

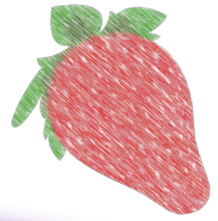
**Sexy Health**

**Carnival**

**Toolkit**

**By and For  
Indigenous Youth!!**

# Letter from Alexa



Boozhoo (Hello)!  
Biindigen (welcome)  
to this Indigenous  
youth-led and  
created toolkit!



My name is Alexa Lesperance, and I'm a proud bear-clan warrior, sister, auntie & peer! I'm from a community in Northwestern Ontario called Naotkamegwanning First Nation (Whitefish Bay), home to the first creation and dream of the jingle dress! I'm a young 20-year-old, Anishinaabe kwe, and well known for my crafty-ness, sarcasm, and honesty, but most importantly for the immense love I have for my family (including two younger brothers and a sister), community, and nation.

As part of my many roles, I'm also a Youth Facilitator at the Native Youth Sexual Health Network (NYSHN), a by and for Indigenous youth organization that works across issues of sexual and reproductive health, rights, and justice, which is just another way of saying, 'supporting community and youth awesome-ness!!! I initially became involved with NYSHN as one of the 18 Indigenous youth leaders who participated in the Taking Action!: Art and Aboriginal Youth Leadership for HIV Prevention Project. We made digital stories about issues in our communities, and in relation to HIV/AIDS.

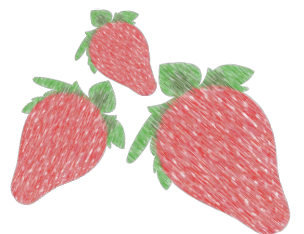
As part of this digital story creation and presentation back to my community, I, with the help of my family and community

Naotkamegwanning First Nation, created the Sexy Health Carnival (SHC). The SHC engages with tons of topics and issues affecting our communities, but also provides ways to help support us, our families, and Nations. As native youth, we see and deal with the shitty stuff all the time. We don't need to be reminded of that. So what I did was try and provide as much information, and supports for things like suicide, HIV/AIDS, sexually transmitted infections, sexuality, and shame, so that we as native youth were more equipped to deal with those kinds of things. I also wanted to make sure that we were celebrating our strengths, and learning about sexual health (relationships, birth control, family planning, self-pleasure) in fun, non-shaming, interactive ways. This is why creation of fun games was crucial!

The very first time I created the Carnival (when I was 17), I was pretty scared and overwhelmed, because I wanted to make sure what I was doing mattered, that community members wouldn't get uncomfortable or angry with the things being talked about. But after a lot of reflection and thought (the carnival since its original creation, has undergone tons of updates and re-creations) I learned that what mattered, and what was important was that we were providing young people with the information they needed to make informed decisions. We weren't ever shaming the things we do to survive, but rather providing supports and love, something our ancestors and spirits taught us well, to do! I tell you this, because I've seen the real impact of what happens when we shame those in our community, and the difference it makes when we support them, as I'm sure you have too. I created the SHC for you, so that we could spread the love, care and fun a little further. Because a little of each of those things, plus some hard work is what made all of this a reality, and maybe what can make your dreams and hopes for the future a reality too!

All my relations and love  
to you all!

- Alexa.

