (SERC), Manitoba: <<http://www.serc.mb.ca/>>  
Provides factual information on sexuality, reproductive health, and referrals, including fact sheets on contraceptive methods and a Sexual Health Education Backgrounder related to Manitoba’s physical education/health education curriculum.
- The Society of Obstetricians and Gynaecologists of Canada—Sexuality and U for Parents and Teachers: <<http://www.sexualityandu.ca/>>  
Provides teens, adults, parents, teachers, and health professionals with reliable Canadian information on human sexuality.
- Spiderbytes—A New Spin on Sexual Health for Teens: <<http://www.spiderbytes.ca/>>  
Designed by Planned Parenthood of Toronto to respond to questions about sexual health issues and to provide current information, links, and referrals on a range of topics pertaining to healthy sexuality for teens.

Teen Health: <<http://www.chebucto.ns.ca/Health/TeenHealth/index.html>>

Designed by Dalhousie University, Nova Scotia, to provide teens with information on various health topics, including sexual health.