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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

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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!

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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.

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Sexuality
Let's talk about it!



**STBBI and contraception-
how do YOU deal with it???**



Oh yes! Oh yes!



Oh no. Oh no.

Chlamydia, genital herpes, gonorrhoea, HIV...
Having sex without a condom is all it takes to get one.

Bacterial

- Chlamydia
- Gonorrhea
- LGV (Lymphogranuloma venereum)
- Syphilis

Viral

- Hepatitis A, B, C
- Genital Herpes
- HIV/Aids
- Genital warts or HPV (Human papilloma virus)

Parasitical

- Public lice
- Scabies
- Trichomoniasis (Trich)

The most « COMMON »

CHLAMYDIA / GONORRHEA

- Bacteria which affect the cervix, the urethra, the rectum, the throat and the eyes.
- Chlamydia is the most common among youths aged 15 to 24, followed closely by gonorrhoea among the 15-29 year-olds.

Ways of transmission

- Unprotected oral, vaginal or anal sex.
- Penetration or ejaculation not required for transmission to occur.
- May be transmitted by a mother to her baby at delivery.

Signs and symptoms

- The majority of people do not present any symptoms.
- Vaginal discharge / urethral discharge.
- Painful urination.
- Lower stomach pain / testicular pain.
- Vaginal bleeding after sex or between menstrual periods.
- Pain during sex.

Treatment

- Antibiotics.

Possible complications

- Often associated with other undetected or untreated infections.
- Greater susceptibility of contracting and transmitting HIV.
- Spread of the infection from the uterus to the Fallopian tubes.
- Risk of ectopic pregnancy.
- Chronic pelvic pain.
- Infertility among women (rare among men).
- Eruptions, sores and joint pains.
- Systemic gonococcal infection (Gonorrhoea)

GENITAL HERPES

- Herpes simplex virus (type 1: cold sores, type 2: anogenital herpes)
- Can cause a single skin eruption or recurring eruptions.
- Incurable (does not heal by itself).

Ways of transmission

- Direct oral, vaginal or anal sexual contact (the condom uses its effectiveness if the person has sores outside the parts that it protects).
- Oral contact with a person who has previously had cold sores.
- Through transmission of the virus when there are no symptoms or lesions.
- From mother to baby during pregnancy or delivery.

Signs and symptoms

- The majority of people do not present any symptoms.
- Painful sore (external or internal).
- Inflammation and redness.
- Fever.
- Muscular pain.
- Sensitive lymphatic ganglions.

Treatment

- Antivirals to relieve symptoms and reduce frequency and duration of relapses..

Possible complication

- Increased risk of transmitting or contracting HIV.

HIV

(Human immunodeficiency virus)

- Virus which destroys cells essential for the immune system, thus reducing the body's capacity to combat other infections or illnesses.
- Weakens the immune system allowing other infections to occur and allowing AIDS (acquired immunodeficiency syndrome) to develop.
- Incurable (does not heal).
- 5 bodily fluids can transmit this virus:
 - ⌘ Blood
 - ⌘ Sperm
 - ⌘ Pre-ejaculate
 - ⌘ Vaginal secretions
 - ⌘ Mother's milk

Ways of transmission

- Unprotected oral, vaginal and anal sex.
- Use of contaminated sex toys.
- Sharing of drug injection material.
- Sharing of personal items, e.g., toothbrush or razor.
- From mother to baby during pregnancy, delivery or breastfeeding.

Signs and symptoms

- The majority of people do not present any symptoms.
- At first, symptoms can be like those presented by a cold or mononucleosis.
- When the system weakens, there is swelling of the lymphatic glands, night sweats, persistent fever and diarrhea, inexplicable weight loss, fatigue, sore throat, headache, joint or muscular pain, persistent skin eruptions and nausea.

Treatment

- Antiretrovirals can slow down the progression of the infection towards AIDS.

Possible complications

Once AIDS develops, other illnesses can appear:

- Infection: pneumocystis jiroveci, cytomegalovirus (CMV) which causes blindness, candidosis (of the esophagus, lungs, bronchial tubes and vagina), mycobacterium avium complex, mycobacterium tuberculosis.
- Cancer: cervix, anus, Kaposi's sarcoma and lymphoma.
- Increased frequency or severity of herpes.
- Illnesses affecting the brain (toxoplasmosis, etc.).
- Chronic intestinal troubles.

HEPATITIS C

- Virus which attacks the liver.