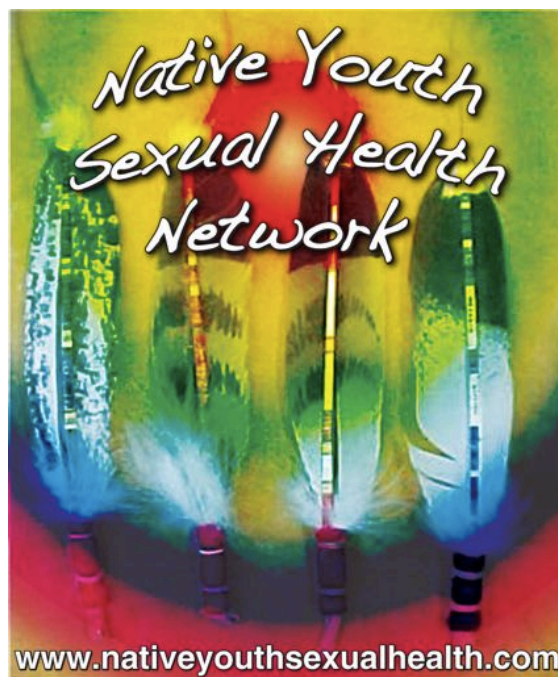


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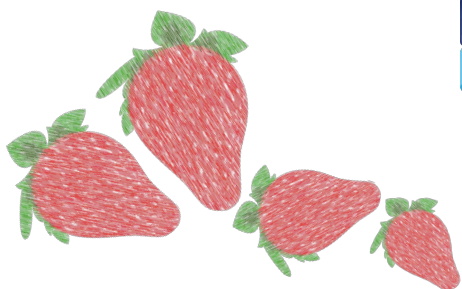
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Toolkit brought to you by the:

# Native Youth Sexual Health Network



The Native Youth Sexual Health Network (NYSHN) is an organization by and for Indigenous youth that works across issues of sexual and reproductive health, rights and justice throughout the United States and Canada.



 The Native Youth Sexual Health Network  
 @NYSHN  
 @NYSHN  
 [www.youtube.com/TheNYSHN](http://www.youtube.com/TheNYSHN)

# How to use this toolkit

In this toolkit, you will find information about making a Sexy Health Carnival happen in your community.

We want you to take this toolkit, and make it YOURS! That means change what you want, add what you want, and don't do what you don't want to do.

Indigenous youth, just like you, have made the Sexy Health Carnival a reality! We hope that our ideas inspire you to

**educate, empower, and**

**motivate** your community

around sexual health - whatever community means to you!



**If you think you can make this happen:  
use this toolkit, find some friends that  
want to help you, then do it!**

# What is the Sexy Health Carnival?

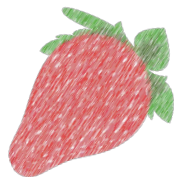
The SHC is a great way to educate Indigenous youth about HIV prevention and sexual health. It is a collection of booths and interactive games. The booths cover topics like: suicide, HIV and AIDS, harm reduction, consent, sexual violence prevention, healthy relationships, STIs, birth control, and masturbation. Youth learn by playing games. The carnival is also packed with prizes, culturally safe information, and safer sex supplies.

The SHC breaks down the barriers of fear, stigma, and shame related to issues around sexual health. It makes learning health information fun for youth, adults, children and Elders.

The SHC is an Indigenous youth-led project. It was created by Youth Facilitator, Alexa Lesperance with the help of her community, Naotkamegwanning First Nation. The Carnival is called Sexy because it's about positive self-esteem and feeling good about our bodies, lives, and decisions!

**“The carnival provides information to help try and keep ourselves, the land and communities safe. There is nothing more sacred and in the footsteps of our ancestors than revitalizing the ways we learn and teach each other, by action (the actual existence of the carnival and the interactive experiences) and orally (conversations that are sparked from the booths/games).”**

**- Alexa**



# Why did we do it?

*“Young people are strong and need to be supported to take leadership in initiatives that have to do with us, because we are the experts about our own lives.” - NYSHN*

Who better to ask about sexual health and HIV prevention outreach for Indigenous youth than us?

Most sexual health outreach models ignore our realities. Lots of us (and our communities) are still struggling to heal from colonization and intergenerational trauma from the impacts of residential schools and the Indian Act. These government policies have really messed with gender and sexuality in our communities. They have also robbed many of us of our traditional teachings, ceremonies, such as rites of passage, and respect for different genders and sexualities. Another example of ongoing colonialism is the ways that sex ed in schools typically tries to scare and shame us without taking into account our cultures and identities.

NYSHN says, “being Indigenous or being a young person is not a “risk factor” by itself. In fact, being ourselves can be empowering. What actually puts our lives at risk are things like colonialism, racism, and not having access to culturally safe care.”

