

# CSE Harmful Elements Analysis Tool

The CSE Harmful Elements Analysis Tool<sup>1</sup> was created to help parents, school administrators, educators, and other concerned citizens assess, evaluate, and expose harmful elements within comprehensive sexuality education (CSE)<sup>2</sup> curricula and materials. For more information, visit [www.stopcse.org](http://www.stopcse.org).

## Analysis of *Teen Health Source Website* Based on 15 Harmful Elements Commonly Included in CSE Materials

### CSE HARMFUL ELEMENTS SCORE = 15 OUT OF 15

*Teen Health Source Website* contains **15 out of 15** of the harmful elements typically found in CSE curricula or materials. The presence of **even one of these elements indicates that the analyzed materials are inappropriate for children**. Having several of these elements should disqualify such materials for use with children.

**Program Description:** Teen Health Source is published by Planned Parenthood Toronto. Teen Health Source is a sexual health information service run for and by youth. Whether teens need information about birth control, sexually transmitted infections, healthy relationships, or puberty, we provide information in a non-judgmental, sex-positive, pro-choice, and inclusive manner. (<https://teenhealthsource.com/about-us/>)

**Target Age Group:** All ages, tailored to youth

For the complete text of Teen Health Source see: <https://teenhealthsource.com>

HARMFUL CSE ELEMENTS	EXCERPTED QUOTES FROM CSE MATERIAL
<b>1. SEXUALIZES CHILDREN</b> <i>Normalizes child sex or desensitizes children to sexual things. May give examples of children having sex or imply many of their peers are sexually active. May glamorize sex, use graphic materials, teach explicit sexual vocabulary, or encourage discussion of sexual experiences, attractions, fantasies or desires.</i>	<p>“<b>Dildo:</b> A penis-shaped sex toy often made of rubber, silicone, or plastic.” (<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p>“<b>Dry Sex:</b> A sexual activity that encompasses going through the motions of sex (rubbing fully or partially-clothed bodies, especially genitals) against each other.” (<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p>“<b>Fingering:</b> Slang for using one or several fingers to touch a vagina, usually including a combination of touching or rubbing the clitoris and placing fingers inside of the vagina.” (<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p>“<b>Frottage:</b> Rubbing genitals together in a non-penetrative way that brings people pleasure. This can be clothed or naked.” (<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p>“<b>G-spot:</b> This is short for the ‘Grafenberg’ Spot. It is an area about two knuckles’</p>

<sup>1</sup> The CSE Harmful Elements Analysis Tool was created by Family Watch International. Family Watch is not responsible for the way in which the tool is used by individuals who do independent analyses of CSE materials. Visit [www.stopcse.org](http://www.stopcse.org) for a blank template or to see analyses of various CSE materials.

<sup>2</sup> CSE programs are often labeled as comprehensive sex education, sexual education, sexuality education, anti-bullying programs, sexual and reproductive health education, Welcoming Schools programs, and even family life, life skills or abstinence plus education programs, etc. Regardless of the label, if program materials contain one or more of the 15 harmful elements identified in this analysis tools, such materials should be categorized as CSE and should be removed from use in schools.

length down from the bellybutton inside the vagina that can produce intense sexual pleasure in some people when stimulated. This can also cause some folks to ejaculate.” (<https://teenhealthsource.com/definitions/>)

“**Orgy:** Also known as group sex. This is a sexual encounter involving many people engaging in sexual activities at the same time.” (<https://teenhealthsource.com/definitions/>)

“**Outercourse:** Sexual activities that do not involve the insertion of fingers, a penis, a tongue, or sex toys into the mouth, anus, or vagina of another person. This can include kissing and other kinds of sexual touching.” (<https://teenhealthsource.com/definitions/>)

“**Phone Sex:** A sexual encounter between people that takes place entirely via the telephone.” (<https://teenhealthsource.com/definitions/>)

“**Fingering and fisting** can be a good way to give someone pleasure, but not everyone is into it. What are fingering and fisting? Fingering is when one or several fingers are placed inside someone’s vagina or anus to give pleasure. Fisting is when the whole hand is put inside someone’s vagina or anus. It is called fisting because once inside, the hand is usually curled into a fist shape... The vagina and the anus are very sensitive areas of the body and when you are a teen they are still developing. This might mean that you may find fingering or fisting uncomfortable or even painful.” (<https://teenhealthsource.com/sex/fingering-fisting/>)

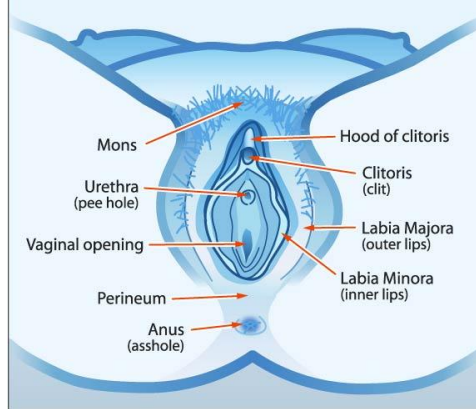
“**Outercourse** ... focuses on external stimulation using hands, toys, or your body... Outercourse is an umbrella term for many different kinds of sex... Acts of outercourse can include:

- **Grinding** (can take place clothed or not, sometimes referred to as frotting)
- Dry sex (dry humping)
- **Manual sex** (touching and stimulating genitals with the hand, sometimes called a handjob)
- Oral sex (rimming, eating out, blowjobs, etc)
- Making out
- **Sex toy use** (vibrators, strokers, etc)
- **Virtual sex** (using your phone, webcam, or even just texting)
- Simultaneous or mutual masturbation”

(<https://teenhealthsource.com/sex/outercourse/>)

“Although discussions about what ‘good sex’ is tend to focus on penetration, there are actually **lots of ways to have fun, pleasurable sex that don’t involve penetration at all**. External stimulation (like fingering, oral, or even just rubbing) can actually be a lot more pleasurable than penetration alone, especially for people with vulvas.” (<https://teenhealthsource.com/sex/outercourse/>)

### Outside Parts (vulva)



[\(https://teenhealthsource.com/puberty/vulvas/\)](https://teenhealthsource.com/puberty/vulvas/)

“**Using food during sex is a really common fantasy combo!** Maybe it’s because food is easier to get than sex toys are (cheaper, no age limits, etc.)...

If you are **inserting stuff into your anus**, try to avoid anything that can break easily. It’s also best to stick with items that have a flared base and enough room to grip them so they’re less likely to get sucked up into your body.”

[\(https://teenhealthsource.com/blog/how-do-you-use-food-in-bed/\)](https://teenhealthsource.com/blog/how-do-you-use-food-in-bed/)

“**Foreplay** is all of the things (sexual and non-sexual) that people might do to get in the mood and **turned on for sexual activities.**”

[\(https://teenhealthsource.com/blog/foreplay-part-1/\)](https://teenhealthsource.com/blog/foreplay-part-1/)

“Stereotypically (i.e. pop culture, media, etc.), **‘foreplay’** has meant the things that people (specifically cis-hetero couples) do in order to get ready for ‘real sex.’ So, again, this stereotypically has meant spending lots of time on **making out, masturbation/fingering, or oral sex** in order to make sure that someone’s vagina was lubricated and aroused enough for penetration by a penis. But clearly this does not apply to everybody! Not everybody has or is interested in penetrative vaginal intercourse (aka penis-in-vagina sex). And we wouldn’t say that oral sex or mutual masturbation aren’t real sex – They’re plenty real!”

[\(https://teenhealthsource.com/blog/foreplay-part-1/\)](https://teenhealthsource.com/blog/foreplay-part-1/)

“Moans and More: You can also **give feedback during foreplay**, letting your partner know what feels good, what doesn’t, or if you’re ready to move on to your desired sex acts. If people are looking for tips on how to get better at dirty talk, a great start can be just describing how you’re feeling, what activities or sensations are working for you, and what you’re going to do after the foreplay.”

[\(https://teenhealthsource.com/blog/foreplay-part-1/\)](https://teenhealthsource.com/blog/foreplay-part-1/)

“Kissing: Foreplay doesn’t need to be elaborate or fancy. Some people just need a good amount of kissing to get in the mood. Consider making time for longer makeouts. You can also talk to your partner if it **feels good to kiss places other than their mouths** (like necks, ears, toes, bellies, etc.).”

[\(https://teenhealthsource.com/blog/foreplay-part-2-its-foreplay-not-choreplay/\)](https://teenhealthsource.com/blog/foreplay-part-2-its-foreplay-not-choreplay/)

“Massages: A massage can help relieve tension, as well as help partners feel more physically intimate. You don’t have to be an expert masseuse to rub someone’s shoulders or back or whatever it is that helps get them in the mood. There are also lots of **body oils that people use to enhance the experience.**” (<https://teenhealthsource.com/blog/foreplay-part-2-its-foreplay-not-choreplay/>)

“**Oral Sex and Masturbation:** While oral sex and mutual masturbation are wonderful activities by themselves, lots of people engage in them as warm-up to things like penetrative sex. If this is the case for you, **spend lots of time on oral sex or masturbation!** Edging your partner (or yourself) in this way can help a lot in getting people in the mood, which can lead to things like greater vaginal lubrication or more confident erections.” (<https://teenhealthsource.com/blog/foreplay-part-2-its-foreplay-not-choreplay/>)

“**Virtual Sex** is any kind of sexual activity that people do with/on the internet. This includes sexting, **masturbating together on video chat**, phone sex, sending photos, chat rooms, sliding into the DMs, and so much more! Here’s a brief list of options:

- **Sexting** – Sending sexy/sexually descriptive/explicit things (texts, pictures, videos) over text message or social media platforms (Snapchat, Instagram, Kik, etc.).
- **Phone Sex** – Saying/describing sexy things over the phone to someone.
- **Sexy Blogs** – Write sexy stories, notes, or fantasies. This can be to one person, or public on a blog somewhere.
- **Watching sexy videos or porn together** (if you’re 18+) through video or phone chat (Skype, FaceTime, etc)
- **Online Exhibitionism** – Posting pics or vids of yourself to public websites or social media accounts.
- **Online Role Play** – Playing around with other identities or fantasies with your partner(s) online.
- **Distance forms of kink power play** – Controlling (consensually) what your partner does, wears, where they go, etc., and they update you with photos or text messages showing that they’re following orders.

Pretty much all of these activities can include or **lead to people masturbating** where they’re at, but they don’t have to. Some people just like the fun and thrills that can come with being sexy.”

(<https://teenhealthsource.com/blog/virtual-sex-part-1/>)

“There are **legal risks** for taking and sending photos of people who are under 18 years old. In some places the law might consider this creating and distributing porn featuring a minor. If this applies to you, or to someone who you are asking to send you nudes, it is good to talk about and understand how big the risks might be if you get caught. If you feel like the risks are too high for you, it’s okay to wait until people are older, or **only send sexy texts or non-nude images/videos.**” (<https://teenhealthsource.com/blog/sexting-sending-nudes-strategies-for-safety/>)

“There are a ton of reasons why people engage in virtual sex. Here are a few:

- Virtual sex poses zero risks for pregnancy or STIs.
- It’s a good **alternative for people abstaining from physical sex**.
- It’s a good way to engage in foreplay for physical sex acts.
- It’s also a great option for people who are not comfortable (for whatever reason) with physical sex acts (oral, anal, vaginal, masturbation).”

(<https://teenhealthsource.com/blog/virtual-sex-part-1/>)

“**How do people have Virtual Sex?** ...Talk about it beforehand so that you can know what each person wants to explore or not. Maybe sexting is okay, but photos and videos are off the table. That’s good to know!”