Ways of transmission

- Exposure to infected blood.
- Sharing of drug injection material.
- Sharing of personal items, e.g., toothbrush or razor.

Signs and symptoms

- The majority of people present no symptoms.
- Symptoms can be similar to cold symptoms.

Treatment

- Antiretrovirals for a period varying from 6 months to 1 year, but effectiveness of treatment depends on various factors. But even if you do not heal, treatment slows down the progression of the infection.

Possible complications

- 85% will be affected by a chronic infection (virus in the organism more than 6 months) because 15% of acute Hepatitis C cases heal spontaneously.
- 20% to 30% of people develop cirrhosis of the liver over a 20-year period. From this moment on, the risk of liver cancer is 1% to 4% each year.

Which of the following sexual behaviours present risks?

Abstinence: **NO RISK**

Kissing: **NO RISK**

Petting: **NO RISK**

Self-masturbation: **NO RISK**

Masturbation with a partner: **RISK**

Fellatio, cunnilingus (oral-genital relations): **RISK**

Vaginal sex: **RISK**

Anal sex: **RISK**

- If you have an STBBI or have had one before, you are at greater risk of getting another one.
- The best thing to do if you think you are infected is to go for STBBI screening. You can see your family doctor or go to a medical clinic, a youth clinic or a CLSC clinic offering this service.
- Even after healing, STBBIs can occur again.

CONTRACEPTION



MALE CONDOM

- PROTECTION AGAINST PREGNANCY.
- PROTECTION AGAINST STBBIs.
- Supple and disposable latex sheath (also available in polyurethane for those who are allergic to latex).
- Many forms, sizes, thicknesses, colours, flavours.
- Prevents exchange of bodily fluids.
- No need for a doctor's prescription.
- Is placed on the erect penis.
- Can be used only once.
- Is sold over-the-counter in pharmacies and some other stores.
- Available free of charge at the health centres, youth centres and the CLSC.
- Effective against pregnancy in 98% of cases.



FEMALE CONDOM

- PROTECTION AGAINST PREGNANCY.
- PROTECTION AGAINST STBBIs.
- Supple and disposable polyurethane sheath.
- Prevents exchange of bodily fluids.
- No need for a doctor's prescription.
- Must be placed in the vagina before sex.
- Can be in place for up to 8 hours before sex.
- Can be difficult to use.
- Can be used only once.
- More expensive than the male condom.
- Is not available in all pharmacies.
- Effective against pregnancy in 95% of cases.



ORAL CONTRACEPTIVE

« The pill »

- PROTECTION AGAINST PREGNANCY.
- NO PROTECTION AGAINST STBBIs.
- In the form of a pill.
- Prevents release of an ovum by the ovary.
- Is effective immediately if taken within the first 5 days of the menstrual cycle; otherwise, use additional protection for 7 days.
- Must be prescribed by a doctor.
- Must be taken every day.
- Effective in 99.7% of cases.



CONTRACEPTIVE PATCH

« EVRA »