Health outreach programs made by and for Indigenous youth promote community and self-determination. They allow us to reclaim our bodies, restore our ancestral teachings, and reclaim who we are as Indigenous peoples.

***One youth who visited the Carnival said:***

***“I felt I learned a lot more here than in school. In school they never taught us how to put on condoms. Sex ed only told us about STDs and how we can get them.”***





# Some Reasons you might want to do it!

- ✓ Sparks conversations in your community around sexual health and other intersecting realities (like violence, and harm reduction, etc.)
- ✓ Breaks the stigma around sexually transmitted infections, sex & related issues
- ✓ Works better than just handing out pamphlets or telling people what to do
- ✓ Creates an opportunity to develop a peer-lead supportive network within your community
- ✓ Helps to share and re-learn intergenerational teachings about being safe and sexy on our own terms!

## Use Pieces of the Sexy Health Carnival

Don't want to bring all of the booths and games into your community? No problem. Grab from this tool-kit what you think would be important and useful to your community.

Are you interested in just talking about one or two topics in your community, rather than the multiple examples we provide? That will be awesome! You and your friends will have a better idea of what peers in your community will want to know. Use this tool-kit as inspiration! Using our templates, you can even create your own booths and games.

# Adapt the Sexy Health Carnival to your community

As Indigenous youth ourselves, we know how unique and diverse each of our communities are. We each have our own languages, traditions, beliefs, and protocols. Therefore it is important that any information is relevant to what's going on in your local and unique community.

This can mean:

- ✓ Including traditional slang/ local language(s) into sexual health education,
- ✓ Asking youth in your community what they want to know specifically,
- ✓ Asking community Elders and leaders for their feedback and direction, or
- ✓ Featuring local teachings.

Adapting the Sexy Health Carnival to your community will make people feel more comfortable. This may work better than having an outside health care worker come into the community telling you what they think is best for you.



# Importance of creating safer spaces

Creating safer spaces means that people can be their whole selves. Safer spaces meet people where they are at, are non-judgmental, and make people feel comfortable about who they are, and questions that they may have. In safer spaces, individuals know that any information that they share about themselves or questions they ask will be kept private. It is important that if you plan to develop a Carnival in your community, you carefully consider how you can make the space safer. This can include making it clear that people of all different sexualities and genders are welcome.

**One youth who visited our Carnival said:**

**“I think it is really great that you have this here, it’s really important. I’ve only been here for 2 minutes and instantly I was drawn to this tent because these are conversations that people don’t have; and to spread this awareness for Indigenous people is really important.”**



# Why Peer-to-Peer Education is AWESOME!

## What is Peer-to-Peer education?

It's about Indigenous youth teaching other Indigenous youth. It's about sharing important info about being healthy and connecting people with the resources they want.

## Why Peer Education?

### 1. Because we understand each other!

A peer is someone who is close to you in age, experience, and knowledge. This means that peer leaders can typically relate to their peers!

### 2. Because we are experts of our own lives!

Who better to ask about sexual health and HIV prevention than us? Peer-to-peer education allows us to set our own agenda, on our own terms. We know what sexual health topics are important to us and our peers.

### 3. Because peers can be less judgmental!

Youth sometimes feel more comfortable talking with peers. Peers can be less intimidating than adults. It is easier to share information with someone that won't judge you based on your questions and behaviours.

### 4. Because it's empowering!

Peer-to-peer learning can be an empowering experience! Not only do peers feel more comfortable discussing their sexual health with someone who understands them, but peer-leaders themselves will gain increased knowledge, positive opinions and attitudes around sexual health!

## Do you have what it takes to be a peer educator?

Are you young? Indigenous? Non-judgmental? Easy to talk to? Interested in issues going on in your community? If so, you might be a great peer educator!

**Did you know?** Peer educators can put their experiences on their resume. Being a peer educator shows that you may have a commitment to making things happen, and leadership.

# Take a look at our Sexy Health Carnival!

The next few pages provide examples of what our Sexy Health Carnival looks like. You can find examples of games and the kinds of info that we shared.

