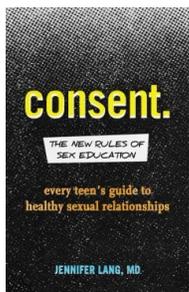


# WGSS Libr@ry

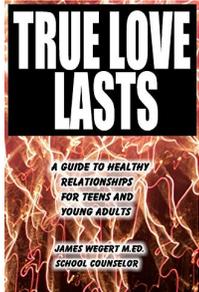
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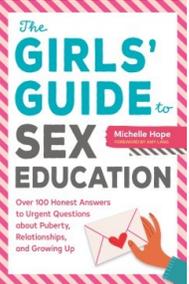
**Wait, What?: A Guide to Relationships, Bodies, and Growing up**  
By Heather Corinna  
GX 613.9 COR



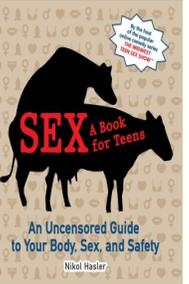
**Consent. The New Rules of Sex Education: Every Teen's Guide to Healthy Sexual Relationships**  
By Jennifer Lang  
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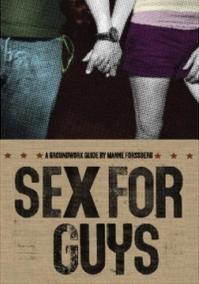
**True Love Lasts: A Guide to Healthy Relationships for Teens and Young Adults**  
By James Wegert  
158 WEG



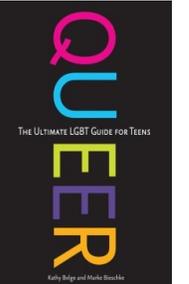
**The Girls Guide to Sex Education**  
By Michelle Hope  
613.9 HOP



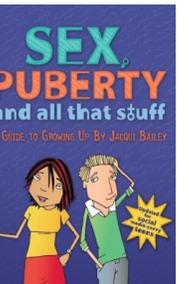
**Sex: A Book For Teens**  
By Nikol Hasler  
613.9 HAS



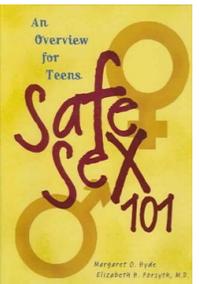
**Sex for Guys**  
By Manne Forssberg  
613.9 FOR



**Queer: The Ultimate LGBT Guide for Teens**  
By Kathy Belge  
306.76 BEL



**Sex, Puberty and All That Stuff: A Guide to Growing Up**  
By Jacqui Bailey  
613.9 BAI



**Safe Sex 101: An Overview for Teens**  
By Margret Hyde  
613.9 HYD

## Local Support

WGSS Youth Workers Room 121  
WGSS Counselling Centre [wgsscounselling.weebly.com](http://wgsscounselling.weebly.com)  
Langley Youth Hub (604) 546-1130  
Child and Youth Mental Health Clinic (604) 514-2711

## Resources



**Action Canada for Sexual Health and Rights**  
Resources on sexual health including general information, rights, laws, and policies, global work, and ways you can help. [actioncanadashr.org](http://actioncanadashr.org)  
[www.srhweek.ca/youth-sexuality-and-sexual-health/](http://www.srhweek.ca/youth-sexuality-and-sexual-health/)



**ERASE**  
Government and School District site providing information on online safety, bullying, sexual health, and more. It has a reporting system that will notify your school of any concerns you submit (anonymous).  
[www2.gov.bc.ca/gov/content/erase](http://www2.gov.bc.ca/gov/content/erase)



**Kids Help Phone**  
Information on dating, relationships, consent, sex, sexting, and more. [kidshelpphone.ca](http://kidshelpphone.ca)



**Planned Parenthood**  
Information on abortion, birth control, pregnancy, sexual orientation, gender identity, and more.  
[plannedparenthood.org](http://plannedparenthood.org)



**Safeteen**  
Information on sex, pregnancy, STIs, relationships, health and wellness, and LGBTQ+.  
[safeteen.org](http://safeteen.org)



**Sex ETC**  
Information by teens for teens including sex education videos, information center, list of terms, clinic finder, and more. [sexetc.org](http://sexetc.org)



**Teens Health**  
Information on body changes, STIs, birth control, staying safe, and overall health. [teenshealth.org](http://teenshealth.org)



**Teen Talk**  
Information on birth control, bodies, consent and sexual assault, gender identity, pregnancy, sexuality, and more. [teentalk.ca](http://teentalk.ca)

## Apps



**Always There**  
(Kids Help Phone)



**Circle of 6**



**Eve**  
(Period Tracker)



Resources and information to help you learn more about sexual health, identity, consent, relationships, and more.

## Walnut Grove Secondary School

This brochure was created in collaboration with the WGSS Libr@ry and WGSS Counsellors.  
Information included was gathered from safeteens.org, teentalk.ca, and justice.gc.ca



## Waiting and Abstinence

Just because "everyone else" is doing it' doesn't mean you have to. The reality is that many teens are waiting to have sex; many of those that did have sex wish that they had waited longer. A big reason that so many

teens wish they had waited, even if they used protection, is that they weren't emotionally ready. You can protect your body, but it's not always as easy to protect your feelings. Being in a good, trusting, committed relationship means enjoying many things together, not just sex.

