



www.nativeyouthsexualhealth.com

Heart Your Parts is a national sexual and reproductive health awareness week about recognizing the importance of sexual health as part of overall well being. When we talk openly about sexual health, we help create more spaces where our different sexual and reproductive health rights and needs are respected in safer and sex positive ways.

The Native Youth Sexual Health Network (NYSHN) is joining the #HeartYourParts National Campaign

1.) *Heart Your Parts Video Campaign* – We are joining as judges!

Why do most sexual and reproductive health videos almost always make sex seem scary and dangerous?

Tell us in a short video - How you Heart Your Parts as an Indigenous youth! What gets you excited to talk about sexual or reproductive health?

- Speaking about your body in an Indigenous language,
- Talking about ceremonies or how spirituality is linked to sexuality,
- Sharing stories over food,
- Talking about how identity is connected with your sexual health,
- Different rights or justice issues,
- Realities in our Indigenous communities and why sexual and reproductive healths are important
- Anything you can imagine!

What are the rules?

- Videos need to be less than 3 minutes in length.
- Videos that contain nudity, offensive language/ imagery, and/or any inappropriate or discriminatory content will not be accepted.
- Videos must be submitted via email to admin@cfsh.ca by January 31st 2013.
- Submission emails must include your name, gender pronoun (or how you refer to yourself in your Indigenous language(s)), contact information and a YouTube link to your video.

For help in recording your video:

In Edmonton, AB contact: ekonsmo@nativeyouthsexualhealth.com

In Toronto, ON contact: kwilliams@nativeyouthsexualhealth.com

2.) *Heart Your Parts Blog from NYSHN* Posted February 7th, 2013

3.) *Sexual and Reproductive Health Awareness Week February 10-16, 2013*

We are releasing some new, exciting NYSHN material celebrating how our Indigenous cultures can connect with sexual health. We'll be revealing this material on our Facebook and Twitter pages throughout sexual and reproductive health awareness week. **Hint – It will be tasty, sexy and fun!**

4.) Social Media

Join us on social media where we will be joining the Heart Your Parts conversation.

Twitter: [@NYSHN](https://twitter.com/NYSHN) #HeartYourParts

Facebook: [The Native Youth Sexual Health Network](https://www.facebook.com/TheNativeYouthSexualHealthNetwork)

For more information about NYSHN and Heart Your Parts contact

Erin Konsmo: ekonsmo@nativeyouthsexualhealth.com