At each booth, we had lots of information; resources for youth to take (i.e. pamphlets, condoms, local sexual health information) and interactive games and activities. Pick and choose from these examples as inspiration of what you could bring to your own community!

*One youth who visited our carnival said:  
“This is useful to have at the powwow because you’re getting educated while playing games.”*



# HIV and AIDs

## Conversation Starter:

Did you know that HIV affects people in our own communities? We need to be supportive, break down myths, and remember not to be shaming.

## Facts:

### What is HIV:

**H**uman **I**mmuno-Deficiency **V**irus: Anyone can get it. HIV weakens the body's ability to fight disease and infections, making it easier for people to get sick. HIV is a virus. It reproduces by taking over and destroying the immune system.

### What is AIDS:

**A**cquired **I**mmune **D**eficiency **S**yndrome: AIDS is a condition that results from HIV infection. It is when your immune system is no longer able to fight off germs such as bacteria and viruses.

### Ways we protect ourselves and others:

- ✓ Wear a condom (insertive or receptive)
- ✓ Use a dental dam
- ✓ Don't share/ re-use needles when using drugs, getting a tattoo, or piercing

## Resources

1. Taking Action: Art and Aboriginal Youth Leadership for HIV Prevention: <http://www.takingaction4youth.org/http://www.takingaction4youth.org/>
2. Canadian Aboriginal AIDS Network: <http://www.caan.ca/http://www.caan.ca/>
3. EMPOWER: <http://www.empoweryouth.infohttp://www.empoweryouth.info>
4. CAITIE: <http://www.catie.ca/>
5. National Native American AIDs Prevention Centre: <http://www.nnaapc.org/>
6. Young Eagles Challenge - Know It! <http://caan.ca/wp-content/uploads/2012/05/Young-Eagle-Know-It.pdf>



# HIV and AIDs Game: Myth Busting Flash Cards

We look at different activities or actions and decide if it is possible to transmit HIV/AIDS!

HIV enters the body through: (Remember that all of these ways of transmission are preventable. HIV transmission is more likely to happen if someone doesn't know that they are positive and then one of the bottom occurs)

- Open cuts, sores or breaks in the skin
- Sexual contact (Anal or vaginal intercourse) without a condom
- Sharing needles, syringes or other injection equipment
- Mother-to-child - Babies born to HIV-positive women who don't have access to healthcare
- Blood to blood contact

HIV CANNOT be transmitted through day-to-day activities such as:

- Holding or shaking hands
- Hugging
- Casual kissing
- Using a toilet seat, drinking fountain, sharing food, or eating utensils with someone who is positive



# Birth Control

## Conversation Starter:

If someone gets pregnant in our communities or decides to be on birth control, it is important to be supportive of their choice, and it is important that they know they have many options!

## Facts:

- ✓ If you are breastfeeding or on your period you can still get pregnant.
- ✓ Birth control methods like “pulling out” or the “calendar method” aren’t as effective, and don’t protect against STIs.

