

Teen Clinic Volunteer Resource Materials

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SESSION 1 : Orientation

Sexuality

<https://www.serc.mb.ca/sexuality-relationships/our-sexuality/what-sexuality>

<https://teentalk.ca/hot-topics/sexuality/>

Determinants of Health

<https://www.canada.ca/en/public-health/services/health-promotion/population-health/what-determines-health.html>

Cultural safety

http://www.nccah-ccnsa.ca/368/Cultural_Safety_in_Healthcare.nccah

Prejudice

- an unfavourable opinion or feeling formed beforehand or without knowledge, thought or reason
- any preconceived opinion or feeling, either favourable or unfavourable
- unreasonable feelings, opinions or attitudes, especially of a hostile nature, directed against a racial, religious or national group
- negative personal behaviour that discriminates against individuals of such a group

Bias

- a mental leaning or inclination
- partiality

Bigotry

- holding blindly and intolerantly to a particular creed, opinion, etc.
- being narrow-minded and intolerant

Discrimination

- differential treatment of an individual on the basis of the individual's actual or presumed membership in or association with some class or group of people, rather than on the basis of personal merit
- differential treatment of an individual or group on the basis of:
- ancestry, including colour and perceived race
- nationality or national origin
- ethnic background or origin
- religion or creed, or religious belief, religious association or religious activity
- age
- sex, including pregnancy, the possibility of pregnancy, or circumstances related to pregnancy
- gender-determined characteristics or circumstances
- sexual orientation
- marital or family status
- source of income
- political belief, political association or political activity
- physical or mental disability or related characteristics or circumstances
- failure to make reasonable accommodation for the special needs of any individual or group, if those special needs are based upon any characteristic listed above

SESSION 2: Harm Reduction

Chief provincial public health officer position statement (Manitoba)

http://www.gov.mb.ca/health/cppho/docs/ps/harm_reduction.pdf

Winnipeg Regional health Authority position statement:

<http://www.wrha.mb.ca/community/publichealth/files/position-statements/HarmReduction.pdf>

Government of Manitoba page on harm reduction supports and resources

http://www.gov.mb.ca/healthyliving/hlp/sexuality/harm_reduction.html

Manitoba Harm Reduction Network

www.mhrn.ca

SESSION 3: Adolescent Sexual and Reproductive Health

Reproductive rights

<https://www.serc.mb.ca/sexuality-relationships/our-sexuality/reproductive-and-sexual-rights>

Sexual decision-making:

<http://www.serc.mb.ca/sexual-health/what-sex>

<https://teentalk.ca/hot-topics/sex/>

Consent:

<https://teentalk.ca/hot-topics/sexuality/>

Cervix check/breastcheck resources:

HPV, Pap testing, breast health

<http://www.getcheckedmanitoba.ca/breastcheck.html>

SESSION 4: Birth Control

What you should know about birth control methods

(https://www.serc.mb.ca/sites/default/files/resources/BIRTHCONTROLMETHODS_FACTSHEET2016.pdf)

What you should know about the birth control pill

https://www.serc.mb.ca/sites/default/files/resources/BIRTHCONTROLPILL_FACTSHEET2016.pdf

What you should know about female condoms

https://www.serc.mb.ca/sites/default/files/resources/INTERNALFEMALECONDOM_FACTSHEET2016.pdf

What you should know about male condoms

https://www.serc.mb.ca/sites/default/files/resources/externalcondomfactsheet_2pg.pdf

What you should know about the birth control patch

<https://www.serc.mb.ca/sites/default/files/resources/thepatchfactsheet.pdf>

What you should know about the birth control shot

https://www.serc.mb.ca/sites/default/files/resources/BIRTHCONTROLSHOT_2016_0.pdf

What you should know about emergency contraception

https://www.serc.mb.ca/sites/default/files/resources/ECP_FACTSHEET2016.pdf

What you should know about the IUD

https://www.serc.mb.ca/sites/default/files/resources/IUD_FACTSHEET2016.pdf

Play it safer with condoms

https://www.serc.mb.ca/sites/default/files/resources/PlayitSafer_WithCondoms.pdf

What you should know about spermicides

<https://www.serc.mb.ca/sites/default/files/resources/Spermicides.pdf>

What you should know about the vaginal ring

https://www.serc.mb.ca/sites/default/files/resources/VAGINALRING_FACTSHEET2016.pdf

