**Topic: Sexual and Reproductive Health Week**

Dear School Administrator, please find below some basic messaging you are invited to use to promote the abovementioned topic among students, parents, and the general school community. Included are:

* Morning announcement scripts
* Newsletter inserts
* Social media messages
* Synervoice scripts

Please choose messaging as appropriate for your school community. You can find images and graphics to support this messaging at [hpePublicHealth.ca/newsletters-and-social-media.](https://hpepublichealth.ca/newsletters-and-social-media/)

If you have any questions, please do not hesitate to reach out to your Healthy Schools contact at HPEPH.

-HPEPH Healthy Schools Team

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| Morning Announcement Messages | **Audience** |
| Sexual and Reproductive Health Awareness Week (SRH Week) is a yearly campaign designed to raise awareness on sexual and reproductive health and promote resources to improve community health in Canada. This year, SRH Week takes place from February 13 - 17, 2023 with the theme of Get the Facts and Get Tested. This month your public health nurse will be providing quick tests. All you need to provide is a name, urine sample, and a way to contact you. It’s no big deal! Visit your school health clinic on (date)Did you know that anyone can get an STI? Whatever your age, gender, ethnicity or sexual orientation, if you have sex without a condom, you can get an STI. Take care of yourself and your partner. Get yourself tested, it’s no big deal! See your school public health nurse and get yourself tested.Practice safer sex to reduce your risk of an STI. If you’re having sex, the best way to protect yourself and your partner is to use condoms. If you have had sex without a condom, get yourself tested! Visit your school public health nurse for more info. Hey \*school mascots\* Your school health nurse is providing Quick testing today! Quick Test screening provides a quick and easy opportunity for you to check your status, without requiring a full assessment See your school public health nurse and get yourself tested. It just takes a few minutes.There’s a first time for everything, including getting tested for STIs. Nervous? It’s no big deal! Just pee in a cup. You can bring a friend. See your school public health nurse and get yourself tested.Have you had sex without a condom? You may be at risk for an STI. Your best defense is regular testing. See your school public health nurse for a quick test (on date of clinic) or (today!) and get yourself tested!Did you know many STIs don’t show any obvious signs or symptoms, at least at first? Getting tested is a good step to protect yourself and any partner from long term risks. Get yourself tested! It’s no big deal. See your school public health nurse.Did you know around 70% percent of women and 50% of men with chlamydia have no symptoms….no symptoms! If your sexually active protect yourself and your partner, use condoms and get tested. See your school public health nurse for a quick test. It takes 5 minutes or less! |

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| Newsletter Inserts | Audience |
| Healthy RelationshipsHaving healthy relationships is a vital part of a person’s overall wellbeing, and our children and youth are no different. Children and youth need positive connections with parents, family, peers, teachers, coaches, and other authority figures. Since children and youth don’t have a lot of life experience, they often don’t know what a healthy relationship looks like. This can become a problem when they start dating, but it’s equally important in friendships, sibling interactions, and relationships with adults such as teachers. If children and youth are not aware of the characteristics of a healthy relationship, they can end up in an unhealthy relationship without even realizing it.The best way for children and youth to learn about healthy relationships is through watching their parents/caregivers. When they see their parents/caregivers treating each other, friends, and family with honesty, respect, trust, and open communication, children and youth will begin to expect that type of treatment in their own relationships. Characteristics of Healthy Relationships* Trust. Each person in a good relationship should know they can rely on each other. They know they can count on this person to come through for them and be supportive.
* Respect. In healthy relationships, people talk to each other in ways that don’t put down, insult, or belittle. They value each other’s time and opinions. They protect each other’s privacy and personal space.
* Honesty. Each person should always be truthful and open. They can express what they want, or discuss their hopes, without fearing how the other person will respond. They don’t feel like the other person is hiding things from them.
* Growth. In a healthy relationship, people want each other to enjoy their favorite activities, learn new things, and spend time with family and friends alike. In life, our hopes, fears, goals, and interests will constantly change, and people who are in good relationships will understand, and even embrace, those changes.
* Empathy. Each person should be willing to understand and validate the other person’s perspective.
* Balance of Power. In a healthy relationship, both people feel like they are on equal footing. They can make their own decisions without fear of retaliation or judgment. They feel physically safe. They respect each other’s opinions and independence. No one pressures the other person to do something that makes them feel uncomfortable. And they put equal effort into their relationship.
* Compromise. Conflict is bound to arise in every relationship. People should be able to compromise and negotiate to a mutually agreeable solution when there are disagreements.
* Communication. In a healthy relationship, each person can share their feelings, even when they don’t agree, in a way that makes the other person feel safe, heard, and not judged.
 | Parents/Caregivers |

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| Social Media Messaging – Sexual Health | Audience |
| Sexual and Reproductive Health Awareness Week (SRH Week) is a yearly campaign designed to raise awareness on sexual and reproductive health and promote resources to improve community health in Canada. This year, SRH Week takes place from February 13 - 17, 2023 with the theme of Get the Facts and Get Tested. This month your public health nurse will be providing quick tests. All you need to provide is a pee sample, your name, and a way to contact you. Visit your school health clinic on (date) | Students |
| Anyone can get an STI. Whatever your age, gender, ethnicity or sexual orientation, if you have sex without a condom, you can get a sexually transmitted infection (STI). See your school public health nurse for free condoms and free quick testing. | Students |
| Practice safer sex to reduce your risk of an STI. If your having sex the best way to protect yourself and your partner is to use condoms. See your school public health nurse for free condoms and free quick testing. | Students |
| Your school health nurse is providing Quick testing today! Quick Test screening provides a quick and easy opportunity for individuals to know their STI status, without requiring a full assessment. See your school public health nurse today! | Students |
| Have you had sex without a condom? You may be at risk for an STI. Your best defense is regular testing. See your school public health nurse for a quick test (on date of clinic) or (today!) | Students |
| Did you know many STIs don’t show any obvious signs or symptoms, at least at first, it’s important to take precautions to protect yourself and your partner and to get tested regularly. See your school public health nurse for free condoms and free quick testing. | Students |
| Did you know around 70% percent of women and 50% of men with chlamydia have no symptoms….no symptoms! If your sexually active protect yourself and your partner, use condoms and get tested. See your school public health nurse for free condoms and free quick testing. | Students |
| <https://www.youtube.com/watch?v=Co1WvFnwzQU&list=PLQ04cyU2Zw0FMQVkThvDg2vf_AQRw_-P-&index=1>Did you know many STIs don’t show any obvious signs or symptoms, at least at first? It’s important to take precautions to protect yourself and your partner and to get tested regularly. It’s no big deal! See your school public health nurse. Get Yourself Tested #GYT #NBD | Students |
| <https://www.youtube.com/watch?v=piNFNZGljMk&list=PLQ04cyU2Zw0FMQVkThvDg2vf_AQRw_-P-&index=3>There’s a first time for everything, including getting tested for STIs. Nervous? It’s #NBD. Bring a friend. See your school public health nurse. Get Yourself Tested #GYT | Students |
| <https://www.youtube.com/watch?v=lFSxHKM1NZI&list=PLQ04cyU2Zw0FMQVkThvDg2vf_AQRw_-P-&index=4>Quick Test screening provides a quick and easy opportunity for individuals to know their STI status, without requiring a full assessment. See your school public health nurse. Get Yourself Tested #GYT #NBD | Students |