(<https://teenhealthsource.com/blog/virtual-sex-part-2-doing-it/>)

“Stereotypically, people think that foreplay is only necessary to prepare people for penetrative sex. Not true! Foreplay is for getting people in the mood for any kind of sexual activity, including virtual sex. Here are some things to consider:

- ...What turns you on? **It can be tough to dirty talk or do sexy poses if you’re not in a sexy mood**. Try doing the kinds of things that turn you on to get into character. You can try things like listening to songs that turn you on, put on clothes that make you feel sexy, **masturbating a bit**, etc.
- Research is sexy! Feel free to cruise Instagram, Tumblr, Snapchat, or other social media for ideas on poses, picture compositions, lighting, etc. **Seeing how other people are sexy online** can help you get in the mood! This is also helpful if you’re new at virtual sex and want ideas.
- How clean is the room you’re in? Think of all the sexy photos or videos that have been ruined by a dirty mirror or a heap of dirty dishes in the background. Consider tidying up, or finding a clean space.
- Take your time. For things like Skyping or phone sex, plan ahead so that you don’t have to rush. For things like sexting or sending photos/videos, feel free to spread out your messages over a few hours. Give yourself time and space to write texts or take photos that you’re happy with/turn you on. Plus, taking more time can help ramp up sexual tension!”

(<https://teenhealthsource.com/blog/virtual-sex-part-2-doing-it/>)

“There are **fancy and expensive things like remote controlled sex toys** than [sic] connect to apps which you or your parnter(s) [sic] can play with while you have virtual sex. Or you can just use sex toys on yourself while you chat or sext. Why not?” (<https://teenhealthsource.com/blog/virtual-sex-part-2-doing-it/>)

## 2. TEACHES CHILDREN TO CONSENT TO SEX

*May teach children how to negotiate sexual encounters or how to ask for or get “consent” from other children to engage in sexual acts with them.*  
*Note: “Consent” is often taught*

“It is up to you to check in with your partner before you start any kind of sexual activity. Are you nervous about asking? Having someone say yes can be very sexy! You can ask in all sorts of interesting ways and **when your partner says yes it can be really hot**. Getting consent just takes a second and can make a big difference in how things go.” (<https://teenhealthsource.com/sex/sconsent/>)

“How should I ask for consent? There are lots of ways to make asking for consent fun and sexy. Here are some ways to ask:

*under the banner of sexual abuse prevention. While this may be appropriate for adults, children of minor age should never be encouraged to “consent” to sex.*

- I’d really like to kiss you. How do you feel about that?
- I think it would **be hot if you took your shirt off**. Is it okay if I take it off?
- I think you’re hot. Wanna have sex?
- I’d like to **try going down on you**. Would that be ok?”  
(<https://teenhealthsource.com/sex/sconsent/>)

“Consent is permission for something to happen. **When it comes to sex, consent is about all partners agreeing to a sexual act...** Consent for sexual intimacy with partners can be communicated verbally and non-verbally, and can be re-negotiated throughout sexual encounters or over the course of relationships. Talking about consent can help make sex more pleasurable, and help us to have the kinds of experiences we want.”  
(<https://teenhealthsource.com/sex/consent/>)

“Talking about what you’re into and what you’re not, your curiosities and desires, and **checking in throughout can make sex hot!** While it can be tricky to have these discussions about desires and limits, like any skill, it gets easier with practice. Here are some examples you could try:

Checking desires

- How do you like to be touched?
- Is it okay if I take your shirt off?
- Does this feel good?
- **This turns me on...** Can we do it?

Communicating desires

- **Please kiss my...**
- I love it when you lick my...
- Could you move your hand slower?”  
(<https://teenhealthsource.com/sex/consent/>)

“Some relationships involve purposeful power differentials, like in BDSM, kink, and leather communities. These communities have specific ways of navigating consent. For example, **some people use a safeword** they choose and agree on to stop an activity instead of ‘no’ or ‘stop’.”  
(<https://teenhealthsource.com/sex/consent/>)

“Types of activities people **negotiate consent** for include:

- Holding hands
- Taking clothes off
- Lights on or off
- Hugging
- **Exhibitionism** (public sex)
- Penetration (vaginal, anal)
- Public displays of affection
- Oral sex
- **Adding partners**
- Safer sex strategies (e.g. using or not using condoms)
- **Power play/BDSM** (e.g. hair pulling, choking)
- And many more” (<https://teenhealthsource.com/sex/consent/>)



	<p><b>“What is sexual consent?”</b></p> <ul style="list-style-type: none"> <li>• Sexual consent means saying yes to sexual activity.</li> <li>• Everyone has the right to decide whether or not they want to do something sexual and to change their mind at any point.</li> <li>• When you’re thinking of doing something sexual with somebody – whether it’s a sexual touch, a kiss, sex, or anything else – consent means talking with them beforehand. That way you can find out whether they’re into what’s on your mind or not.”</li> </ul> <p>(<a href="https://teenhealthsource.com/sex/sexual-consent/">https://teenhealthsource.com/sex/sexual-consent/</a>)</p> <p>“How can I be sure I have sexual consent? You will know if someone has consented when they say <b>yes</b>. <b>Even better: Yes, please! Oh god yes! I thought you’d never ask!</b>” (<a href="https://teenhealthsource.com/sex/sexual-consent/">https://teenhealthsource.com/sex/sexual-consent/</a>)</p> <p>“As with all sex acts, <b>you need consent</b> from you partner(s) before engaging in anything. This includes asking ‘<b>Can I send you a picture of my dick/butt/boobs/vulva?</b>’ before you send anything.”</p> <p>(<a href="https://teenhealthsource.com/blog/virtual-sex-part-2-doing-it/">https://teenhealthsource.com/blog/virtual-sex-part-2-doing-it/</a>)</p>
<p><b>3. PROMOTES ANAL AND ORAL SEX</b></p> <p><i>Normalizes these high-risk sexual behaviors and may omit vital medical facts, such as the extremely high STI infection rates (i.e., HIV and HPV) and the oral and anal cancer rates of these high-risk sex acts.</i></p>	<p><b>“69:</b> A sexual position for oral sex that involves partners giving and receiving oral sex simultaneously. Usually involves lying side-to-side or on top of each other head-to-toe.” (<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p><b>“Anal Intercourse:</b> A sexual behavior where a penis or object is inserted into someone’s anus for sexual pleasure.”</p> <p>(<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p><b>“Analingus:</b> A sexual act where a person’s mouth and/or tongue is used to stimulate a partner’s anus. This is also known as rimming.”</p> <p>(<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p><b>“Blow Job:</b> Also called ‘giving head’ or ‘dome’; this is slang for oral sex on a penis.” (<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p><b>“Cunnilingus:</b> A sexual activity where oral sex is performed on a vagina, usually by licking or sucking a clitoris or vulva.”</p> <p>(<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p><b>“Dental Dam:</b> A thin square of latex used to cover the vulva during oral sex or the anus during analingus to reduce the risk of spread of STIs.”</p> <p>(<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p><b>“Eating Out:</b> Slang for performing oral sex on a vagina.”</p> <p>(<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p><b>“Fellatio:</b> The clinical term for oral sex on a penis.”</p> <p>(<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p>

“**Oral Sex:** Using the mouth and/or tongue to stimulate the genitals of a partner.” (<https://teenhealthsource.com/definitions/>)

“**Rimming:** A sexual act where a person’s mouth and/or tongue is used to stimulate a partner’s anus. This is also known as anilingus.” (<https://teenhealthsource.com/definitions/>)

“**Sodomy:** A legal term used to describe non-reproductive sex acts, such as oral sex or anal intercourse.” (<https://teenhealthsource.com/definitions/>)

“**Anal Play:** Backdoor sex. Anal. Rimming. No matter what you call it, anal play is healthy and normal. It’s a good way to share pleasure and avoid pregnancy, but not everyone is into it.” (<https://teenhealthsource.com/sex/anal-play/>)

“**What is anal play?**

- Anal play is any kind of sexual activity that involves your butt. This can include:
- Putting fingers around/inside someone’s butt
- Putting a tongue around/inside someone’s butt (rimming)
- Putting a penis inside someone’s butt
- Putting a dildo or other sex toy inside someone’s butt
- Putting a hand inside someone’s butt (fisting)” (<https://teenhealthsource.com/sex/anal-play/>)

“Who is anal play for?

- **Anyone can give, receive and enjoy anal play.**
- Anyone of any gender or sexual orientation can enjoy anal play, on their own or with a partner, as long as it is done safely and with everyone’s consent.” (<https://teenhealthsource.com/sex/anal-play/>)

“Is anal play normal?

- **Yes, it is healthy and normal.**
- Many of us are taught that anal play is wrong and that your anus wasn’t designed for sexual purposes. Yet there are thousands of sensitive nerve endings in and around your butt that can give pleasure.
- Anal play does NOT cause conditions like constipation, diarrhea or hemorrhoids but if you already have these health problems, you may want to avoid it until your butt is feeling better.” (<https://teenhealthsource.com/sex/anal-play/>)

“Does anal play hurt? Anal play should not hurt if you take it slow, are **using lots of lube** and have a sexual partner you can talk to.” (<https://teenhealthsource.com/sex/anal-play/>)

“Is anal play messy?

- Anal play doesn’t have to be messy. Some people like to have a bath or shower before to clean the anal area, but this is not necessary.



- Some people prefer to put down a towel or plastic sheet before play starts and/or have wipes nearby just in case.”  
(<https://teenhealthsource.com/sex/anal-play/>)

#### “How can I make the most of anal play?”

- Start on the outside: relax the area by touching near and around the outside of the anus with toys or fingers for at least 15 minutes before going inside the butt.
- If and when you are ready to try something inside, **start with small toys or body parts** until you and your partner feel ready moving on to something bigger.
- Take your time. Relax, breathe and be patient. If you are short on time or feeling stressed out, you may want to save anal play for another time.
- Your anus doesn’t naturally get wet, so have lots of water based lubricants on hand (oil-based lubricants can break down latex condoms and silicone-based lubricants don’t work well with silicone toys). Use lots of lube and re-apply often.
- Some people **like to use sex toys for anal play**. Make sure anything you put in your butt or someone else’s is: smooth, unbreakable, flexible, clean, comfortable in size and has a flared base so that it can be gripped and removed easily. Putting condoms on toys can help keep them clean.”  
(<https://teenhealthsource.com/sex/anal-play/>)

“**Oral Sex:** Eating out. Blow job. Going down. Giving head. No matter what you call it, oral sex is healthy and normal. It’s a good way to give someone pleasure and there’s no risk of pregnancy (if that’s something you’re worried about), but not everyone has a ‘taste’ for it.” (<https://teenhealthsource.com/sex/oral-sex/>)

#### “What is oral sex?”

- Oral sex is when someone **uses their mouth to give pleasure** to a penis or vulva/vagina.
- The term **cunnilingus** is used for oral sex on a vulva/vagina.
- The term **fellatio** is used for oral sex on a penis.”  
(<https://teenhealthsource.com/sex/oral-sex/>)

#### “How can I give someone oral sex?”

- **There are many pleasurable ways to give oral sex.** You can lick, suck, kiss or even hum on the genitals.
- The **penis can be put part way in the mouth** and slid in and out.
- For some, oral sex can be more pleasurable than penetrative, vaginal sex.
- Watch for your partner’s reaction and talk about it. If you notice they get more excited or seem like they are experiencing more pleasure when you do something then continue that action.”  
(<https://teenhealthsource.com/sex/oral-sex/>)