SESSION 5: Sexually Transmitted and Blood Borne Infections

1) General information

- a) Handout: SERC (2016) – “What You Should Know About... Sexually Transmitted infections” - https://www.serc.mb.ca/sites/default/files/resources/STI_FACTSHEET2016_0.pdf
- b) Chart: SOGC (? Year)– “Understanding Sexually Transmitted Infections – Comparative Chart” - http://www.shorecentre.ca/wp-content/uploads/STI_Comparative_Chart.pdf
- c) Handout: WRHA/SERC (2012) – “Share Your Results... Not Your STI”- https://www.serc.mb.ca/sites/default/files/resources/Share%20Your%20Results..Not%20Your%20STI_1.pdf
- d) Handout: Teen Talk (2016) – “Sexually Transmitted Infections (STI)” - <http://teentalk.ca/wp-content/uploads/2014/05/STI-handout-sept-2016.pdf>
- e) General STI Questions and Answers (pg. 293-295 from manual)
- f) HIV/AIDS Basics
<http://www.catie.ca/en/basics/hiv-and-aids>
- g) Handout: SERC (2016) – “Sharing Sex Toys”
<http://www.serc.mb.ca/sites/default/files/resources/sext toys.pdf>

2) Types of STIs

- a) Bacterial
 - a.i) Gonorrhea and Chlamydia
 - (a.i.1) Handout: SERC (2012) – “What You Should Know About... Chlamydia” - <http://www.serc.mb.ca/sites/default/files/resources/Chlamydia.pdf>
 - (a.i.2) Handout: SERC (2010) – “Sex and Prevention: Chlamydia and Gonorrhea” - http://www.serc.mb.ca/sites/default/files/resources/C_and_G_PrintReady_0.pdf
 - a.ii) Syphilis

(a.ii.1) Handout: SERC (2010) – “Sex and Prevention: Syphilis”
-http://www.serc.mb.ca/sites/default/files/resources/Syphilis_PrintReady.pdf

b) Viral

b.i) Human Immunodeficiency Virus (HIV)

(b.i.1) Handout: SERC (2010) – “Sex, Drugs and Prevention: HIV and AIDS”
-http://www.serc.mb.ca/sites/default/files/resources/HIV_AIDS_PrintReady.pdf

(b.i.2) Handout: CATIE (2010) – “HIV and AIDS Basic Facts” -
<http://www.catie.ca/pdf/Brochures/HIV-basics.pdf>

(b.i.3) Handout: Teen Talk (? Year) – “HIV: Human Immunodeficiency Virus” -
<http://teentalk.ca/wp-content/uploads/2014/05/HIVhandout-oct2016.pdf>

b.ii) Hepatitis B

(b.ii.1) Handout: SERC (2010) – “Sex, Drugs and Prevention: Hepatitis B”
-http://www.serc.mb.ca/sites/default/files/resources/HepB_Final_PrintReady.pdf

b.iii) Hepatitis C

(b.iii.1) Handout: Teen Talk (? year) – “What is...Hep C” - <http://teentalk.ca/wp-content/uploads/2014/10/HEP-C-for-youth-brochure.pdf>

b.iv) Genital Herpes

(b.iv.1) Handout: SERC (2013) – “What You Should Know About...Herpes”
<http://www.serc.mb.ca/sites/default/files/resources/Herpes.pdf>

b.v) Human Papilloma Virus (HPV)

(b.v.1) Genital Warts

(b.v.1.a) Handout: SERC (2010) – “Sex and Prevention: Genital Warts”
-http://www.serc.mb.ca/sites/default/files/resources/GenitalWarts_PrintReady.pdf

(b.v.2) HPV Vaccine and Pap Tests

(b.v.2.a) Handout: Cancer Care Manitoba (2017) – “Pap tests, the HPV vaccine and your results...” - <http://www.getcheckedmanitoba.ca/files/x-bklt-cxck-e.pdf>

c) Parasitic

c.i) Trichomoniasis

(c.i.1) Handout: SERC (2012) – “What You Should Know About...Trichomonas (Trich)”
<http://www.serc.mb.ca/sites/default/files/resources/Trichomonas.pdf>

c.ii) Pubic Lice

(c.ii.1) Fact Sheet: Toronto Public Health (2014) – “Crabs (Pubic Lice)” –
https://www1.toronto.ca/City%20Of%20Toronto/Toronto%20Public%20Health/Communicable%20Disease%20Control/Sexual%20Health/Files/pdf/P%20-%20new%20naming/PubicLice_fs_eng_Jan-2014_aoda.pdf

c.iii) Scabies

(c.iii.1) Website: MyHealth.Alberta.ca – “Scabies”
-<https://myhealth.alberta.ca/Health/pages/conditions.aspx?hwid=hw171811>

(c.iii.2) Website: Hassle-free Clinic – Toronto – “Pubic lice (crabs) and scabies” -
<http://hasslefreeclinic.org/home/helpful-links/sexually-transmitted-infections/pubic-lice-crabs-and-scabies/>

d) Other

d.i) Bacterial Vaginosis

(d.i.1) Handout: SERC (2012) - “What You Should Know About...Bacterial Vaginosis (BV)”
<http://www.serc.mb.ca/sites/default/files/resources/Bacterial%20Vaginosis.pdf>

d.ii) Vaginal Yeast Infections

(d.ii.1) Website: HealthLinkBC.ca – “Vaginal yeast Infections” -
<https://www.healthlinkbc.ca/health-topics/hw61044>