Learn more <https://safeteens.org/sex-pregnancy-stds/abstinence/>



## What is and is not consent?

You can't assume that someone wants to have any kind of sex; for you to know, the other person has to tell you. You can't assume that someone wants to have sex because of how they're dressed or what they're doing.

- Consent has to be spoken. Statements like "Yes, I want to do \_\_\_ with you," are great because they clearly state that the person wants to do a specific thing. If a person doesn't say anything or seems unsure, they have not consented to sex.
- You shouldn't be pressured into giving consent.
- Someone who has been drinking or doing drugs can't give consent; also, if someone appears to be asleep, he or she can't consent.
- Even if you consent, you can always change your mind if you begin to feel unsafe or uncomfortable.
- If you are in a relationship where you have already had sex, you still have to get consent each time. Consent should never be assumed!

Learn More <https://safeteens.org/sex-pregnancy-stds/what-is-consent/>



## Sexting

You have heard of sexting. But what exactly is it? Sexting is sending or forwarding sexually suggestive or nude pictures on your cell phone or online. Think it isn't a big deal? Think again:

- You could get arrested. If the parties involved are under 18, it is considered child pornography. This could put you on the sex offenders' registry.
- Think that picture you sent just went to your boyfriend? He could send it to his entire contact list!
- You could get a bad reputation. If you forward a sext, you could embarrass the person in the picture and cause them a variety of personal problems and stress.

The bottom line is – sexting is a bad idea. With smartphones and apps like SnapChat, it's easier than you think for compromising pictures to spread around your community. Phones can be stolen, accounts can be hacked, and pictures can be shared. It's much better to be safe than sorry when it comes to sexting!

Learn More <https://safeteens.org/relationships/sexting/>



## STIs: The Low Down

STIs are both common and sneaky. One in two sexually active young people will get an STI by age 25, and most of them won't even know it. That's because many STIs do not show any symptoms.

## How can I protect against STIs?

Abstinence (refraining) is the best way to protect against STIs. If you choose to have sex, practice safe sex. That means using latex condoms during oral, vaginal or anal sex.

Learn more <https://safeteens.org/sex-pregnancy-stds/stds/>

## Child Pornography (Sexting) is broadly defined and includes:

- Any representation of a person who is, or is depicted as being, under the age of 18 years, engaged in explicit sexual activity, any representation whose dominant characteristic is the depiction of the sexual organs or anal region of a person under the age of 18 years for a sexual purpose.
- Written, visual and audio material that : advocates or counsels unlawful sexual activity with a person under the age of 18, or written, visual and audio material whose dominant characteristic is the description of unlawful sexual activity with a person under the age of 18 for a sexual purpose .

It is against Canadian law for child pornography to be: made, distributed, made available, sold, possessed or accessed, advertised, exported or imported. When you send a Sext, you are at risk of being charged and convicted of distributing child pornography.



## Sexuality

It's a part of what makes you you! Sexuality is a big concept that has a huge effect on our lives. It can be about our feelings, attraction, identity and gender identity, body image, gender expression, culture,

rights, worldview, pleasure, flirting, making out and/or sex, and relationships.

It's part of our mental, physical, spiritual and emotional health. We all have a sexuality from the moment we're born until the moment we die, and our sexuality will change and grow throughout our lives.

Our sexuality is personal and unique to us, which means we might feel and act differently from what we are seeing around us. We all get to make choices and express our sexuality and gender in ways that make sense to us. As long as we're not hurting or harassing other people in the process, it's all good.

Learn more <http://teentalk.ca/learn-about/sexuality/>



## MYTHS VS FACTS



- Less than half of all high school students have had sex
- Young people ages 15 to 24 represent 25% of the sexually active population—but they account for almost 50% of new STI cases
- You can't get an STI if your partner is a virgin
- You can get pregnant while on your period
- A girl can't get pregnant the first time she has sex
- Using birth control, like the pill, prevents STIs
- Condoms are almost as effective for preventing pregnancy as the pill when they are used correctly
- Sex is a way to make somebody love or commit to you.

Collected from the American Health Association.

**Sexual Assault** is an act in which a person intentionally sexually touches another person without that person's consent, or coerces or physically forces a person to engage in a sexual act against their will.

**Sexual Exploitation** is when a person commits an offence who is in a position of trust or authority towards a young person and who for a sexual purpose, touches, directly or indirectly, with a part of the body or with an object, any part of the body of the young person; or for a sexual purpose, invites, counsels or incites a young person to touch, directly or indirectly, with a part of the body or with an object, the body of any person.

**Molestation** is the crime of sexual acts with children up to the age of 18, including touching of private parts, exposure of genitalia, taking of pornographic pictures, rape, inducement of sexual acts with the molester or with other children and variations of these acts by pedophiles. Molestation also applies to incest by a relative with a minor family member and any unwanted sexual acts with adults short of rape.

**Age of Consent** is the age at which a young person can legally agree to sexual activity. Age of consent laws apply to all forms of sexual activity, ranging from kissing and fondling to sexual intercourse. **All sexual activity without consent is a criminal offence, regardless of age. The age of consent in Canada is 16 years.**

**Rape** is a type of sexual assault usually involving sexual intercourse or other forms of sexual penetration carried out against a person without that person's consent.

**Pap Test (Women)** is a test for women to look for abnormal, precancerous, or cancerous growths on the cervix. It is recommended to schedule a Pap Test with your doctor every 3 years, or when you change partners.

**Medical Appointment / Physical (Men)** It is recommended to schedule an appointment with your doctor every 3 years, or when you change partners.