#### “Is there anything I should do if I am receiving oral sex?”

- Oral sex can be pretty intense at first. **Try to relax and enjoy it.**
- You may want to provide some feedback about what feels good by

saying things like: **Yes! or Keep doing that!** or I like that!”  
(<https://teenhealthsource.com/sex/oral-sex/>)

“Useful Tips:

- **Talk with your partner before oral sex** and find out what you are each looking for.
- Keeping your vulva or penis clean can make it a lot easier for your partner to go down on you. It’s okay to ask your partner to be clean as well.
- **If you’re getting a blow job** (oral sex on a penis), be careful not to thrust your hips and push your penis too far into the other person’s mouth.
- If you are giving a blow job, put your hand around the base to prevent the penis going further into your mouth than you’d like.
- **Decide in advance if the person receiving oral sex will ejaculate (cum) into the other person’s mouth.**”  
(<https://teenhealthsource.com/sex/oral-sex/>)

“For people without vulvas who might be trying anal sex, external stimulation like **rimming, rubbing, or fingering can help relax the muscles** around the anus making penetration easier and more comfortable!”  
(<https://teenhealthsource.com/sex/outercourse/>)

“Rimming is a good way to give someone pleasure and avoid pregnancy, but not everyone is into it. **Rimming is when one person licks, kisses and generally arouses another person’s anus** or the area around it.”  
(<https://teenhealthsource.com/sex/rimming/>)

“**Too Big for Vaginal and Anal Sex:** Most of the time when we get this question, people are asking what to do about making penetrative vaginal or anal sex more pleasurable, so we’ll focus on that scenario. Some things you can try include:

- Using Lube – This helps reduce friction and help bodies slide more easily together.
- Glow Slow – It can take the body a few minutes to adapt to things being inserted into vaginas or butts, and going slow helps that process go more smoothly...Spending more time on foreplay activities (oral sex, masturbation, etc.). Getting turned on helps bodies prepare for different sexual activities.
- Relaxing and Foreplay – ...Spending more time on foreplay activities (oral sex, masturbation, etc.). Getting turned on helps bodies prepare for different sexual activities.” (<https://teenhealthsource.com/blog/faq-what-happens-if-someone-is-too-big/>)

“Remember: **Vaginas and Butts are different!** So how comfortable something is fitting into a vagina won’t necessarily be the same for inserting it also into that person’s anus.” (<https://teenhealthsource.com/blog/faq-what-happens-if-someone-is-too-big/>)

“Helpful Tips:

	<ul style="list-style-type: none"> <li>• When you and/or your partner feel comfortable, you can <b>try gradually inserting things into the anus</b>. We'd recommend starting with one finger (before trying for more) and using a water-based lube.</li> <li>• It may take a couple of tries to find a position suitable for you/your partner. It's always helpful to start slow and build your way into it.</li> <li>• If comfortable, you/your partner can move your fingers in a 'come hither' motion to locate the prostate. It'll feel kind of like a round bulb of tissue...</li> <li>• You can also <b>use sex toys!</b> Make sure whatever you insert has a flared base.</li> <li>• <b>Oral stimulation for the anus</b> and perineum can also be pleasurable to some folks." (<a href="https://teenhealthsource.com/blog/faq-prostate-play/">https://teenhealthsource.com/blog/faq-prostate-play/</a>)</li> </ul>
<p><b>4. PROMOTES HOMOSEXUAL/ BISEXUAL BEHAVIOR</b>  <i>Normalizes or promotes acceptance or exploration of diverse sexual orientations, sometimes in violation of state education laws. May omit vital health information and/or may provide medically inaccurate information about homosexuality or homosexual sex.</i></p>	<p>“<b>Bi:</b> Slang for bisexual.” (<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p>“<b>Bisexual:</b> A person who is attracted to people of more than one gender.” (<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p>“<b>Butch:</b> An LGBTQ gender expression that leans towards masculinity. Although commonly associated with masculine queer or lesbian women, it's used by many to describe a distinct gender identity or expression and does not necessarily imply that one also identifies as a woman.” (<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p>“<b>Gay:</b> Being sexually and romantically attracted to people of the same gender as you.” (<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p>“<b>Homoromantic:</b> A person who is romantically attracted to a member of the same gender. This is different from being gay or lesbian because it's a romantic orientation, not a sexual orientation.” (<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p>“<b>Homosexual:</b> Also known as gay, lesbian, or queer. A historically derogatory term that refers to being sexually and romantically attracted to a person of the same sex or gender. It's best not to use this term and instead use LGBTQ.” (<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p>“<b>Sexual Orientation:</b> A person's sexual identity. It defines or communicates the gender of the people that you are romantically or sexually attracted to in relation to your own gender. Typical words people use to describe sexual orientation are bisexual, gay, lesbian, heterosexual or queer.” (<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p>“When someone openly identifies as LGBQ and tells other people <b>this is called 'coming out'</b> which is short for 'coming out of the closet.'” (<a href="https://teenhealthsource.com/giso/i-think-im-lesbian-gay-or-bi/">https://teenhealthsource.com/giso/i-think-im-lesbian-gay-or-bi/</a>)</p> <p>“You might want to <b>join or start a GSA (Gay Straight Alliance) group</b> at your</p>

	<p>school, or if you are at university, check out what groups or resources are available for LGBTQ students at your campus.”  <a href="https://teenhealthsource.com/giso/i-think-im-lesbian-gay-or-bi/">(https://teenhealthsource.com/giso/i-think-im-lesbian-gay-or-bi/)</a></p> <p>“This page provides some definitions of <b>different terms used to describe some sexual and gender identities</b>. These definitions may or may not fit how you choose to identify your gender or sexual identity.</p> <ul style="list-style-type: none"> <li>• <b>Asexual:</b> A sexual orientation. An umbrella term for people who don’t feel sexual attraction. Asexual people can have intimate emotional and intellectual relationships. The asexual community uses the slang ‘ace’ to describe itself.</li> <li>• <b>Bisexual:</b> A person who is attracted to people of more than one gender.</li> <li>• <b>Gay:</b> Being sexually and romantically attracted to people of the same gender as you. Also known as homosexual, which some gay people feel is a derogatory word because homosexuality used to be a diagnosable mental illness. Note: Gay can refer to men or women, although many gay women will use the term ‘lesbian.’</li> <li>• <b>Homosexual:</b> Also known as gay, lesbian, or queer. A historically derogatory term that refers to being sexually and romantically attracted to a person of the same sex or gender. It’s best not to use this term unless that is how a person defines themselves.</li> <li>• <b>Heterosexual:</b> Being sexually and romantically attracted to someone of a different gender. Typically this applies to the male/female gender binary.</li> <li>• <b>Lesbian:</b> A woman who is sexually and romantically attracted to other women. A type of sexual orientation.</li> <li>• <b>Omnisexual:</b> A person who is attracted to people from across the gender spectrum. Similar to pansexual. Omnisexual people recognize potential partner’s genders, are attracted to all genders, and make decisions about partners based on their gender.</li> <li>• <b>Pansexual:</b> A person who is attracted to people from across the gender spectrum. Similar to omnisexual. Pansexual people recognize all genders but do not consider gender when choosing a partner.</li> <li>• <b>Queer:</b> A name some people who are gay, lesbian, bisexual, or transgender (LGBT) use as an affirmation of their sexual orientation or gender identity as different and wonderful, as in ‘I’m queer and proud.’ It’s often used as an umbrella term for all minority sexual orientations and sometimes minority gender identities as well. Associated with historical negativity, and so not all people will use the term.</li> <li>• <b>Questioning:</b> Someone who is not sure what their sexual orientation or gender identity is and is going through the process of figuring it out. People who are questioning are still valid in their identity.”  <a href="https://teenhealthsource.com/giso/gender-sexuality-abcs/">(https://teenhealthsource.com/giso/gender-sexuality-abcs/)</a></li> </ul>
<p><b>5. PROMOTES SEXUAL PLEASURE</b>  <i>Teaches children they are entitled to or have a “right” to sexual pleasure or encourages children to seek out sexual</i></p>	<p>“<b>Clitoris:</b> A small, highly sensitive organ whose only function is sexual pleasure. Externally, this is located above the opening to the vagina. Internally, it extends to either side of the vaginal walls.” <a href="https://teenhealthsource.com/definitions/">(https://teenhealthsource.com/definitions/)</a></p> <p>“<b>Humping:</b> The rubbing of hips and genitals against another person or object for</p>

pleasure. Fails to present data on the multiple negative potential outcomes for sexually active children.

pleasure. If one or both people are wearing clothes, it is called 'dry humping,' which carries no risk for pregnancy or STIs."

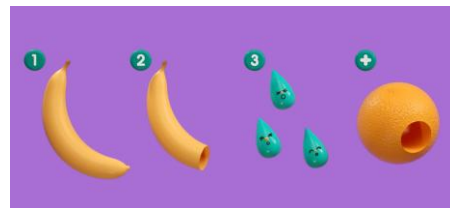
(<https://teenhealthsource.com/definitions/>)

**"Orgasm:** A strong pleasurable sensation that can occur at the climax of sexual excitement." (<https://teenhealthsource.com/definitions/>)

**"Sex Toy:** Any device, such as a dildo or vibrator, that is created and used for sexual pleasure." (<https://teenhealthsource.com/definitions/>)

**"DIY (Do It Yourself) Sex Toys** are toys you can make using everyday items you can find at home or easily buy in stores. Buying sex toys can be too expensive for some people, and they can be hard to get if you don't have a credit card or can't go into sex shops to buy them. Using DIY sex toys can be a more accessible and more affordable way to explore different sexual sensations."

(<https://teenhealthsource.com/sex/diy-sex-toys/>)



"Insertion toys provide different sensations for penises. You can make one by finding a tube-like objet [sic] that fits comfortably on your penis and then lining it with a material that feels good for you."

(<https://teenhealthsource.com/sex/diy-sex-toys/>)

#### **"Banana Peels**

1. Cut the end of a banana and squeeze out the fruit.
2. **Put your penis directly into the peel**, or use a condom like in the next method.
3. You can warm up the peel in the microwave for added sensations (but be careful its not so hot it'll burn you!).
4. Throw the peel into the garbage or compost when you're done.

This also works with hollowed out citrus fruits (e.g., grapefruit, orange, etc.)."

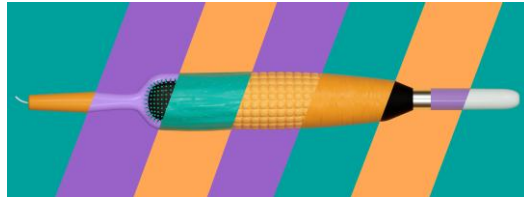
(<https://teenhealthsource.com/sex/diy-sex-toys/>)

#### **"Toilet Paper Roll Sleeve**

1. Grab a cardboard tube from a roll of toilet paper.
2. Put a condom or latex glove through the roll and pull the cuff over and around the rim.
3. Add lubricant inside the condom/glove and insert your penis.
4. After you're done, throw the condom/glove in the garbage and the cardboard tube in the recycling.

You can swap the cardboard tube for a tightly rolled towel or sock, and soak them in warm water to have a different sensation. Be sure to throw the towel/sock in the laundry when you're done."

(<https://teenhealthsource.com/sex/diy-sex-toys/>)



“Penetration toys are toys that are inserted into a vagina or anus. You can use household items (hairbrush handles, markers, etc.) and even some produce (carrot, cucumber, banana)... Note: Remember to **wash your sex toys** if you plan on inserting it in more than one place (i.e., if you use it **for anal and vaginal play**).” (<https://teenhealthsource.com/sex/diy-sex-toys/>)

“**Vibration toys can be used on any part of your body where it feels good**, and there are all kinds of things that can be used as vibrators. Back massagers are popular, but handles on electric toothbrushes, hair clippers (without the blades in), or hand mixers (without the blades in) also work. There are apps that use your phone’s vibration function. **Some people sit on the washing machine/dryer** while it rumbles through a cycle.” (<https://teenhealthsource.com/sex/diy-sex-toys/>)

“Sexual Pleasure is about more than just stimulating your genitals. There are lots of ways to **explore different sensations all over the body that feel good** and can add to your enjoyment. Toys for this include feathers, clamps (hair clips, clothespins, chip bag clips), or using lotions or oils for sexy/intimate massages.” (<https://teenhealthsource.com/sex/diy-sex-toys/>)

“**If you want to tie someone up/get tied up**, try sticking to things made from cotton or hemp (rope, leather belts). Silk (neckties) or nylon (stockings) tend to tighten and restrict blood flow. Same goes for duct tape, which can also be very painful to remove. **If you want to try spanking or slapping**, check around the house for hitting toys (spatulas, wooden spoons, belts).” (<https://teenhealthsource.com/sex/diy-sex-toys/>)

“**Sexual pleasure is different for everyone** – we all have our own sensitive spots, fantasies and turn-ons. Each sex partner will have their own too. And not everyone is into sex, or all kinds of sex. Understanding your own sexual needs, boundaries, preferences and desires, and communicating about them can help sex feel good. It’s normal to have a range of curiosities and interests. Here are some tips to help you **better understand what feels good for you sexually**:

- Identifying where and how you like to be touched. Try touching yourself on different parts of your body, changing speeds or levels of pressure to get a sense of what you might like. Knowing what you enjoy can help you communicate to others where to go and where to avoid so that **you start maximizing your pleasure**.
- **Masturbation** is making yourself feel good by using your hands or toys on yourself (alone or partnered). Typically when people talk about masturbating, they mean touching genitals. However, bodies are full of all kinds of sensitive spots, so feel free to **explore multiple areas and**

sensations.” (<https://teenhealthsource.com/sex/making-sex-feel-good/>)

“Often we’re encouraged to think of sex as penetrative, partner sex. But sex isn’t just about genitals – having sex is about your whole body, including your mind. It includes fantasizing, masturbating (solo or partnered), oral sex, vaginal or anal sex (intercourse) with dildos, penises, fingers or toys. **Expanding your definition of sex can help expand your options for pleasure.**”

(<https://teenhealthsource.com/sex/making-sex-feel-good/>)

“Sex can be a great way to relieve tension, but sometimes you can feel too tense for sex. If you are nervous, feel guilty or worried, you may **have trouble getting/keeping an erection**, your vagina **may not lubricate** (get slippery) and you may have trouble feeling pleasure. Try to engage in sexual activity with people, in places, and at times that make you feel comfortable.”

(<https://teenhealthsource.com/sex/making-sex-feel-good/>)

“Spend some time getting in the mood. This can include kissing, giving/receiving massages, **talking dirty**, lighting candles – **whatever makes you feel sexy.**”

(<https://teenhealthsource.com/sex/making-sex-feel-good/>)

“Whether it’s used on a penis, a vagina, an anus or a sex toy, **lube can make things feel even better.** You can get lube at a pharmacy in the condom section or sex toy stores. Some sexual health clinics give free samples.”

(<https://teenhealthsource.com/sex/making-sex-feel-good/>)

“There could be lots of reasons for experiences [sic] pain or discomfort during sex. If something hurts or doesn’t feel good, it can help to take a break and try something new. **Doing things faster or slower, switching positions, using more lube – there are lots of options**, and there’s no rush. Take the time you need to figure it out. If nothing seems to be helping things feel better, checking in with a clinician can help figure out if something medical is going on, or provide you with other resources.” (<https://teenhealthsource.com/sex/making-sex-feel-good/>)

“A note about genitals:

- For people with clitorises, the **external tip is often the most sensitive part** of the body. This is a small bump at the top of the vulva. The rest of the clitoris is inside the body, wrapped around the vagina.
- For people with penises, the most sensitive part of the body is often the penis head or glans, located at the tip of the shaft.”

(<https://teenhealthsource.com/sex/making-sex-feel-good/>)

“**Pleasure zones:** Your penis can be a great source of sexual pleasure, as can having your testicles played with. There are, however, many other pleasure zones on the body. **Sometimes called the ‘male g-spot’**, your prostate is a gland that is the size of a walnut that is just inside your anus (butt). Some people like their prostate gland touched or stimulated – this can be done through the butt. Anyone with a prostate can enjoy prostate stimulation, regardless of your sexual



orientation. The perineum (choda), the area of skin between your anus and your testicles, is filled with lots of nerve endings. Some people find having their perineum touched very stimulating.”

(<https://teenhealthsource.com/puberty/penises/>)

“I’m experimenting with my body more. What can I do to **feel different types of pleasure**? When it comes to trying different types of pleasure, you can do just about anything! A lot of the time when people are experimenting with their bodies, it usually means **trying different ways to masturbate**. And there are lots of options! You can play around with different positions (laying down, standing, sitting), using different lubes or oils, sex toys, switching up the speed and/or pressure of how you touch yourself, etc. You can also **explore and stimulate erogenous areas of your body** that aren’t your genitals. Try different sensations on you [sic] legs, stomach, thighs, feet, neck, nipples, butt cheeks, etc.”

(<https://teenhealthsource.com/blog/the-big-orgasm-faq/>)

“**What is Prostate Play**? Some people with prostates can reach orgasm through prostate stimulation on its own, or when combined with other sexual activity (e.g., anal sex, masturbation).” (<https://teenhealthsource.com/blog/faq-prostate-play/>)

“Some people **experience pleasure when they stimulate their G-spot**, which is a few inches inside the vagina on the side closest to your bellybutton (Try curling your fingers in towards your bellybutton to see if you can find your G-spot next time.). However, many people find that they can’t orgasm from vaginal stimulation alone and **need to also be stimulating their clitoris**, or that they don’t experience pleasure at all from vaginal/G-spot stimulation. It’s totally normal!” (<https://teenhealthsource.com/blog/the-big-orgasm-faq/>)

“You can try to **combine clitoral and vaginal stimulation together** to see if it makes vaginal stimulation more pleasurable. If that feels good, awesome! If not, that’s totally okay too. Exploring your body at your own pace is a great way to determine what feels good or not so good for you. This can be useful when you want to tell partners what they can do to help you feel more pleasure during hook ups.” (<https://teenhealthsource.com/blog/the-big-orgasm-faq/>)

“Exploring turn-ons: Sexual arousal has mental, physical, and emotional parts to it. Some signs to notice that you might be getting aroused include:

- Feeling warm or your skin becoming flushed
- Your heart beating faster
- Heavier breathing
- Nipples becoming hard or erect
- Penises, vulvas, and clitorises becoming erect/engorged
- Producing precum or vaginal fluids
- Having sexy thoughts
- Feeling more connected to your body”

(<https://teenhealthsource.com/sex/exploring-self-pleasure/>)

## 6. PROMOTES SOLO AND/OR MUTUAL MASTURBATION

*While masturbation can be part of normal child development, encourages masturbation at young ages, which may make children more vulnerable to pornography use, sexual addictions or sexual exploitation. May instruct children on how to masturbate. May also encourage children to engage in mutual masturbation.*

**“Masturbation:** The touching of one’s own body, especially the genitals, for sexual pleasure.” (<https://teenhealthsource.com/definitions/>)

**“Mutual Masturbation:** When partners either touch their own genitals while they are together or touch each others’ genitals at the same time for sexual pleasure.” (<https://teenhealthsource.com/definitions/>)

**“Expanding the definition of masturbation:** Sexual pleasure is its own unique feeling, and you have the right to experience and explore what that means for yourself. There are more ways to experience sexual self pleasure than touching your genitals. Other sensations you might explore could include:

- Touching all parts of your body that give you pleasure (hair, butt, nipples, etc.).
- Using sex toys or other objects to stimulate your body.
- Using massage oils or lube on yourself, wherever it feels good.
- Playing with different sensations across your body (heat/cold; pleasure/pain; things that feel tingly, soft, scratchy, etc.).

Your senses and imagination work together to **create your personal erotic and sexual space**. Beyond physical sensations, you can read, look at, or listen to things that you find sexy (like erotica, photos, porn, or music), or fantasize about situations that turn you on.” (<https://teenhealthsource.com/sex/exploring-self-pleasure/>)

**“Why self pleasure? Because it feels good.** That can be the whole point.” (<https://teenhealthsource.com/sex/exploring-self-pleasure/>)

**“Who engages in self pleasure? Everybody!** People of all ages, genders, abilities, sexualities, ethnicities, cultures, religions, and relationship statuses have a right to experience pleasure and explore it through self pleasure.” (<https://teenhealthsource.com/sex/exploring-self-pleasure/>)

**“It can take a bit of time and experimenting to discover what works for you.** Some common experiences include:

- ...You might notice yourself getting turned on by something first, and then **that makes you want to engage in self pleasure**.
- You might decide to **try self pleasure first**, and then it takes some effort to get yourself turned on.
- You may notice that a sensation feels nice, but isn’t sexy to you.
- Your body might not react to things that you imagine will be sexy.
- You might find that some things are fun to think about, but you have no interest doing them in real life.”

(<https://teenhealthsource.com/sex/exploring-self-pleasure/>)

**“Some ideas for working through negative feelings could include:**

- Making pleasure a habit outside of sexual pleasure. Consistent, easily accessible pleasure (like eating dessert, basking in the sun, or getting a massage) can remind you that you deserve things that make you feel good. Building up this feeling with non-sexual stuff can help when you

want to put **more energy into your sexual self pleasure.**

- Scheduling time for it. You can put time for self pleasure into your calendar, the same way you would for an important meeting or hanging out with friends...
- Doing research. **Reading, watching, or listening to sex-positive things about pleasure/self pleasure** can help reframe how you think about it in your own life.
- Being kind to yourself. Your relationship to self pleasure is ongoing. How it is today is not how it will always be. There may be days where understanding your pleasure is easy, and days where it's more difficult."  
(<https://teenhealthsource.com/sex/exploring-self-pleasure/>)

"Masturbation: **Jacking off. Jilling off. Whacking off. Flicking the bean.** No matter what you call it, masturbation is **totally healthy and normal.** It's a great way to learn about your body and find out what feels good for you."  
(<https://teenhealthsource.com/sex/masturbation/>)

"What is masturbation?"

- Masturbation is touching your genitals in a way that makes you feel good.
- You can **masturbate alone or with someone else.**
- Some people use their hand or other objects like pillows, vibrators, sex toys or streams of water to masturbate.
- Some people use their imagination to fantasize or think sexy thoughts while they masturbate."  
(<https://teenhealthsource.com/sex/masturbation/>)

"Who masturbates? **The majority of people masturbate,** including people of all genders, abilities, sexualities, ethnicities, cultures, religions, and ages, and people who are single or in relationships. Choosing not to masturbate is okay too." (<https://teenhealthsource.com/sex/masturbation/>)

"Why masturbate?"

- **Masturbation feels good!**
- Masturbation is a way to explore your body and find out what feels good for you.
- Masturbation can **prepare you for sex with someone else.**
- Masturbation can relieve stress and help you relax.
- With masturbation there is no risk of pregnancy or STIs.
- Masturbation can relieve symptoms of PMS."  
(<https://teenhealthsource.com/sex/masturbation/>)

"**Masturbating with a partner** is a great way to express your sexuality without risking sexually transmitted infections (STIs) or pregnancy."  
(<https://teenhealthsource.com/sex/masturbation/>)

## 7. PROMOTES CONDOM USE IN INAPPROPRIATE WAYS

"**Safer Sex:** Being responsible about shared sexual activities by doing things that reduce your chances of getting or spreading sexually transmitted infections

*May inappropriately eroticize condom use (e.g., emphasizing sexual pleasure or "fun" with condoms) or use sexually explicit methods (i.e., penis and vagina models, seductive role plays, etc.) to promote condom use to children. May provide medically inaccurate information on condom effectiveness and omit or deemphasize failure rates. May imply that condoms will provide complete protection against pregnancy or STIs.*

and/or becoming (or getting someone) pregnant. Usually, this means educating oneself about STIs and pregnancy, using condoms/dental dams, using birth control (if necessary) and getting tested for STIs on a regular basis.”

(<https://teenhealthsource.com/definitions/>)

“**External Condom:** An external condom is a thin covering, usually made of latex rubber, that is worn over an erect (hard) penis or sex toy during oral, vaginal or anal sex. The external condom prevents both unplanned pregnancy and sexually transmitted infections (STIs).” (<https://teenhealthsource.com/definitions/>)



(<https://teenhealthsource.com/birthcontrol/external-condom/>)

“What is the external (male) condom? An external condom is a thin covering, usually made of latex rubber, that is **worn over an erect (hard) penis or sex toy** during oral, vaginal or anal sex.”

(<https://teenhealthsource.com/birthcontrol/external-condom/>)

“How do you use the external condom? Pinch. Place. Unroll.

- External condoms can be **used on sex toys or on an erect penis**. They should be put on before the toy or penis comes into contact with someone else’s body.
- Do not put more than one condom on at a time.
- Condoms should be stored in a cool, dry place away from direct sunlight. Your pocket or wallet is not ideal storage.
- Before you use a condom, check the expiry date and press on the condom wrapper to make sure there is still air inside. This means the package hasn’t been damaged.
- Squeeze the condom to one side and open the package. Do not touch it with your nails or teeth, which could tear it.
- Before you put the condom on your penis, consider **adding a drop of water-based or silicone-based lube** inside the condom’s tip to reduce friction and **increase pleasure**. This can be especially helpful for people with foreskin.
- Pinch the tip of the condom and place it on the head (top) of your penis or sex toy. This squeezes out any remaining air. Pulling the condom tight over the head of your penis can make it more likely to break.
- Using your other hand, **unroll the condom all the way down to the base of the penis or toy**. If you have difficulty unrolling the condom it is likely inside out – throw that condom away and start again with a new one.
- If you are putting a condom on a penis with foreskin, try rolling the foreskin back or all the way forward before rolling the condom down the

penis. You may find condoms with more room at the top are more comfortable.

- Once the condom is on, you can add more lube to the outside of the condom or **to the vagina or anus for added pleasure.**
- Make sure that your lube is water-based. Oil-based products like Vaseline, baby oil, vegetable oil, whipped cream or hand cream can damage condoms.
- During sex, check periodically to ensure the condom is **still on the penis or toy** and hasn't come off inside the other person.
- After anal or vaginal sex, the person wearing the condom should wrap their hand around the base of the condom when pulling out their penis. This prevents semen from spilling.
- Use a new condom for every act of sex. Do not reuse condoms. Put a new condom on **before using a sex toy on someone else and before switching from anal to vaginal sex."**

(<https://teenhealthsource.com/birthcontrol/external-condom/>)

**"What is the internal condom?** An internal (female) condom is a soft, loose fitting, non-latex pouch that lines the inside of the vagina or anus during sex."

(<https://teenhealthsource.com/birthcontrol/internal-condoms/>)

**"How do you use the internal condom?**

- Internal condoms can be **used inside the vagina or anus.** Put them in before there is any contact with someone else's body. They can be inserted up to 8 hours before having sex.
- Do not use the internal condom and the external condom at the same time...
- To insert the internal condom for vaginal sex, you can lie down but it may be easier to insert while in an upright position. Try lifting one leg or squatting.
- **For anal sex,** you can squat or get on your hands and knees and have your partner insert it. Your partner could also remove the inner ring, put the condom over their erect penis and then **put the penis inside the anus, going slowly and using lots of lube...**
- The condom has a soft ring at each end. The ring at the closed end is used to put the condom inside and help keep it in place. The ring at the open end sits outside the body and partially covers the vulva (during vaginal sex) or the anus (during anal sex).
- Grasp the ring at the closed end and squeeze it together so that it becomes long and narrow.
- Insert the condom inside the vagina or anus, pushing the inner ring as far as it will go, being careful not to twist it. The internal condom comes with lube on the outside to help with insertion. The outer ring should sit on the outside, over the vulva or anus.
- Once the condom is in, you can **add more lube to the inside of it or to the tip of your partner's penis for added pleasure.**
- Once the internal condom is inserted, the inner ring can be removed. However, the inner ring can bump up against the penis during sex in way

[sic] **that is really pleasurable.** The inner ring can also help keep the condom in place during vaginal sex. It's a matter of preference – do what feels good for you.

- During sex, you or your partner may want to check periodically to ensure the outer ring is still on the outside of the body and hasn't been pushed inside of the vagina or anus.
- Ensure your **partner's penis goes inside the condom**, not underneath or beside it.
- Because the internal condom **doesn't require an erect penis**, your partner doesn't have to pull out immediately after ejaculation.
- After anal or vaginal sex, either partner can grab the outer ring, twist it and gently pull it from the vagina or anus. This prevents semen from spilling out of the condom.
- Use a new internal condom for every act of vaginal or anal sex. Do not reuse the condom."

(<https://teenhealthsource.com/birthcontrol/internal-condoms/>)

**"Safer sex can be really sexy.** Although you can never completely get rid of all risks, by playing safe, you reduce your risk of getting an STI or having an unplanned pregnancy. Having safer sex will make it easier to enjoy all the pleasures that sex has to offer." (<https://teenhealthsource.com/sex/making-safer-sex-sexy/>)

"Are you worried your safer sex plans will fly out of the window when things get hot and heavy? In that case, **have your safer sex tools** such as condoms, dams, lube and gloves ready and **close at hand where you often have sex**, or in your purse or backpack. If you are planning to use other forms of birth control, make sure that you know how to use them correctly and how long it takes for them to start being effective." (<https://teenhealthsource.com/sex/making-safer-sex-sexy/>)

"Experiment:

- Condoms, lubes, dams and gloves **come in all different textures, flavors, and types.** Try a few different ones to see what you like!
- Shopping (at a store or online) with your partner for safer sex tools can make trying new kinds a fun part of experimenting together.
- Talk about all the fun things you'd like to try while using your new tools.
- **Sex shops sell a wider variety of safer sex tools** than pharmacies or sexual health clinics." (<https://teenhealthsource.com/sex/making-safer-sex-sexy/>)

"Practice:

- **Get to know your safer sex tools.** You will enjoy using them more and they'll be easier to use when you need them.
- Practice putting an external (male) condom on yourself (**or a dildo or banana**) when you are on your own. You can practice even if you don't have a penis. This may help later if you are nervous or in the dark...
- Practice putting an internal (female) condom inside yourself...



- If you have a penis, **masturbating with a condom on can help you learn to associate pleasure and orgasm with a condom.**”

(<https://teenhealthsource.com/sex/making-safer-sex-sexy/>)

“Have fun:

- Make gloves, dams, and condoms **part of your sex play**.
- **Talk sexy** while you’re putting on a condom, dam, or glove.
- Go slowly and **tease the other person** by making them wait a bit.
- Experiment with latex clothing or role playing.
- Put a condom on your partner with your hands or mouth. (Be careful not to tear the condom with your teeth when using your mouth).”

(<https://teenhealthsource.com/sex/making-safer-sex-sexy/>)

“Make lube your BFF:

- Lube helps condoms, gloves, and dams **feel more natural** and helps prevent them from breaking.
- Put a drop of lube into the tip of an external condom before putting it on the penis. You can also add lube to the outside of an external condom, whether you are using it on a penis or toy.
- Put lube on the outside of the internal condom before putting it inside the vagina. **Add lube to the inside of the condom** for your partner’s pleasure.
- Add lube to the vulva/vagina or anus (butthole) before penetration.
- Add lube to the vulva/vagina or anus (butthole) before laying down a dental dam.” (<https://teenhealthsource.com/sex/making-safer-sex-sexy/>)

“Sexual activity often does a great job of engaging the senses... Some people choose to add to the taste experience by **using flavoured condoms, lube, and dental dams**. Flavoured items can taste like lots of things. Fruit flavours are common (like orange, banana, and strawberry), as are things like mint, cola, vanilla, chocolate, or even Pina Colada. Some companies even make novelty flavours, like bacon, whiskey, or garlic. They can be bought at pharmacies, sex shops, or online.” (<https://teenhealthsource.com/blog/do-flavoured-condoms-lube-dental-dams-cause-infections/>)

“...**[D]ental dams** are barriers people use as STI protection for oral sex on a vulva or anus. Here are ways **you can make your own**:

- Condom: Unwrap the condom, cut off the tip, and cut up the side so you can unroll it into a square. Voila, **you have a dental dam**.
- Plastic Wrap: Just rip it off the roll at your desired size. Using non-microwavable wrap is best (as microwavable plastic wrap has tiny holes which make it less effective for preventing STIs).
- Latex Gloves: Cut the fingers off the glove, cut up the side of the glove [sic] where the pinky once was. You should be able to unfold the glove into a rectangle with the thumb in the middle. That’s your dam! The thumb can also be **used for manual stimulation**.”

(<https://teenhealthsource.com/sex/diy-sex-toys/>)



	<p><b>Note:</b> These “tips” are unrealistic and harmful to the health of minors. First, it is virtually impossible to find non-microwaveable plastic wrap on store shelves. This instruction is setting students up to contract dangerous infections by using the wrong product with a false sense of security. Second, cutting a condom into a dental dam is an insufficient way to prevent the spread of STIs. A condom is very difficult to cut as it is made from a stretchy material that is usually covered in sticky lubricant. Tears from the scissors are common, and the final product is a misshapen semi-rectangle that is significantly smaller than a traditional dental dam.</p>
<p><b>8. PROMOTES PREMATURE SEXUAL AUTONOMY</b>  <i>Teaches children they can choose to have sex when they feel they are ready or when they find a trusted partner. Fails to provide data about the well-documented negative consequences of early sexual debut. Fails to encourage sexually active children to return to abstinence.</i></p>	<p>“Having sex can be a major step in your life and it deserves some thought and planning. Everyone is different and only you can decide what’s best for you. Here are some questions that may help you explore <b>whether you and your partner feel ready to have sex</b>. You may be surprised at some of your answers.”  <a href="https://teenhealthsource.com/sex/checklist/">(https://teenhealthsource.com/sex/checklist/)</a></p> <p>“What is the right age to have sex?”</p> <ul style="list-style-type: none"> <li>• There is <b>no one right age to have sex</b>. People engage in sexual activity at many different times during their life.</li> <li>• Some people have their first sexual experience when they are very young or wait till they are much older.”  <a href="https://teenhealthsource.com/sex/checklist/">(https://teenhealthsource.com/sex/checklist/)</a></li> </ul> <p>“Questions to ask yourself if you are thinking about having sex for the first time:</p> <ul style="list-style-type: none"> <li>• <b>Is this the right time for me?</b></li> <li>• Am I comfortable with my own body?</li> <li>• What do I know about sex? Have I done my homework? Do I know the difference between sex myths and sex facts?</li> <li>• <b>Do I know how to protect myself</b> from unplanned pregnancy and/or sexually transmitted infections (STIs)?</li> <li>• Do I feel safe and comfortable with my partner?</li> <li>• Am I feeling pressured into having sex?</li> <li>• Am I attracted to my partner?</li> <li>• <b>What are my boundaries?</b> What activities am I not comfortable with?”  <a href="https://teenhealthsource.com/sex/checklist/">(https://teenhealthsource.com/sex/checklist/)</a></li> </ul> <p>“<b>What type of sex is right for us?</b></p> <ul style="list-style-type: none"> <li>• What kind(s) of sex do we want to have (e.g. vaginal, oral, anal, etc.)?</li> <li>• What sexual position(s) will we explore?</li> <li>• Will our sexual exploration include activities like role play, sex toys, restraints, power play, blindfolds, spanking, etc.?</li> <li>• Is this a casual, one-time encounter or will we continue to have sex?”  <a href="https://teenhealthsource.com/sex/checklist/">(https://teenhealthsource.com/sex/checklist/)</a></li> </ul> <p>“<b>Sex, like any other skill, takes practice.</b> Try not to freak out if things don’t go perfectly the first time. Good sex is a lifelong experience and can be lots of fun if you play safe, relax and enjoy yourself.”</p>

[\(https://teenhealthsource.com/sex/checklist/\)](https://teenhealthsource.com/sex/checklist/)

**9. FAILS TO ESTABLISH ABSTINENCE AS THE EXPECTED STANDARD**

*Fails to establish abstinence (or a return to abstinence) as the expected standard for all school age children. May mention abstinence only in passing. May teach children that all sexual activity—other than “unprotected” vaginal and oral sex—is acceptable, and even healthy. May present abstinence and “protected” sex as equally good options for children.*

“**Polyamory:** A relationship style; ongoing relationships with more than one person at once.” (<https://teenhealthsource.com/definitions/>)

“Here are some of the ways you can **protect yourself and your partner:**

- ...Get tested yourself when you and/or your partner **has a new sexual partner.** If you have new partners often, get tested every 3-6 months.
- Masturbate alone or **with a partner.**
- Use a condom when you have vaginal, anal or oral sex...
- Use a condom when **sharing sex toys with a new partner.**
- Clean and disinfect sex toys by using soap and hot water or use a new condom on the toy each time it’s used on a new partner.
- **Use gloves for vaginal or anal sex with fingers or fists.**
- Use condoms cut along one side or dental dams for oral-vaginal sex or oral-anal sex (rimming). Using non-microwaveable plastic wrap can also reduce your risk.” (<https://teenhealthsource.com/stisetc/protecting-partners-stis/>)

“What is Hooking Up? Hooking up can simply mean that you are getting together with someone and going to a movie or for coffee. It can also mean **getting together for sex with someone who you are not in a relationship with.**

It might involve, but is not limited to:

- Making out
- Dry sex (dry humping)
- Feeling someone up
- Oral sex
- Anal sex
- Vaginal sex
- Mutual masturbation

Because hooking up means many things, it is important to make sure you are clear with your partner(s) about what you expect.”

(<https://teenhealthsource.com/relationships/hooking/>)

“**If you are having casual sex,** whether through hooking up or FWB arrangements, it is still important to communicate and ensure you are both on the same page. For example, sometimes one partner may feel that the relationship is moving onto a more committed arrangement but the other may not agree.” (<https://teenhealthsource.com/relationships/hooking/>)

“**Vaginal Sex: Screwing. Doing it.** No matter what you call it, vaginal sex is healthy and normal. It can be a good way to share pleasure, but not everyone is into it.” (<https://teenhealthsource.com/sex/vaginal-sex/>)

“Vaginal sex is when something is put into a vagina, usually **a penis, fingers, or sex toy.**” (<https://teenhealthsource.com/sex/vaginal-sex/>)

	<p>“How can I make the most of vaginal sex?”</p> <ul style="list-style-type: none"> <li>• Start slow if you can. Spend time kissing, caressing and talking to each other so <b>the vagina can get turned on and moist.</b></li> <li>• When you are both ready to try something inside the vagina, <b>start with small toys or body parts</b> until you and your partner feel ready moving on to something bigger.</li> <li>• Take your time. Relax, breathe and be patient.</li> <li>• If the vagina seems dry, use a water-based lubricant (oil-based lubricants can break down latex condoms).”</li> </ul> <p>(<a href="https://teenhealthsource.com/sex/vaginal-sex/">https://teenhealthsource.com/sex/vaginal-sex/</a>)</p>
<p><b>10. PROMOTES TRANSGENDER IDEOLOGY</b></p> <p><i>Promotes affirmation of and/or exploration of diverse gender identities. May teach children they can change their gender or identify as multiple genders, or may present other unscientific and medically inaccurate theories. Fails to teach that most gender-confused children resolve their confusion by adulthood and that extreme gender confusion is a mental health disorder (gender dysphoria) that can be helped with mental health intervention.</i></p>	<p>“<b>AFAB, AMAB:</b> Acronyms meaning ‘assigned female at birth’ and ‘assigned male at birth.’ No one, whether cis or trans, gets to choose what sex they’re assigned at birth. We use this term instead of saying ‘biological sex’ or ‘born as a boy/girl.’” (<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p>“<b>Cis, Cisgender:</b> Adjective that describes a person whose gender identity matches their assigned biological sex. Not transgender.” (<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p>“<b>Cis Privilege:</b> The unearned advantages that cis people experience in the day-to-day by virtue of their gender identity.” (<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p>“<b>Gender:</b> This refers to the social and cultural norms and beliefs related to one’s gender identity. A person’s gender identity may or may not be related to their assigned biological sex. ‘Gender’ is often used interchangeably with sex. However, sex is a biological designation and refers to having a penis or a vagina.” (<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p>“<b>Gender Affirming Surgeries:</b> Surgeries related to transition. Remember that surgery is only one part of transitioning, and they aren’t for everyone. Genital surgeries are expensive and are inaccessible to most trans people.” (<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p>“<b>Gender Binary:</b> The idea that the only legitimate genders are woman and man, and that these identities are opposite and distinct from each other. No other types of gender can exist in this system, and these genders correspond to birth sex: male or female. There is no room for those living between genders or for transcending the gender binary. This oppressive system is rigid and limiting, especially for those who don’t fit neatly into ‘woman’ or ‘man.’” (<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p>“<b>Gender Expression:</b> How someone chooses to outwardly express their gender identity through clothing, dress, haircut, voice, name/pronouns and other characteristics. Typically referred to as masculine or feminine. Everyone has a gender expression. Many trans people match their gender expression (how they look) with their gender identity (who they are), rather than with their sex</p>

assigned at birth.” (<https://teenhealthsource.com/definitions/>)

**“Gender Identity:** A person’s inner feelings and understanding about being a man, a woman, agender, or any identity around or between the two. Sometimes a person’s gender identity will align with their biologically assigned sex (e.g. the idea that men have penises and women have vaginas). This is called being cisgender. Sometimes a person may be transgender, meaning their gender does not align with their biologically assigned sex.”

(<https://teenhealthsource.com/definitions/>)

**“Genderfluid:** People who have shifting gender identities. Their genders can change over time along the gender spectrum.”

(<https://teenhealthsource.com/definitions/>)

**“Genderqueer:** A way of describing one’s gender that does not include the current definitions of ‘man’ or ‘woman.’ They may identify and express themselves as ‘feminine men’ or ‘masculine women’ or as androgynous, or outside of the categories ‘boy/man’ and ‘girl/woman.’ Not all genderqueer people are trans.” (<https://teenhealthsource.com/definitions/>)

**“Trans:** An umbrella term for people who feel that they don’t fit into the gender they were assigned at birth.” (<https://teenhealthsource.com/definitions/>)

**“Trans man:** A man who was assigned female at birth and identifies as male.”

(<https://teenhealthsource.com/definitions/>)

**“Trans woman:** A woman who was assigned male at birth and identifies as female.”

(<https://teenhealthsource.com/definitions/>)

**“Transgender:** A term that describes a person whose gender identity does not match their assigned sex. For example, someone who was assigned female at birth who identifies as male. Transgender people may alter their bodies using hormones, surgery, both or neither.”

(<https://teenhealthsource.com/definitions/>)

**“Transition:** A person’s process of taking on a gender expression to match their gender identity. Transition can include coming out to your family, friends, or co-workers; changing your name or sex on legal documents; hormone therapy; and possibly (though not always) some form of surgery. The transition process is different for everyone, can be social and/or medical. There is no checklist or average time for a transition process, and no universal goal.”

(<https://teenhealthsource.com/definitions/>)

**“Transmisogyny:** Coined by the author Julia Serano; refers to the oppression of transphobia and misogyny combined.”

(<https://teenhealthsource.com/definitions/>)

**“Transphobia:** Discomfort, dislike or prejudice towards people who are, or who are perceived to be, trans.” (<https://teenhealthsource.com/definitions/>)

“**Transsexual:** A person who does not identify with the sex they were assigned at birth. A transsexual person may have changed how they look to fit how they feel, may be in the process of doing so, or may want to.”  
(<https://teenhealthsource.com/definitions/>)

“**Chest-binding** is the practice of using some type of constrictive material to flatten the chest. It’s most commonly a gender-affirming practice, but it’s done by all kinds of people for all kinds of reasons! Whether that’s to help with gender dysphoria, to help someone **align their appearance more closely with their gender identity**, or just for how it looks, the reasons for doing it can be totally different from person to person. No matter the reason, choosing to bind to [sic] nobody’s business but yours and who you choose to share it with. Your body, your choice!” (<https://teenhealthsource.com/giso/chest-binding/>)

“What does being trans mean?”

- **Trans** is a short form for the term transgender. It can be sometimes used as an umbrella term, including identities like transgender, nonbinary, genderqueer, genderfluid, and many others.
- **Transgender:** Someone whose gender identity differs from their sex assigned at birth.” (<https://teenhealthsource.com/giso/identifying-trans/>)

“Ultimately it’s up to you **how you define your gender.**”  
(<https://teenhealthsource.com/giso/identifying-trans/>)

“**Gender Dysphoria** is a term for the emotional or physical stress people can feel when their gender identity doesn’t match up with their gender assigned at birth. It’s a way of describing the feeling that comes up when a situation or experience makes you feel disconnected from your gender.”  
(<https://teenhealthsource.com/giso/identifying-trans/>)

“**Gender Euphoria** is a term for the emotional and physical comfort people can feel when their gender identity is recognized and affirmed. It’s a way of describing the feeling that comes up when a situation or experience makes you feel more connected or in-line with your true gender.”  
(<https://teenhealthsource.com/giso/identifying-trans/>)

“Should I change my appearance? That’s up to you! ...If you do want to change your appearance, there are lots of options you can consider. It’s up to you if you want to do none, some, or all of these, or explore other options entirely:

- Try different clothing, hair, or make-up styles that better reflect how you want to embody or express your gender. This can include trying wearing different things to present more masculine, more feminine, or more gender neutral.
- You can **try wearing a chest binder** if you want to reduce or hide your breasts.
- You can try wearing bras with padding or fake breasts if you want to give

the appearance of having breasts or to enhance the breasts you already have.