SESSION 6: Pregnancy Options

Pregnancy Options -----

Teen Pregnancy Options, Your choice for your reasons: a one page pamphlet.

https://www.gov.mb.ca/healthychild/mcad/pamplet_yourchoice.pdf

Your Choice for Your Reasons: youth pregnancy options handbook for service providers

https://www.gov.mb.ca/healthychild/mcad/had_yourchoice.pdf

Pregnancy Options website: Information and decision-making tools including all options, for individuals or service providers. (US)

<http://www.pregnancyoptions.info>

Abortion -----

Women’s Health Clinic, Winnipeg: information about abortions in general, the risks, forms to complete at home

<http://womenshealthclinic.org>

National Abortion Federation (professional association of abortion providers in North America): resources for women in need of abortion care and for health care providers

<https://prochoice.org>

Faith Aloud: a US faith-based support for women dealing with all types of reproductive challenges.

<http://www.faithaloud.org>

Abortion Care Network: resources for decision-making and for coping after an abortion, compiled by US abortion service providers.

<https://www.abortioncarenetwork.org>

Men and abortion: information and support for men re how to deal with an abortion experience and be supportive.

<http://www.menandabortion.com>

Guide to Emotional & Spiritual Healing after an Abortion

<http://www.pregnancyoptions.info/emotional&spiritual.htm>

Prenatal -----

WRHA: resources and links for pregnancy

<http://www.wrha.mb.ca/community/publichealth/services-healthy-parenting.php>

Health Canada: The Sensible Guide to a Healthy Pregnancy

<http://www.phac-aspc.gc.ca/hp-gs/guide/assets/pdf/hpguide-eng.pdf>

Healthy Baby Manitoba: supports for pregnancy and parenting, including the Prenatal Benefit. Also community drop/in groups with information, activities, healthy snacks, milk coupons, etc.

<http://www.gov.mb.ca/healthychild/healthybaby/>

Community resources for Childbirth preparation, breastfeeding and post-partum support, including prenatal classes.

<http://icmanitoba.com/wp-content/uploads/2016/08/Community-Resources-for-Childbirth-Preparation-Breastfeeding-and-Postpartum-Support.pdf>

<http://www.wrha.mb.ca/community/publichealth/files/ComResBirthPostpartMar2015.pdf>

Pregnancy Winnipeg: blogging, information, tips, local research studies looking for participants.

<http://www.pregnancywinnipeg.com>

Adolescent Parent Centre: school and supports for adolescents who are pregnant or parenting.

<https://www.winnipegssd.ca/schools/AdolescentParentCentre/Pages/default.aspx>

Villa Rosa: residential prenatal and post-natal support program.

<http://www.villarosa.mb.ca>

Baby Centre: a fun website with lots of information about growth and development during pregnancy and after.

www.babycenter.ca

Manitoba Parent Zone: lots of excellent information and resources on parenting
<http://www.manitobaparentzone.ca>

WRHA Parenting and Early Childhood Development Resources:
http://www.wrha.mb.ca/community/publichealth/files/HPECDResources2014_000.pdf

Canadian Pediatric Society, Caring for kids: all sorts of information about infant and child care.
<http://www.caringforkids.cps.ca/>

Adoption -----

Manitoba Government: information about adoption through provincial program
<https://www.gov.mb.ca/fs/childfam/adoption.html>

Adoption Options: private adoption agency
<http://www.adoptionoptions.mb.ca>

SESSION 7: Communication and Counselling Techniques

Communication
<https://teentalk.ca/hot-topics/communication-2/>

Tips for online or text communication
<http://teentalk.ca/wp-content/uploads/2014/05/COM-handout-dec-2015.pdf>

SESSION 8: Mental Health

See Teen Clinic Mental Health toolkit

SESSION 9: Healthy Relationship and Teen Dating Violence

Relationships:
<https://teentalk.ca/hot-topics/dating-violence/>

SESSION 10: Sexual Assault

Understanding sexual violence: You are not alone
<https://www.gov.mb.ca/youarenotalone/understanding.html>

SESSION 11: Gender and Sexual Identity

Gender identity
<https://teentalk.ca/hot-topics/gender-identity/>

Rainbow Resource Centre brochures

<http://www.rainbowresourcecentre.org/resources/brochures>

Dating Trans folks

Ally?

Bisexual?

Coming Out

Gay?

Heterosexism

Homophobia

Lesbian?

Trans?

Supporting Transgender and Gender Diverse Students in Manitoba Schools

<http://www.edu.gov.mb.ca/k12/docs/support/transgender/index.html>

SESSION 12: Substance Use

Addiction Foundation of Manitoba – Youth Services

<https://afm.mb.ca/programs-and-services/for-youth/>

Youth addictions centralized intake

<http://www.matc.ca/services-ciyacci.html>