

# Sexual Health: A Comprehensive Guide

## Introduction

Sexual health is an important aspect of overall well-being and should be approached with knowledge, understanding, and respect. This comprehensive guide aims to provide information on various aspects of sexual health, including consent, safe practices, medications, addressing sexual assault, and accessing resources. By promoting sex positivity and educating individuals on safe sex practices, we can create a healthier and more inclusive society.

## Section 1: Consent

### What is Consent?

Consent is a crucial aspect of any sexual encounter. It is the voluntary agreement between all parties involved to engage in sexual activity. Consent must be enthusiastic, informed, and ongoing throughout the sexual encounter. It is important to remember that consent can be withdrawn at any time.

### Examples of Consent

1. Scenario 1: Before engaging in any sexual activity, both partners have an open and honest conversation about their boundaries, desires, and expectations. They agree to proceed only if both parties are comfortable and enthusiastic.
2. Scenario 2: During a sexual encounter, one partner expresses discomfort and asks the other to stop. The other partner immediately stops and respects their boundaries.

### Resources on Consent

Le - [Planned Parenthood: Consent](<https://www.plannedparenthood.org/learn/sex-and-relationships/sexual-consent>)

- [RAINN: Consent](<https://www.rainn.org/articles/sexual-assault-prevention-consent>)

## **Section 2: Safe Sex Practices**

### **Safe Sex Practices for All**

Safe sex practices are essential to prevent the transmission of sexually transmitted infections (STIs) and unintended pregnancies. Regardless of sexual orientation or gender identity, everyone can practice safe sex by:

- Using barrier methods like condoms or dental dams to reduce the risk of STIs.
- Getting regular STI screenings and vaccinations.
- Communicating openly with sexual partners about STI testing and sexual health.

### **Safe Sex Practices for the LGBTQ+ Community**

The LGBTQ+ community faces unique challenges when it comes to sexual health. Some safe sex practices specific to this community include:

- Using condoms or dental dams during oral, anal, or vaginal sex.
- Regularly getting tested for STIs, including HIV.
- Using water-based lubricants to reduce the risk of tearing or discomfort during sex.

### **Resources on Safe Sex Practices**

- [Centers for Disease Control and Prevention: Safe Sex](<https://www.cdc.gov/sexualhealth/>)
- [Planned Parenthood: LGBTQ+ Sexual Health](<https://www.plannedparenthood.org/learn/sexual-orientation-gender/sexual-orientation>)

## **Section 3: Medications and Sexual Health**

### **Medications for Sexual Health**

There are various medications available that can help with sexual health concerns. Some examples include:

- Hormonal contraceptives: These medications, such as birth control pills or patches, help prevent pregnancy by regulating hormones.
- Pre-exposure prophylaxis (PrEP): PrEP is a medication taken by individuals at high risk of HIV infection to reduce the chances of contracting the virus.
- Erectile dysfunction medications: These medications help individuals with erectile dysfunction achieve and maintain an erection.

## **Consulting a Healthcare Provider**

It is important to consult a healthcare provider before starting any medication related to sexual health. They can provide guidance, prescribe appropriate medications, and monitor any potential side effects.

## **Resources on Medications and Sexual Health**

Links to Saskatchewan and Canadian based Information on Sexual Health

<https://www.saskatchewan.ca/residents/health/diseases-and-conditions/sexually-transmitted-infections-services/sexual-health-resources>

- [Mayo Clinic: Erectile Dysfunction Medications](<https://www.mayoclinic.org/diseases-conditions/erectile-dysfunction/in-depth/erectile-dysfunction-medications/art-20074879>)
- [Planned Parenthood: Birth Control Methods](<https://www.plannedparenthood.org/learn/birth-control>)

## **Section 4: Addressing Sexual Assault**

### **Understanding Sexual Assault**

Sexual assault is a serious crime that involves any unwanted sexual activity without consent. It is important to understand the following:

- Consent is necessary for any sexual activity.
- Victims of sexual assault are not to blame for the assault.

- Support and resources are available for survivors of sexual assault.

## **Reporting Sexual Assault**

If you or someone you know has experienced sexual assault, it is important to report the incident to the appropriate authorities. You can also seek support from local sexual assault centers or helplines.

## **Resources on Addressing Sexual Assault**

<https://sassk.ca/>

[https://www.justice.gc.ca/eng/rp-pr/cj-jp/victim/rr14\\_01/p10.html](https://www.justice.gc.ca/eng/rp-pr/cj-jp/victim/rr14_01/p10.html)

<https://canadianwomen.org/the-facts/sexual-assault-harassment/>

- [RAINN: Sexual Assault Resources](<https://www.rainn.org/>)

- [National Sexual Violence Resource Center](<https://www.nsvrc.org/>)

## **Section 5: Identifying and Accessing Resources**

### **Sexual Health Centers**

Sexual health centers provide a range of services, including STI testing, contraception counseling, and sexual health education. Some examples of sexual health centers include:

- Planned Parenthood clinics
- Local public health departments
- Community health centers

### **Hospitals and Healthcare Providers**

Hospitals and healthcare providers can offer comprehensive sexual health services, including STI testing, contraceptive options, and counseling. It is important to find a healthcare provider who is knowledgeable and supportive of sexual health needs.

## **GSA Clubs and LGBTQ+ Organizations**

GSA (Gender and Sexuality Alliance) clubs and LGBTQ+ organizations can provide a safe and supportive environment for individuals seeking information and resources related to sexual health. These organizations often offer educational workshops, support groups, and access to community resources.

## **Resources on Identifying and Accessing Sexual Health Resources**

Outsaskatoon.ca <https://www.outsaskatoon.ca/resource-library/>

2SLGBTQ+ health

<https://libguides.usask.ca/c.php?g=706788&p=5030005>

- [Planned Parenthood: Find a Health Center](<https://www.plannedparenthood.org/health-center>)

- [GLAAD: LGBTQ+ Resource List](<https://www.glaad.org/resources>)

## **Conclusion**

Understanding and promoting sexual health is essential for creating a safe, inclusive, and informed society. By discussing topics such as consent, safe sex practices, medications, addressing sexual assault, and accessing resources, we can empower individuals to make informed decisions about their sexual health. Remember, sexual health is a personal journey, and seeking knowledge and support is an important step towards maintaining a healthy and fulfilling sexual life.

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