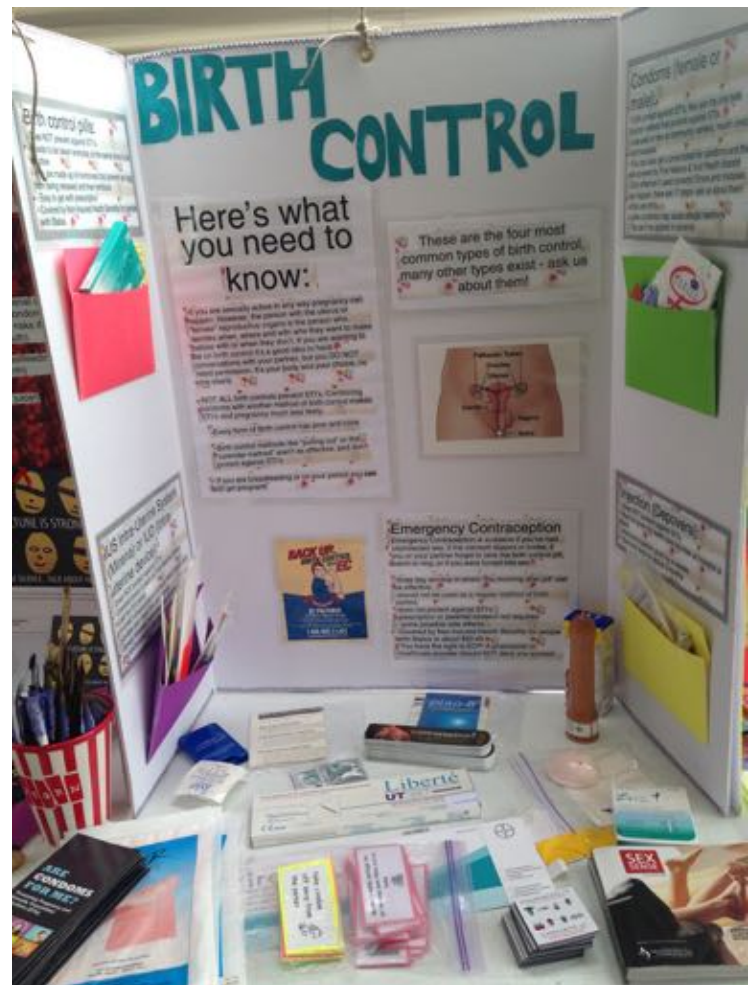
**Birth Control Pills:** Do not prevent against STIs. The pills are made up of hormones that prevent an egg from being released and then fertilized and they are easy to get with a prescription.

**Condoms / Dams/ Barriers:** Are the only birth control method that protects against STIs. Condoms are low cost or free at community centers, health clinics, or hospitals. Condoms are only effective if used correctly and they can only be used once.

**Injection (Depovera):** This method does not protect against STI’s. It must be given by a health care provider at hospital or clinic through injection given by a needle. One shots lasts for about 3 months.

**IUS** Intra-Uterine System (Mirena) or **IUD** (Intra-uterine device): This does not protect against STIs but can prevent pregnancy from happening. It lasts for 3 to 5 years and is a small t-shaped piece of plastic that a health care provider can insert into your uterus, slowly releasing hormones overtime.

**Emergency Contraceptive Information:** This is available if you've had unprotected sex, if the condom slipped or broke, if you or your partner forgot to take the birth control pill, patch or ring, or if you were forced into sex. There is a 3-day window in which the “morning after pill” can be effective. This should not be used as a regular method of birth control, and it does not protect against STIs. Prescription or parental consent is not required to get this regardless of age. Check your local pharmacy for more details.





## Here's what you need to know:

If you are sexually active in any way, pregnancy prevention is important to consider. However, the person with the uterus or reproductive organs is the person who decides when, where, and with who they want to make babies with or when they don't. If you are wanting to be on birth control, it's a good idea to have conversations with your partner, but you do not need permission. It's your body and your choice, no one else's.

## Adapt this to your community:

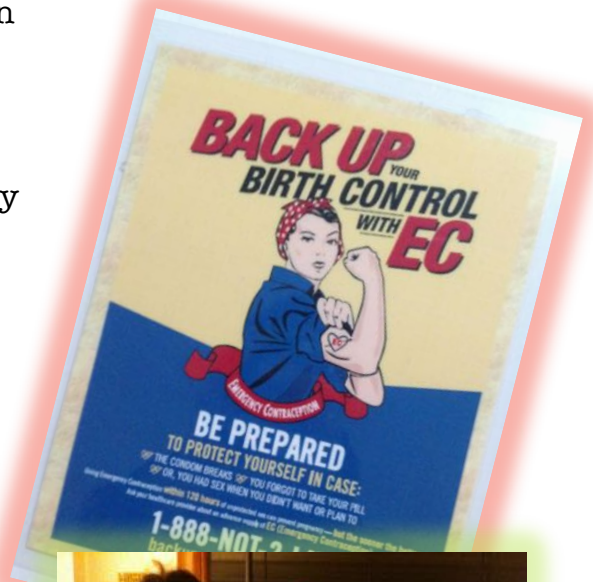
- ✓ Talk to leaders in your community to see if you can get any birth control packaging or demos to put on display at your sexy health carnival
- ✓ Go to your local health clinic or hospital to see if they will provide you with free condoms to give out at your event! Find out local information regarding birth control options in your community where youth can be supported. This way youth can for real see what things look like and how/where it sits in the body
- ✓ Put on your booth: Where to go if you have questions in your community for questions around Birth control? What services do you have available? What is insured?

## Activity:

1. Ask people what kind of birth control they already know about.
2. Explain the different options of birth control available with a birth control demo kit. This provides a visual aid and lets people get comfortable with how things look!
3. You can purchase demos from different sexual health clinics or do a quick google search.
4. Remind peeps that condoms are the only type of birth control that prevents both STI's and pregnancy! So combining condoms with other types of birth controls would be most effective.

## Resources:

1. PlanetAhead: <http://www.planetahead.ca/>
2. Scarleteen: <http://www.scarleteen.com/>



# Family Planning

## Conversation Starter:

There is not a one-size fits all approach to starting a family. We must be supportive by letting someone know that they have choices and options!

## Facts:

### **Reproductive Justice for all!**

It's your choice and right to have children, not to have children, and to parent the children you have – in a safe and healthy environment!

### **Options:**

When we find out that we, or our partner/lover/one night stand/friend is pregnant, it can be very emotional and stressful! It is helpful to have support from friends, family, midwives, nurses, and community in order to deal with different people's beliefs about pregnancy, and to make decisions about what to do next based on what's best for you. If you are pregnant or think you might be, speak to a health care provider, an Elder, or someone you trust. Be sure to take your time, get informed, and make the best decision for you!

“As women, we are responsible for making sure that, because we are the carriers of life, that we're ready to have that life. In our traditional way, we knew how to stop pregnancies. There were medicines. So we knew, when women found out they were pregnant, they would know how to get un-pregnant. It is not our traditional way to pass judgment on that, the Creator always gives us choice.” – Elder Joanne



### **Midwifery**

This is an option for young parents where Midwives provide safe non-judgmental care and support for pregnant people, babies, and their families before the pregnancy, through the pregnancy, during birth, and afterwards with a wholisitic approach. What's taken into account isn't just the health of the baby, but also you!



# Resources

1. National Aboriginal Council of Midwives: <http://www.aboriginalmidwives.ca/>
2. Seventh Generation Midwives Toronto: <http://www.sgmt.ca/>
3. Pauktuutit - Inuit Women of Canada:  
<http://pauktuutit.ca/health/>
4. Native American Women's Health Education Resource Centre:  
<http://www.nativeshop.org/>
5. Tewa Women United: <http://tewawomenunited.org/>
6. LGBTQ Parenting Network: <http://lgbtqpn.ca/>

## **Breastfeeding:**

It can be really tough for the first month, you want to give up, it can be painful, but it's a learning experience for baby and you! Remember that breast milk gives children everything they need and makes babies stronger. If you're able to breastfeed, do not feel ashamed for doing that!



## Adapt this to your community:

### Idea #1

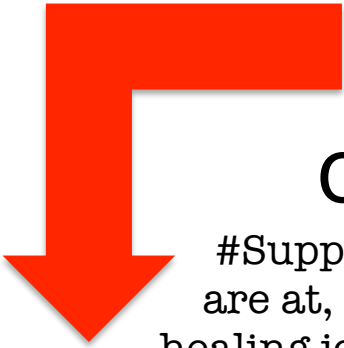
Interview a young parent in your community! Ask them positive, empowering questions about their experiences and post the questions and answers on your booth! Other youth are more likely to be interested in the information if it is someone they know or who is from their community – especially if they are around the same age. Examples of questions you could ask could be:

1. What were you feeling when you found out you were pregnant?
2. What is it like being a mother/parent as a young Native women/man?
3. What advice do you have for young parents raising their children?
4. What are your views and experiences on breast-feeding?