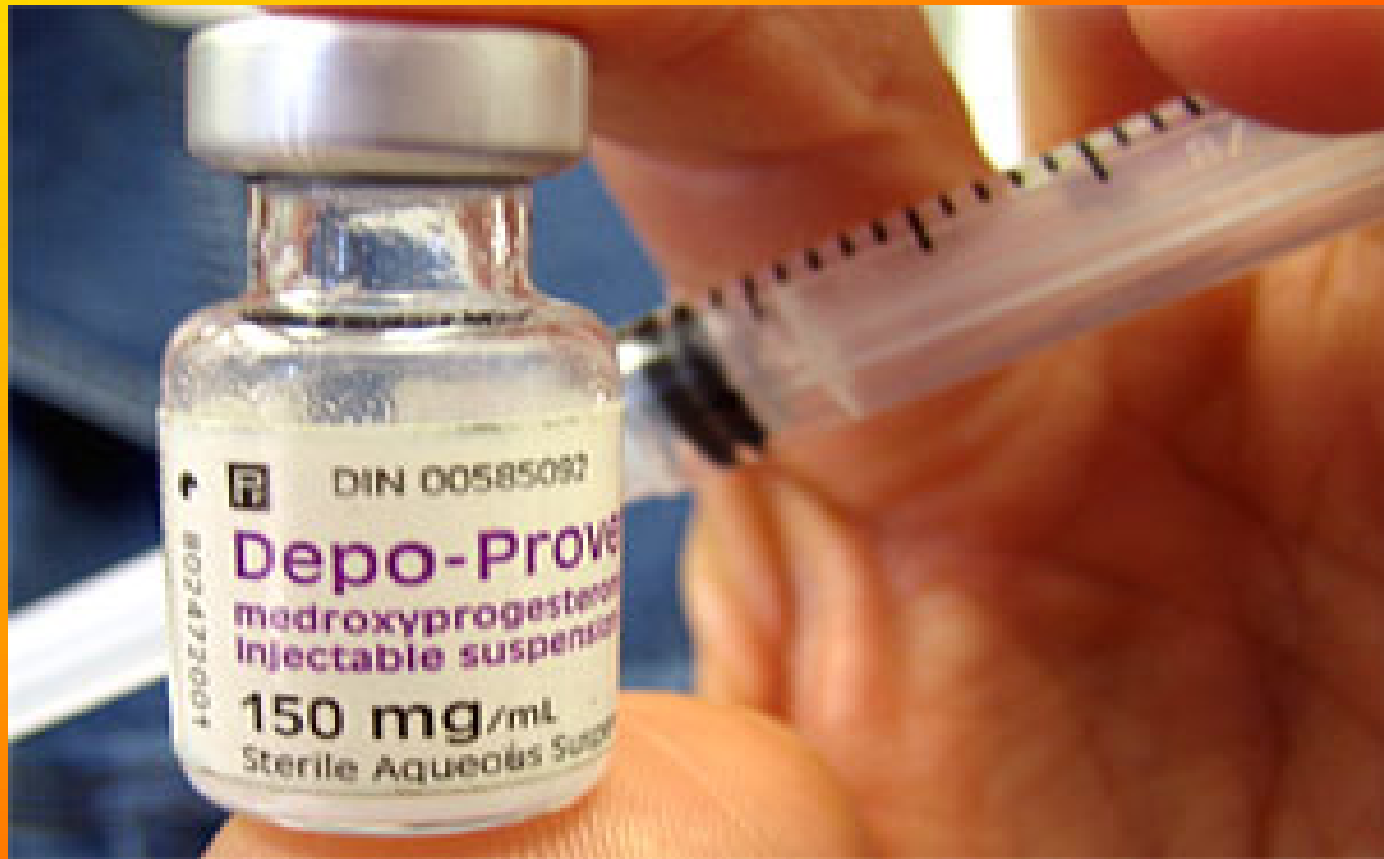
- PROTECTION AGAINST PREGNANCY.
- NO PROTECTION AGAINST STBBIs.
- Adheres to the skin.
- Prevents release of an ovum by the ovary.
- Is effective immediately if applied the first day of the menstrual cycle; otherwise, use additional protection for 7 days.
- Must be prescribed by a doctor.
- Must be changed once a week.
- Effective in 99.7% of cases.



VAGINAL RING

« NuvaRing »

- PROTECTION AGAINST PREGNANCY.
- NO PROTECTION AGAINST STBBIs.
- Flexible ring inserted in the vagina.
- Prevents release of an ovum from the ovary.
- Is immediately effective if inserted within the first 5 days of the menstrual cycle; otherwise, use additional protection for 7 days.
- Must be prescribed by a doctor.
- Must be kept in place for 3 weeks.
- Effective in 99.7% of cases.



INJECTABLE CONTRACEPTIVE

« Depo-Provera »

- PROTECTION AGAINST PREGNANCY.
- NO PROTECTION AGAINST STBBIs.
- Injectable form of contraception.
- Prevents release of an ovum by the ovary.
- Is immediately effective if injected within the first 5 days of the menstrual cycle; otherwise, use additional protection for 7 days.
- Must be prescribed by a doctor.
- Injections given in the arm or buttocks 4 times a year.
- Fertility returns 9 months after the last injection.
- Effective in 99.7% of cases.



INTRA-UTERIN SYSTEM

« IUS or Mirena »

- PROTECTION AGAINST PREGNANCY.
- NO PROTECTION AGAINST STBBIs.
- Small T-shaped device with a tiny cylinder containing a hormone.
- Prevents sperm cells from fertilizing the ovum.
- Effective immediately if inserted within the first 7 days of the menstrual cycle.
- May be inserted any time during the menstrual cycle only if the woman has had protected sex within the 10 days preceding insertion.
- May not be used as emergency contraception.

- Must be prescribed by a doctor.
- Inserted in the uterus by a doctor.
- Can stay in place for up to 5 years.
- Effective in 99.8% of cases.



