

"Sexual Health Matters"

Fall 2006

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~~"Children Not Taught by Parents will be
Taught by the World"~~

Sign up for as few or as many as you like.....
667-7500 to Pre-Register

All programs held at Hertz Hall, Trinity United
Church, Amherst
6:30 -8:30 p.m. \$6.00 per
night (no one turned away
who can't afford to pay)

Changing Years Series

**** Deadline to Register: September 29

Parents: It's Time to Talk with 9 - 12 Year Olds about
the Facts of Life

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1. Thursday, **October 5, 2006.....**

Getting Started (parents only)

Sex Talks Spelled out for Parents.....

learn to effectively talk about puberty
and other sexual topics. Includes:

3. Thursday, **October 19,**

2006...Boys and Puberty Changes

(Boys

and parents together)

Learn about puberty changes through fun
activities, video, discussion (female changes
also briefly discussed)

#4. Thursday, **October 26,**

2006...Where Did I Come From?

(Boys, Girls, and Parents)

An inter-active workshop providing a chance to
share and learn about: loving relationships, family
values around sexual activity, facts about conception,
pregnancy, childbirth. Video.

5. Thursday, November 2, 2006...

Family Communication/

Personal Safety

(Boys, Girls, and Parents)

Skill-building session

Guidelines for Sex Partners



Go Girl Self Esteem Workouts/

Girls Club: Summer report

Eighty girls attended these 2 and 4-day programs in Amherst, Pugwash, River Hebert, Springhill, Parrsboro, and Oxford.

A Big THANKS to all businesses and individuals who supported the program.

Summer staff did a great job: Erin Reid (Coordinator), Krista Burbine, Kaili Pipes, and Lacey Bulmer.

Holiday Catalogue Fundraiser

The Holiday Catalogue sale will begin **November 1**. Catalogues can be picked up at the office the week before or call us and we'll mail one out if you live out of town. Paid members will automatically receive one.

Thanks to all those who made donations - there are some great bargains and yummy treats you won't want to miss.

Interested in Natural Birth Control?

Savayda Jarone, a medical herbalist, partners with Halifax Sexual Health Centre* to offer seminars on the Fertility Awareness Method (FAM), a 100% natural birth control method.

Contact the HSHC at 902 455-9656 or Savayda at 902 431-4150.

*(formerly Planned Parenthood Metro Clinic)

- ▶ Have each other's consent
- ▶ Never use pressure to get consent
- ▶ Be honest with each other
- ▶ Treat each other as equals
- ▶ Be attentive to each other's pleasure
- ▶ Protect each other against physical and emotional harm

- ▶ Guard against unintended pregnancy and/or sexually transmitted infection
- ▶ Be clear with each other about what you want to do and don't want to do
- ▶ Respect each other's limits
- ▶ Accept responsibility for your actions

Harassment Vs Flirtation

Are you confused about whether you should tell someone that you find them attractive or whether that may be interpreted as sexual harassment? These definitions may help:

Harassment: comments actions or suggestions that result in a person feeling demeaned, invaded, degraded, powerless, threatened, angry, worthless and negative about her/him self.

Our Worth Waiting Program Wins Award

Worth Waiting, our postponing sexual involvement program for grade six students, has been chosen for an *Award of Excellence in Achievement* from the Helen and Fred Bentley Foundation. We will receive \$2000.00 and the program will be highlighted in a national Achievement

- ☼ expansion of Worth Waiting, a grade 6 postponing sexual involvement program and parent information sessions to support the goals of the program
- ☼ Promotion of Changing Years Parent Kits throughout the county and placement in several elementary schools
- ☼ Party Animal: a high school risk reduction program focusing on the sexual health risks of drugs and alcohol.

This support is greatly appreciated.

Flirtation: comments, actions or suggestions that result in a person feeling equal, flattered, complimented, confident, in control, respected, comfortable, and positive about him/her self.

National Family Week

October 2-8

For more information, call Family Service Canada 1-800-668-7808 or check out www.familyservicecanada.org/nfw

Brochure to be distributed by the Cdn. Federation for Sexual Health.

Local Community Health Boards financially support initiatives

The three Cumberland County Community Health Boards (SOAR, SPAR, and Pugwash & Area) have contributed a total of \$6000.00 to support several Sexual Health Centre initiatives:

New Resource to Use with Teens

It's Your Move: A Game to Explore the Factors Influencing Sexuality and Pregnancy

"Solution-focused"

Targeted at 13- 17 year olds

The purpose of this game is to develop understanding of the life circumstances that may lead to teen pregnancy and to promote wise decision-making. It allows participants to explore and discuss issues of teen sexual activity, birth control, healthy pregnancy, and parenthood. It focuses awareness on the feelings, thoughts, and outside influences that combine in the decision to become a teen parent. Teachers/group leaders are provided with a **detailed facilitator's guide**. Each component of the game (see above) has a

Parents:

Talk Early....Talk Often

It Works!

Decision Wheel game board and Scenario cards that stimulate discussion about influences, supports, and resources. Each component can be used separately or one after the other, as each Decision Wheel builds on the previous one. Allow approximately 45-60 minutes for each component.

This 2004 Cdn. resource may be borrowed free of charge from our office.

Other New Resources

- ✿ “Sexuality and Aging: An Owner’s Guide to The Maturing Body” (pamphlet)
- ✿ “If you loved me, you’d sleep with me” 10 ways to reply to this pressure line” (pamphlet)

Visit Our Website:

www.cumberlandcounty.cfsh.info. You will also find information on us (and other Canadian Federation for Sexual Health affiliates) at the following web site: www.cfsh.ca. Information on sexual health topics can be accessed through this site.

The SHCCC is a non-profit organization operated by a local Board of Directors. We work to promote informed, responsible attitudes toward sexuality. Our services are available to all members of the community and are offered in an environment that respects and supports each individual. We believe that individuals have the right to accurate, reliable, and unbiased information and services.

“Confidential”

Please support the United Way of Cumberland County

**Please help us
make a difference:**

- make a donation \$ _____
- become a member or renew membership (\$10.00)

Name: _____

Address: _____

Postal Code: _____

Phone: _____

Complete and mail or drop in to:

Sexual Health Centre for Cumberland County

12 LaPlanche Street (located in Maggie’s Place)
P.O. Box 661
Amherst, Nova Scotia
B4H 4B8

Call us for more information at **667-7500**

*Donations are tax deductible!
Thank you very much.*

- Check out our lending library
- Borrow a book for your child
- Sign up for a program
- Book a presentation for your school class or community group
- Pick up free condoms
- Schedule a pregnancy test
- Ask to look at our birth control kit
- Pick up a copy of Wayves