



Canada's source for
HIV and hepatitis C
information

La source canadienne
de renseignements sur
le VIH et l'hépatite C

www.catie.ca
www.hepcinfo.ca
www.infohepatitec.ca

555 rue Richmond Street West/Ouest
Suite/bureau 505
Toronto, Ontario M5V 3B1
Phone/tél: 1-800-263-1638 or/ou
(416) 203-7122
Fax/télé: (416) 203-8284

Programming Connection Case Study Package / Trousse d'étude de cas diffusée dans Connectons nos programmes

Materials from: Sexuality...Let's Talk About It!

A program of:

The First Nations of Quebec and Labrador Health and Social Services Commission
250, place chef Michel-Laveau, Local 102
Wendake, Québec G0A 4V0
www.cssspnql.com

This document was assembled and uploaded to the Programming Connection in October, 2010.

For more information on Sexuality...Let's Talk About It!, read the Case Study in CATIE's Programming Connection at www2.catie.ca/en/pc.

The Programming Connection is designed to encourage the revitalization of existing programs and the creation of new programs. Should you use any part of these materials, please credit the author/organization as named on this cover sheet.

Documents sur : Sexualité...parlons-en!

Un programme de :

Commission de la Santé et des Services Sociaux des Premières Nations du Québec et du Labrador
250, place chef Michel-Laveau, Local 102
Wendake, Québec G0A 4V0
www.cssspnql.com

La présente documentation a été assemblée et téléchargée dans Connectons nos programmes en octobre, 2010.

Pour plus de renseignements sur Sexualité...parlons-en!, veuillez lire l'étude de cas dans Connectons nos programmes de CATIE à : www2.catie.ca/fr/cnp.

L'outil Connectons nos programmes a été conçu pour encourager la revitalisation de programmes existants et la création de nouveaux programmes. Si vous utilisez ces documents en totalité ou en partie, veuillez citer en référence l'auteur ou l'organisme tel qu'il figure dans cette page couverture.

VIOLENCE

Physical

Use of physical force to affirm one's power over one's boyfriend or girlfriend.

Ex.: Slap, kick, hit with one's fist, hit with an object, hold the other back against his/her will, shove, grab the other by the arm or neck or any other part of the body – in other words, any physical contact with the intention of abusing or causing fear in the other.

- The most common.
-

Verbal

Use of words to create feelings of insecurity and fear in one's girlfriend or boyfriend or to humiliate him or her (in private or in front of friends).

Ex.: Insult, shout, name-calling, swear, use vulgar or coarse language

- Much more common than we would think.
-

Psychological

Through one's attitude, gradually try to destroy the self-confidence of one's girlfriend or boyfriend and to reduce his/her independence.

Ex.: Humiliate, disparage, belittle, quarrel, control, dominate, isolate the other, threaten, impose one's opinions/tastes/values/desires, break objects, attack in various ways the people (or animals) who are significant to the other, criticize the other to destroy his/her self-confidence, demoralize the other by pointing out his/her weaknesses, blame the other for one's own violent actions

- This form of violence leaves deep inner wounds. Many people think it is not as serious as other forms because it doesn't leave any visible traces, but that is false!
-

Sexual

Force sexual acts on one's girlfriend or boyfriend or force him/her to take part in activities of a sexual nature.

Ex.: Tie down the other against his/her will to have sex, penetration by force, swear, insult, humiliate during sex, take by force (conjugal rape), treat roughly during sex, sexual harassment, force the other to act out one's own fantasies, refuse to have sex with the other in order to punish or control him/her, any act of a sexual nature without the consent of the other.

- Often occurs in a context of intimidation, manipulation, blackmail, threats or use of force.

GLOSSARY

Abstinence

Non-participation in sexual behaviours.

Anxiety

Feeling of unease or fear associated with a certain situation.

Contract

Get or become contaminated by an illness or infection.

Cunnilingus

Sexual practice consisting in stimulating the vulva with the tongue, lips or mouth.

Ejaculation

Discharge of sperm from the penis.

Erection

Swelling and hardening of the penis due to sexual arousal.

Fellatio

Sexual practice consisting in stimulating the penis with the mouth, lips or tongue.

Love

Highly intense feeling of attachment between two people, including tenderness and physical attraction.

Love relationship

Relationship generally between two people of the opposite or same sex who are attracted to each other.

Masturbation with a partner

Sexual practice by which a person stimulates the genital organs of another person, without penetration or contact of the genital organs of the two partners.

Method of transmission

Ways by which a person can get an illness or infection.

Modesty

Feeling of embarrassment or self-restraint regarding issues that involve sexuality.

Oral-genital relations

Sexual practices by which the mouth, tongue or lips are used to stimulate the male or female genital area.

Puberty

Period marking the transition from childhood to adolescence, accompanied by physical, emotional and psychological changes. Puberty begins at a different time for each person. Its onset can occur in young people between the ages of 10 and 18.

Safe sexual behaviour

Sexual behaviours including use of contraception and protection to reduce the risks of an unplanned pregnancy and the risks of contracting an STBBI.

Self-masturbation

Sexual practice by which an individual stimulates one's own genital organs for sexual pleasure.

Sexual behaviour

All forms of an individual's sexual conduct, for example, kissing, having sex, etc.

Sexuality

Concerns every person in their entire being and represents all characteristics specific to each sex. Sexuality does not refer simply to the human genital organs; it encompasses several dimensions, e.g., anatomy (the human body), emotions, psychology (self-esteem), etc.

Signs and symptoms

Indications showing the presence of an infection or illness.

STBBI

Sexually transmitted or blood-borne infection.

Unplanned pregnancy

Pregnancy of a girl who was not expecting to become pregnant after sex. This occurs most of the time due to unprotected sex.

RESOURCES

Telephone numbers:

Teens' help line service	1-800-263-2266
Drugs assistance and referral	1-800-265-2626
Gays' help line	1-888-505-1010
Suicide prevention (in French) Jeffrey Hale (in English) Suicide action Montréal (in English)	1-866-277-3553 (418) 683-9274 or 1-888-683-9274 (514) 723-4000
Emergency	911
CSSS (Health and Social Services Centre)	811
Kids' Help Phone	1-800-668-6868
CAVAC (Crime Victims Assistance Centre)	1-866-532-2822

Websites:

www.sexualityandu.ca	www.livepositive.ca
www.cavac.qc.ca	
en.teljeunes.com	
www.youngandhealthy.ca	
www.kidshelpphone.ca	

Books: