



## Sexuality

Healthy sexuality is an important part of child and teen development. Talking openly about sexuality with children and youth helps them to understand their body, emotions, relationships, and develop decision making skills. These resources have been chosen to address ages and stages—younger children, puberty, adolescence and parenting.

Check out these resources! Use your phone to scan the QR codes to open the links!

### Books

These books have been recommended by Alberta Children's Hospital staff and community partners. Books can be borrowed from the FCRC Family Library or you can check with your local library to see if they are available.

<https://collections.follettsoftware.com/collection/5f36b757ace5ae0012b33d40>



### FCRC Information Prescription

Check out all these resources and more on our website.

<http://fcrc.ahs.ca/rx/sexuality/>



### Alberta Health Services—Sexual and Reproductive Health

Find clinical services and learn more about comprehensive sexuality education programs provided in the community.

<https://www.albertahealthservices.ca/services/page13737.aspx>



### Teaching Sexual Health

Provides resources, lesson plans, videos, and more to teach children healthy attitudes about sexual health. Aimed at parents and teachers.

<https://teachingsexualhealth.ca/>



### MyHealth.Alberta—Talking to Children and Youth about Sexual Health

MyHealth.Alberta is provided by the Government of Alberta and Alberta Health Services. Use the search function to find a variety of articles on sexual and reproductive health topics.

<https://myhealth.alberta.ca/sexual-reproductive-health/talking-to-children-and-youth>



### MyHealth.Alberta—Consent for Sex

Learn about your right to make choices about sex and relationships, and about the laws in Canada that protect you.

<https://myhealth.alberta.ca/Alberta/Pages/understanding-consent-for-sex.aspx>



## Sex & U

Sex & U is an initiative of The Society of Obstetricians and Gynaecologists of Canada to provide current, credible and up-to-date information and education on sexual health.

<https://www.sexandu.ca/>



## Centre for Sexuality

Centre for Sexuality provides information and programs for Albertans. There is a focus on three major areas; healthy bodies, healthy relationships, and healthy communities.

<https://www.centreforsexuality.ca/>

## Talking About Sexuality in Canadian Communities (TASCC)

TASCC provides information about sexual education and health promotion for parents and service providers of high risk youth and youth with disabilities.

<https://tascc.ca>



## Kids Help Phone

Kids Help Phone, a 24 hour Canadian counselling services for youth, has information about various aspect of sexual health and identity. Use the search bar to find information on dating and relationships, sex, sexting, and consent.

<https://kidshelpphone.ca/>

## Safe Teens

Information tailored for teenagers about various sexual health topics are found on this site. There is also a parent's corner section.

<https://safeteens.org/>



## Scarleteen

Scarleteen offers inclusive, comprehensive, and supportive information about sexuality and relationships for teens and young adults.

<https://www.scarleteen.com/>

*Need more information?*

## Contact the Family Librarian

☎ 403-955-7745 ✉ [ChildHealthInfo@ahs.ca](mailto:ChildHealthInfo@ahs.ca) 🌐 <http://fcrc.albertahealthservices.ca/>

## Family & Community Resource Centre

2<sup>nd</sup> Floor, Alberta Children's Hospital - 28 Oki Drive NW, Calgary, AB, T3B 6A8

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

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