INTRA-UTÉRIN DEVICE

« IUD or Copper IUD »

- PROTECTION AGAINST PREGNANCY.
- NO PROTECTION AGAINST STBBIs.
- T-shaped device surrounded by a copper wire.
- Prevents sperm cells from fertilizing the ovum.
- Is effective immediately if inserted within the first 7 days of the menstrual cycle.
- Can be inserted at any time during the cycle if the woman has had protected sex during the 10 days preceding insertion.
- Can be inserted at a time outside the cycle, even if the woman has had unprotected sex in the days preceding insertion, up to 7 days after the estimated date of ovulation.

- Excellent emergency contraceptive.
- Must be prescribed by a doctor.
- Inserted in the uterus by a doctor.
- Can remain in place for up to 5 years.
- Effective in 99.1% of cases.

Information adapted from: www.sexualityandu.ca

FLASH INFO

- Beginning at the age of 14, your visit to a doctor is confidential. This means the doctor cannot speak to your parents about your visit without your consent.
- The day-after pill is available in drug stores without prescription and is taken within 3 days after having unprotected sex.

NEGOTIATING USE OF A CONDOM

Examples of excuses and arguments

I'm 'safe'...

You might have an STBBI and not know it!

I haven't made love for weeks...

Some STBBIs can take several months to appear.

I'm a virgin...

How can I be sure of that?

I love you...

Love doesn't change anything.

Trust me, I don't need a condom. I'm safe.

You can have an STBBI and not know it! Even if you test negative, there can be a risk. So, if your partner tells you he or she is safe, don't take any risks. With a condom, you can make love with peace of mind and without worrying about STBBIs or an unplanned pregnancy.

I don't know if I have any 'crabs' because I haven't had sex for weeks.

Some STBBIs can take several months before appearing and some do not present any visible signs or symptoms. Furthermore, STBBIs need treatment to be eliminated. Use a condom to protect yourself from them and from unplanned pregnancies.

I'm a virgin.

How do you know this is true? And perhaps you're not a virgin...Use a condom to protect both of you.

I love you. Do you think I'd try to spread a disease to you?

Love won't prevent STBBIs. Even with the most powerful feelings in the world, you can still infect your partner.

I'm on the pill so we don't need a condom.

The pill protects against pregnancy but not against STBBIs.

No-one in my group uses condoms.

If others take risks, that doesn't mean you have to do the same thing. You can answer, "I'm not ready to get an STD or to have a baby."

I'm much too young to get an STBBI.

You can get an STBBI at any age. Just one partner is enough to give you an infection.

I hate wearing a condom! It gives me fewer sensations.

There are thin lubricated condoms to enhance your sensations. Also, in some cases, a condom can prevent early ejaculation and thus prolong the pleasure...

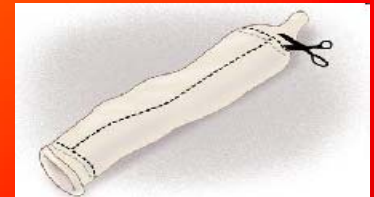
A condom interferes with my spontaneity.

Using a condom can be erotic. The best thing to do is to put it on without stopping the stimulation. You can slip it over the head of the penis (the glans penis) and take your time to unroll it. Here's a tip: open the condom package during the first caresses and then you just have to put it on when the time comes for that.

Elements taken from: www.jcapote.com

Dental dam

- Take the condom carefully out of its package and unroll it.
- Cut off the tip and base of the condom; then cut it lengthwise.
- Open it up into the form of a rectangle.



Answers

Indicate whether the following statements are true or false:	TRUE	FALSE
1) The contraceptive patch is the only contraception method that can protect you from sexually-transmitted and blood-borne infections (STBBIs) and unplanned pregnancies.		✳
2) Sexual behaviours with penetration bring risks of HIV transmission.	✳	
3) Aboriginal youths are not affected by STBBIs.		✳
4) One of the steps in putting on condom is to check its expiry date.	✳	
5) Flavoured condoms were create specifically for oral-genital relations.	✳	

Indicate whether the following statements are true or false:	TRUE	FALSE
6) If before having sex, the girl says she using the pill, this is a good reason for not using a condom because the two partners will be sufficiently protected.		✳
7) Use of alcohol can increase the risk of forgetting to use a contraceptive for having sex.	✳	
8) All STBBIs heal by themselves.		✳
9) When a person gets HIV, he or she knows it immediately.		✳
10) HIV can be transmitted only by blood and sperm.		✳