### Idea #2

If you know any young mama's, parents or families ask them to be apart of the carnival and sit beside the booth! Ask them if they could be available to talk about:

1. Things to expect during pregnancy
2. Self-care tips, and or
3. Different options available when yourself or someone you know becomes pregnant unexpectedly or planned.

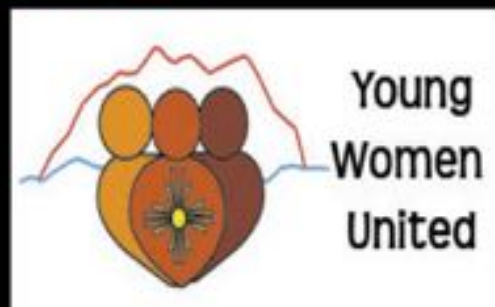
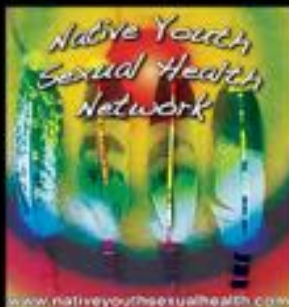


## An example of one of our 'take-aways'

#SupportNotStigma is about meeting people where they are at, not labeling people, supporting people on their healing journey, and creating safe spaces!

### 5 Ways to Build #SupportNotStigma

- 1) Center the experience and expertise of pregnant people and parents who use substances.
- 2) Defeat attempts to criminalize pregnant people and parents who use substances--criminalizing our families doesn't bring better health outcomes .
- 3) Work to improve access to culturally safe harm reduction and healthcare for pregnant people and parents who use substances.
- 4) Support pregnant people and parents with opportunities to lead their own healing from intergenerational trauma, colonialism, racism, gender based violence, homophobia and transphobia, and other systemic violence.
- 5) #WeAreMoreThanAddiction Labeling someone as an addict ignores the complexity of their identity. Every person is a spirit that deserves to be recognized.



# Relationships, Limits, and Consent

## Conversation Starter:

Did you know that we can learn about healthy relationships with one another from our ancestors relationship with the land? When we take from the land, we give thanks for what we have been given, and offer something in return (example: tobacco, fabric, etc.). We respect the limits of what we have taken – this is healthy as we are sharing. When we take too much, our relationships becomes one sided and unhealthy.