- You can try **wearing a packer (fake penis)** if you want to give the appearance of having a penis.
- You can try **wearing gaffs (or other compression underwear)** to reduce or hide your penis.” (<https://teenhealthsource.com/giso/identifying-trans/>)

“There are also medical options that are sometimes available to people, which would require you to consult with a doctor. This includes **taking hormones** to change things like where/how much body hair you have, how high or deep your voice is, or muscle/fat distribution. Taking certain medications before or in the early stages of puberty can stop or pause some of these changes from happening. Another common medical option is **undergoing surgery to more permanently alter your genitals**, chest, or other features to better align your body and your gender to how you want to be in the world.”

(<https://teenhealthsource.com/giso/identifying-trans/>)

“Is it possible to be trans and attracted to members of the same sex? Yes, for sure! Gender Identity and Sexual Orientation are typically two different things, though they can be interrelated. You may find that **how you define your sexuality changes based on changes in your gender identity**, but your gender identity does not limit who you can be attracted to. For example, if you are transitioning from male to female but are still attracted to men, you may switch from using Gay to Straight for defining your sexuality. But as always, it’s up to you to decide which terms work best for you.”

(<https://teenhealthsource.com/giso/identifying-trans/>)

“This page provides some definitions of **different terms used to describe some sexual and gender identities**. These definitions may or may not fit how you choose to identify your gender or sexual identity.

- **Genderqueer:** A way of describing one’s gender that does not include the current definitions of ‘man’ or ‘woman.’ They may identify and express themselves as ‘feminine men’ or ‘masculine women’ or as androgynous, or outside of the categories ‘boy/man’ and ‘girl/woman.’ Not all genderqueer people are trans.
- **Intersex:** A person born with a combination of genitals and/or chromosomes that are different from the medically defined ‘male’ (XY, with a penis and testicles) or ‘female’ (XX, with a vulva, vagina and ovaries) identities.
- **Transgender:** A term that describes a person whose gender identity does not match their assigned sex. For example, someone who was assigned female at birth who identifies as male. Transgender people may alter their bodies using hormones, surgery, both or neither.
- **Two Spirit:** A sexual and gender minority identity specific to Indigenous cultures. Two Spirit people hold masculine and feminine spirits. Before colonization, Two Spirit people were respected in many Indigenous communities and played valuable roles as educators, healers and



	<p>leaders. After colonial contact, Two Spirit people were abused and assaulted.” (<a href="https://teenhealthsource.com/giso/gender-sexuality-abcs/">https://teenhealthsource.com/giso/gender-sexuality-abcs/</a>)</p>
<p><b>11. PROMOTES CONTRACEPTION/ABORTION TO CHILDREN</b>  <i>Presents abortion as a safe or positive option while omitting data on the many potential negative physical and mental health consequences. May teach children they have a right to abortion and refer them to abortion providers. May encourage the use of contraceptives, while failing to present failure rates or side effects.</i></p>	<p>“<b>Abortion:</b> A medical procedure that ends a pregnancy. There are two types of abortions: surgical and medical. Surgical abortions utilize a procedure called vacuum aspiration. Medical abortions, also called drug-induced abortions, involve taking medication that terminates a pregnancy.” (<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p>“<b>Anti-Choice:</b> Also known as pro-life; someone who does not support a person’s right to decide whether or not to have an abortion.” (<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p>“<b>Medical Abortion:</b> A medical abortion uses medication to stop the growth of a pregnancy and then expel the pregnancy tissue from the uterus. Clinics in Toronto offer it up to 8 to 9 weeks GA. This is done where you take a pill to detach the pregnancy from the wall of the uterus OR get an injection to stop the pregnancy from growing. Later, you take tablets at home to make your uterus contract to expel the pregnancy tissue.” (<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p><i><b>Note:</b> “The pregnancy” does not detach from the uterus in a medical or chemical abortion. A preborn human dies when effects of the abortion pill cut off oxygen and nutrients to the fetus or embryo. The mother can suffer severe bleeding and other complications from this procedure.</i></p> <p>“<b>Surgical Abortion:</b> A procedure done to end a pregnancy that is performed by a doctor or clinician in a clinic setting under local or general anesthesia. During this procedure, the cervix is dilated (widened) so that a vacuum-like tube or a curette (a spoon-like object) can be inserted and the contents of the uterus can be withdrawn. The procedure takes between 5-15 minutes. It is 99% effective.” (<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p><i><b>Note:</b> “The contents of the uterus” withdrawn during a surgical abortion are the recognizable, dismembered body parts of a deceased preborn baby.</i></p> <p>“<b>Internal Condom:</b> This is a soft, loose fitting, non-latex pouch that lines the inside of the vagina or anus during sex. They can be purchased without a prescription. Internal condoms should not be used at the same time as external condoms.” (<a href="https://teenhealthsource.com/definitions/">https://teenhealthsource.com/definitions/</a>)</p> <p>“<b>Dental dams are a great way to protect yourself</b> when you have oral sex (go down on someone). Dental dams can be used for both cunnilingus (eating out a vulva or vagina), or anilingus (rimming).” (<a href="https://teenhealthsource.com/sex/dental-dams/">https://teenhealthsource.com/sex/dental-dams/</a>)</p> <p>“What birth control methods are good options for me? There are <b>many options for birth control that you can use.</b> Depending on your personal preferences and needs, some birth control methods may be a better fit for you than others. This</p>



assessment will help you in determining which birth control method(s) might work well for you... If you find your results to be too limited, we encourage you go [sic] through the questions again to see if there are any questions you might answer differently, to **find other alternatives that may work for you**. We also encourage you to talk to us at Teen Health Source!"

(<https://teenhealthsource.com/quiz/birth-control-methods/>)

"Once you have chosen a birth control method you think will work for you, the next step is to actually get it. You may have questions such as: Can I get birth control without anyone finding out? Do I have to be a certain age? Do I need a prescription? Do I need a health card? This page provides answers to some basic questions that **should help you find and access your birth control method of choice**." (<https://teenhealthsource.com/birthcontrol/birth-control/>)

"**Where can I get emergency contraception like Plan B?** You can buy Plan B for \$30-40 at a drug store without a prescription. Before you buy it, you'll have to speak with a health care provider, although no appointment is required."

(<https://teenhealthsource.com/birthcontrol/birth-control/>)

"**The birth control pill** is a pill containing 2 hormones (estrogen and progestin) that you take orally every day at the same time. The pill is 99% effective. This means that if 100 people took the pill correctly for one year, only one person would get pregnant. Because the pill may be used incorrectly, it is closer to 92%-97% effective with typical use." (<https://teenhealthsource.com/birthcontrol/pill-details/>)

"Are you concerned about birth control but unsure of your options? If you're having vaginal sex and you don't want to get pregnant, **there are lots of ways you can prevent pregnancy**. Vaginal sex is when something is put into a vagina, usually a penis or a sex toy. If you are having vaginal sex with a penis, there is a possibility of pregnancy."

(<https://teenhealthsource.com/birthcontrol/introduction-birth-control/>)

"You have the right to find, obtain and use the birth control method of your choice. It's important to **explore what kinds of birth control will work for you**. There are many different options for birth control. It's not just about the pill and the condom anymore; you can also choose from **the patch, ring, IUD, diaphragm, sponge and many others**. In fact, there are so many different forms of birth control it can be hard to sort out what's best for you."

(<https://teenhealthsource.com/birthcontrol/introduction-birth-control/>)

"**Emergency contraceptive pills** (sometimes called 'ECP' or the 'morning after pill') are pills that contain hormones that **you can use up to 5 days after you have unprotected vaginal sex**. There are 2 kinds of ECP: one kind contains only one hormone (progestin)... A **copper IUD** can also be used as emergency contraception if it is inserted up to 7 days after unprotected vaginal sex."

(<https://teenhealthsource.com/birthcontrol/emergency-contraceptive-pills/>)

**12. PROMOTES PEER-TO-PEER SEX ED OR SEXUAL RIGHTS ADVOCACY**

*May train children to teach other children about sex or sexual pleasure, through peer-to-peer initiatives. May recruit children as spokespeople to advocate for highly controversial sexual rights (including a right to CSE itself) or to promote abortion.*

“To help youth become informed so they can make choices that work for them, **Teen Health Source offers live peer education services** in addition to our comprehensive sexual health website. Our info line, now over 15 years old, offers teens the chance to speak one-on-one with a trained teen volunteer. Our new texting service also allows teenagers to reach us by phone. To contact us online, youth can use MSN instant messenger or email... If you are **between the ages of 13 and 19** and want to contact a Teen Health Source volunteer, please see our Contact Us page.” (<https://teenhealthsource.com/about-us/>)

“**How can I celebrate Pride?** Pride is a time to celebrate 2SLGBTQ+ people, connect with community, get politically active, rest, celebrate, mourn and so many other things... Remember that 2SLGBTQ+ folks deserve to be validated and supported throughout the year, not just for one month! There are so many different ways to recognize Pride. In this page we pulled together some different ideas. Hopefully you can find a way to recognize Pride here that works for you and if not, feel free to **reach out to our Peer Educators** and we can brainstorm some ideas together.” (<https://teenhealthsource.com/blog/teen-health-source-pride-series-how-can-i-celebrate-pride/>)

“Get Politically Active – Existing as a 2SLGBTQ+ person in this world is an act of resistance. If you aren’t up for **doing more activism** than that right now, that’s okay, you are already doing enough. If you are looking for **ways to get politically involved**, here are a few ideas:

- Call or email your representatives and urge them to support pro-2SLGBTQ+ legislation.
- Donate to or volunteer with organisations that support 2SLGBTQ+ folks.
- Learn about policies at your school or workplace affecting 2SLGBTQ+ people. Gegi is a resource on **self advocating for gender identity** and expression inclusion in Ontario schools you can check out to **learn more about your rights.**” (<https://teenhealthsource.com/blog/teen-health-source-pride-series-how-can-i-celebrate-pride/>)

**13. UNDERMINES TRADITIONAL VALUES AND BELIEFS**

*May encourage children to question their parents’ beliefs or their cultural or religious values regarding sex, sexual orientation or gender identity.*

“**Heteroflexibility:** An expression of sexual identity, though not usually used to identify sexual orientation. For most people this term means they are typically in a heterosexual romantic relationship but also are open to having sexual experiences or romantic relationships with people of different genders.” (<https://teenhealthsource.com/definitions/>)

“**Do I have to be a certain age to get birth control?** There is no age limit for accessing any form of birth control including condoms. You need to have started your period to safely use hormonal methods.” (<https://teenhealthsource.com/birthcontrol/birth-control/>)

“**Gender and Sexuality ABCs:** The term LGBTQ stands for Lesbian, Gay, Bisexual, Trans and Queer. But those sexual and gender identities are only a few of the unlimited types that exist. As we understand more about gender and sexuality, **new identities are added to this list all the time!** The truth is, gender, sex, and sexual identity are so **complex and fluid** that it can be hard for someone to

easily explain or describe themselves using one label or word.”  
(<https://teenhealthsource.com/giso/gender-sexuality-abcs/>)

“**Porn literacy** is asking questions to help us better **understand the porn we use and how we use it**. This can help us figure out what we want to get from porn, what kind of porn we’d like to support, and how we’d like porn to impact us when we’re away from it. It helps us to be more intentional and aware about how we engage with it.” (<https://teenhealthsource.com/sex/porn-literacy/>)

“A key part of porn literacy is remembering that **while we can get real pleasure from watching porn**, what we see in porn doesn’t always reflect the real-life sex that people have. Porn is acting. **It’s fantasy**. When thinking critically about porn, it can help to think about what we see and what we don’t see. Things we may not see include:

- Actors negotiating contracts and getting paid for what they do
- Actors using lube or doing enemas for anal sex
- Actors using medication for birth control or to get or keep erections
- Safer sex discussions and strategies, and actors getting STI tests
- Conversations about what actors are/aren’t consenting to do
- Crew members setting up camera angles, lighting, directing, etc.
- Water and/or snack breaks
- Mistakes, awkward moments, bloopers, and outtakes

Even amateur porn (or professional porn that looks like amateur porn) still only shows scenes the people making it want you to see.”  
(<https://teenhealthsource.com/sex/porn-literacy/>)

“**Porn can be good for inspiration**, but using porn and thinking we know how to have sex is like watching professional basketball and thinking we can dunk. **Sex in porn is entertainment**: it’s not always instructive for real life sex.”  
(<https://teenhealthsource.com/sex/porn-literacy/>)

“Lots of people use and enjoy porn. Some people are concerned about how they use it. They may worry that they’re using porn too much or that they’re addicted to it, but there’s no one ‘normal’ or ‘right’ amount to use porn. Each of us **gets to decide what healthy porn use looks like for us**, and porn use is only problematic if it’s getting in the way of living your life the way you want to or doing the things you need to do. Ideally our relationship with porn is one that **adds positive sexual feelings** and experiences to our lives.”  
(<https://teenhealthsource.com/sex/porn-literacy/>)

“Ethical Porn: If you’re looking for porn that’s more in line with your values, you can try looking for **porn that’s produced in an ethical and equitable way**. ‘Ethical porn’ may also be called ‘fair trade porn’ or ‘feminist porn’. Some things to ask **when considering if porn is ethically produced**:

- Who created/produced/funded this?
- Did the people in it consent to do the activities or play out the fantasies they’re presenting?
- Did the people in it consent to being recorded?

