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Building *Nunavut* Together
Nunavut iuuqatigiingniq
Bâtir le *Nunavut* ensemble

Public Service Announcement

Nunavut celebrates Sexual and Reproductive Health Awareness Week

Start Date: February 5, 2016

End Date: February 12, 2016

Nunavut-wide

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Sexual and Reproductive Health Awareness Week is February 8-12. To mark this week, the Department of Health is releasing two new resources on contraceptives and safer sex, which were created just for youth!

Check out “Thinking about sex? Think about birth control!” for some of the most common birth control options in Nunavut and to learn the facts about contraception. Look at this resource on your own, or with a parent, friend or health care provider to choose a birth control option that is right for you!

The “Safe is Sexy” resource gives tips on how to talk about safer sex with a sexual partner. It also describes how to use a condom and how to get tested for sexually transmitted infections (STIs). Check out the conversation starters, and maybe even try one with your partner!

Both resources are available in all four official languages. You can get yours from community health representatives (CHRs), at health centres or at www.irespectmyself.ca. Free condoms and lubricant are available at all health centres, and many local businesses and recreational centres throughout Nunavut. Get free and easy STI testing at all health centres and at Iqaluit Public Health.

For more information about sexual health, STIs and safer sex, please visit your local health centre or go to www.irespectmyself.ca.

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