- Did the people in it consent to the porn being shared?
- What values and points of view are represented?
- Why was this porn created?
- Who is getting paid for this porn?"

(<https://teenhealthsource.com/sex/porn-literacy/>)

"Ethical porn can be a space for people to see or create porn that features a variety of different genders, sexualities, bodies, and other identities that might not be represented in most porn or that might be represented in ways that go against our values (like ways that disrespect or spread stereotypes about people's bodies or identities). **Supporting ethical porn (and paying for it when we can)** helps producers make more of it."

(<https://teenhealthsource.com/sex/porn-literacy/>)

"**Sex positivity** embraces sexuality with the view that the only relevant concerns when it comes to a sexual act, practice or experience are the consent, pleasure and well-being of the people engaged in it or the people affected by it. **Sex positivity places no moral value on different sexualities or sex acts.** It helps us set aside our judgments and make room for the diversity of human sexuality."

(<https://teenhealthsource.com/blog/faq-how-to-be-more-sex-positive/>)

"So in response to the above question, **setting aside your judgements about the consensual sex that other people have** doesn't mean that you have to do it too. Sex-positive doesn't mean that you have to go out and have lots of sex. You can be sex-positive and still think that sex is kinda gross. Sex-positive just means that you're cool with other people doing their thing."

(<https://teenhealthsource.com/blog/faq-how-to-be-more-sex-positive/>)

"A lot of what makes us uncomfortable is the unknown. But the more you know about sex, sexuality and gender, the more familiar it will all start to seem to you. **Reading, watching videos, listening to podcasts, or even having more conversations about sex and sexuality with friends** is also a good way to draw parallels to experiences or feelings you've had in your own life (thereby making sex more relatable and less strange or scary)."

(<https://teenhealthsource.com/blog/faq-how-to-be-more-sex-positive/>)

"A lot of porn and media is very aggressive towards people who don't fit the stereotypical straight/cis/white/fit/male bodied person. **Watching alternative or feminist porn can expose you to different types of sex and intimacy.** And seeking out movies or books or shows outside of the mainstream media can also broaden your understanding of other people's experiences, and possibly help you develop a more open and non-judgemental mindset."

(<https://teenhealthsource.com/blog/faq-how-to-be-more-sex-positive/>)

"Thinking about sex is one thing, but **actually trying sexy stuff can go a long way** in helping you feel more comfortable. Trying it by yourself also lets you focus on what you want. Worry about partner stuff later! **Masturbating is a good way** to learn what feels good for your body. Wearing clothes that make you feel sexy

can help you become more comfortable with the idea of you/your body being sexy.” (<https://teenhealthsource.com/blog/faq-how-to-be-more-sex-positive/>)

“For people not familiar, FWB relationships are usually between people who want to have sex but don’t want to deal with the things that come with a more involved relationship (spending lots of time together, meeting friends/family, etc.) – **they want to keep things casual. And that’s totally great!**” (<https://teenhealthsource.com/blog/faq-friends-with-benefits/>)

“Like, it’s called FRIENDS With Benefits for a reason. People tend to want to hook up with people that they’re attracted to. And **even if the relationship is \*just\* for sex**, it’s totally not a bad thing to like this person. (Like, is it so bad if you like the people you’re getting intimate and sexy with?) Casual doesn’t mean you don’t enjoy being together, or don’t feel close or romantic sometimes. All that stuff is totally natural! It just means you have some limits in place on how you want the relationship to impact your life. But you can feel however you want about the person. You can totally like each other and be friends. If you’re worried about falling for the person, you can always set up some rules to **keep things from becoming too romantic.**” (<https://teenhealthsource.com/blog/faq-friends-with-benefits/>)

“**Why Queering Sex Ed?** We recognize the need for an alternative sex education resource. It’s not okay that gaps are being left and our sexual experiences are being ignored: there’s **so much opportunity in the queer world and that includes queer sex**. Penis and vagina is one kind of sex, but it’s not the only kind of sex! This information should not only be available, but celebrated. We want to re-frame the sex that we have and the sex that we want to have as something positive. **We want to see the kind of sex we have and want to have reflected in curriculum.** It’s needed.” (<https://teenhealthsource.com/blog/queering-sexual-education/>)

“**Sexting is a very valid way of sexually connecting with another person.** It’s a pretty common thing to do, and there is no shame in wanting to learn more about it.” (<https://teenhealthsource.com/blog/sexting-sending-nudes-strategies-for-safety/>)

#### **14. UNDERMINES PARENTS OR PARENTAL RIGHTS**

*May instruct children they have rights to confidentiality and privacy from their parents. May teach children about accessing sexual commodities or services, including abortion, without parental consent. May instruct children not to tell their parents what they are being taught about sex in school.*

“**Our services are anonymous and confidential.** Anonymous means that we don’t know who you are... Confidential means that we will not provide any information that you share with us to anyone outside of our organization. **What you say to us stays with us.**” (<https://teenhealthsource.com/contact/>)

“**Confidential:** A policy about providing services to teens at a community health centre. That means that a doctor or other health care provider can’t discuss their conversations with a patient, their physical examination, medical history or test results with other people, **even the patient’s parents**, regardless of the patient’s age.” (<https://teenhealthsource.com/definitions/>)

“Most newer browsers have the ability to browse sites privately. Here are instructions on how to enable private browsing mode, and **how to empty your**

	<p><b>history and cache</b>, so no one needs to know that you visited our site.” (<a href="https://teenhealthsource.com/landingpage/access-this-site-privately/">https://teenhealthsource.com/landingpage/access-this-site-privately/</a>)</p> <p>“Can I get birth control without anyone finding out? Yes. <b>You do not need permission from a parent or guardian to get birth control.</b> In fact, it is unethical and illegal for clinic workers or health care providers to tell your parents/guardians you were even at the clinic. The agreement to keep your visit private is called a <i>confidentiality</i> agreement.” (<a href="https://teenhealthsource.com/birthcontrol/birth-control/">https://teenhealthsource.com/birthcontrol/birth-control/</a>)</p> <p>“Did you know that in Ontario there is <b>no minimum age that a person needs to be to consent to medical treatment?</b> Planned Parenthood Toronto is a youth-focused sexual health clinic (as well as being the organization that runs Teen Health Source). They see people between the ages of 13-29.” (<a href="https://teenhealthsource.com/blog/youth-and-healthcare-rights/">https://teenhealthsource.com/blog/youth-and-healthcare-rights/</a>)</p>
<p><b>15. REFERS CHILDREN TO HARMFUL RESOURCES</b>  <i>Refers children to harmful websites, materials or outside entities. May also specifically refer children to Planned Parenthood or their affiliates or partners for their lucrative services or commodities (i.e., sexual counseling, condoms, contraceptives, gender hormones, STI testing and treatment, abortions, etc.)</i>  <i>Please Note: A conflict of interest exists whenever an entity that profits from sexualizing children is involved in creating or implementing sex education programs.</i>  <i>(For more information on how Planned Parenthood sexualizes children for profit see <a href="http://www.WaronChildren.org">www.WaronChildren.org</a> and <a href="http://www.InvestigateIPPF.org">www.InvestigateIPPF.org</a>)</i></p>	<p>“If you’re 18+, you can try to mix in other kinds of visual or mental stimulation <b>with watching porn or reading erotica.</b> Tapping into your fantasies or roleplay can go a long way in increasing how good masturbation (or sex in general) can feel.” (<a href="https://teenhealthsource.com/blog/the-big-orgasm-faq/">https://teenhealthsource.com/blog/the-big-orgasm-faq/</a>)</p> <p>“<b>Where can I get an abortion?</b>” An extensive list of abortion providers in the greater Toronto area is provided. (<a href="https://teenhealthsource.com/pregnancy/abortion-providers-gta/">https://teenhealthsource.com/pregnancy/abortion-providers-gta/</a>)</p> <p>“<b>Sexual Pleasure Resources in the GTA</b></p> <ul style="list-style-type: none"> <li>• Come As You Are (416-504-7934; <a href="http://comeasyouare.com">comeasyouare.com</a>)</li> <li>• Good for Her (416-588-0900; <a href="http://goodforher.com">goodforher.com</a>; 175 Harbord St., Toronto)” (<a href="https://teenhealthsource.com/sex/consent/">https://teenhealthsource.com/sex/consent/</a>)</li> </ul> <p>“There are also some services that help <b>provide free binders</b> to folks who need them like BindersOUT for folks in Canada or Point of Pride for those in the US!” (<a href="https://teenhealthsource.com/giso/chest-binding/">https://teenhealthsource.com/giso/chest-binding/</a>)</p> <p>“Here are some other pages and sites for <b>more information on DIY sex toys</b> and sexual pleasure:</p> <ul style="list-style-type: none"> <li>• Teen Health Source – <a href="#">Exploring Self Pleasure</a></li> <li>• Teen Health Source – <a href="#">Making Sex Feel Good</a></li> <li>• Teen Health Source – <a href="#">Sex Toys</a></li> <li>• Scarleteen – <a href="#">DIY Sex Toys: Self-Love Edition</a></li> <li>• Scarleteen – <a href="#">DIY Sex Toys: The Partnered Edition</a>” (<a href="https://teenhealthsource.com/sex/diy-sex-toys/">https://teenhealthsource.com/sex/diy-sex-toys/</a>)</li> </ul> <p>“Resources:</p> <ul style="list-style-type: none"> <li>• <b>Transgender Teen Survival Guide</b> – <a href="#">Binding FAQ</a></li> <li>• Sherbourne Health – <a href="#">Trans Health Care</a></li> <li>• <a href="#">LGBT Youthline</a></li> <li>• National Centre for Transgender Equality – <a href="#">Frequently Asked Questions</a></li> </ul>

[About Transgender People](#)

- Government of Canada – [Rights of LGBTI Persons](#)”  
(<https://teenhealthsource.com/giso/identifying-trans/>)

“You can download ***Safer Sex for Trans Bodies*** from HRC Foundation’s website [Link].” (<https://teenhealthsource.com/blog/great-resource-safer-sex-for-trans-bodies/>)