## Facts:

### What are relationships?

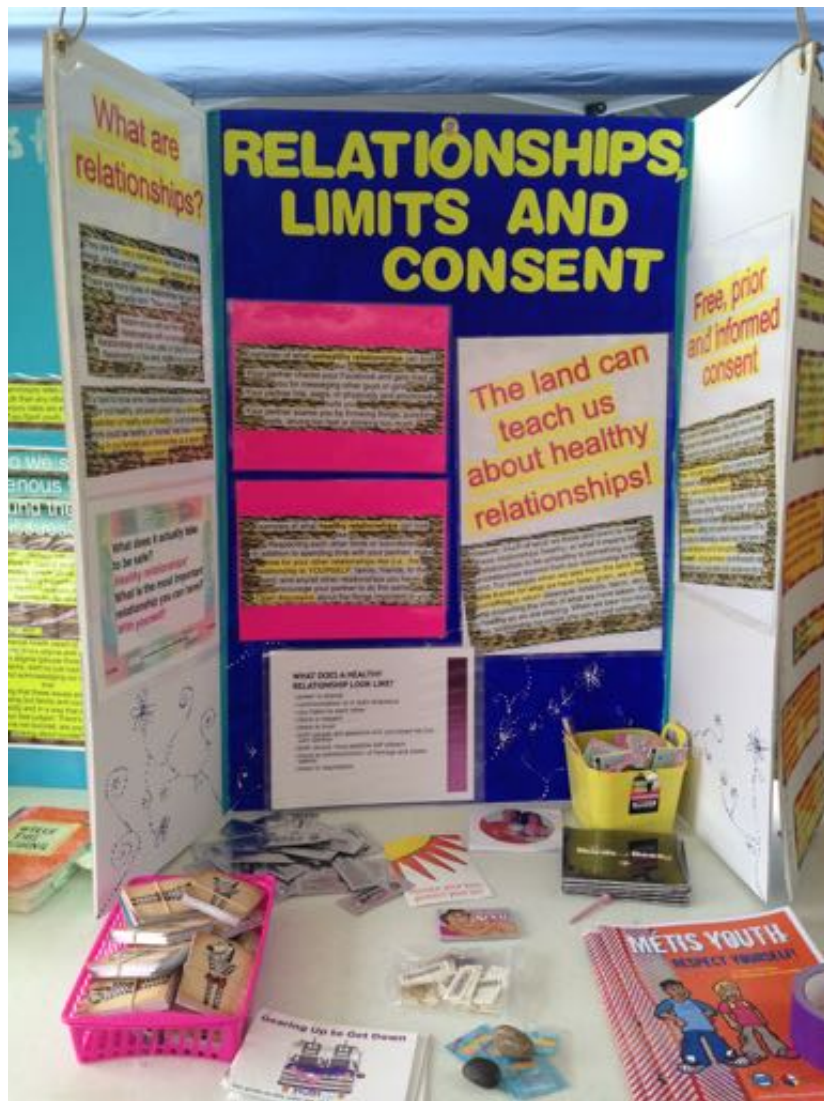
They are the many connections we have to other things, places, and people, including relationships to ourselves! There are many types of relationships, not just the romantic kind. These include:

- ✓ Relationship to the land, traditional territory, community
- ✓ Relationships with our family
- ✓ Relationships with ourselves
- ✓ Relationships with food, pets, or playing sports

It's hard to know when these relationships are healthy or not healthy, and every person has a different definition of healthy and unhealthy. A lot of what we think could be healthy, or “normal” has been messed up in our families and communities as a result of colonialism.

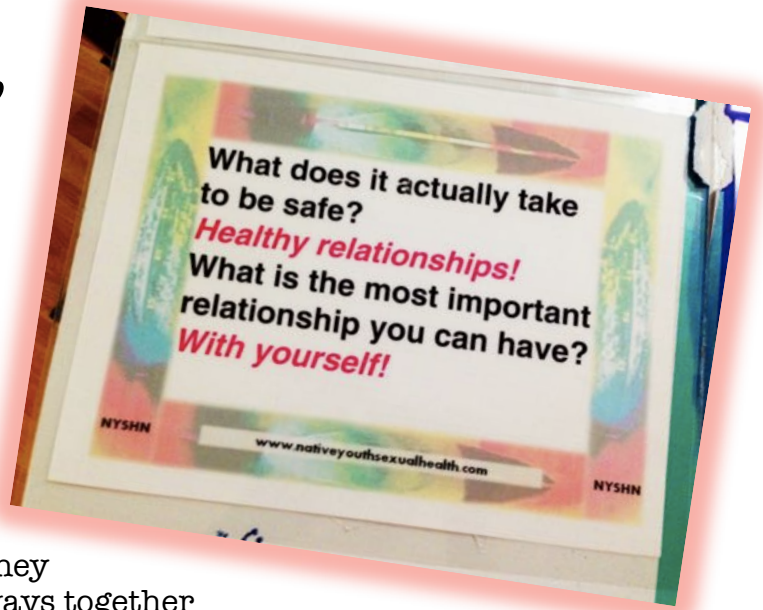
### Free, prior and informed consent

- ✓ **Free** – from peer pressure, force or someone trying to convince you
- ✓ **Prior** – before anything happens. For example, A sexy “I’d like to kiss you now if that’s okay?” or simply asking, “What do you like?” are great examples of consent
- ✓ **Informed** – telling your partner of any known STIs, if you are in a relationship, maybe your last name so you can be sure you’re not cuzzins!
- ✓ **Consent** – actual permission, an enthusiastic yes because sex is best when both people are into it



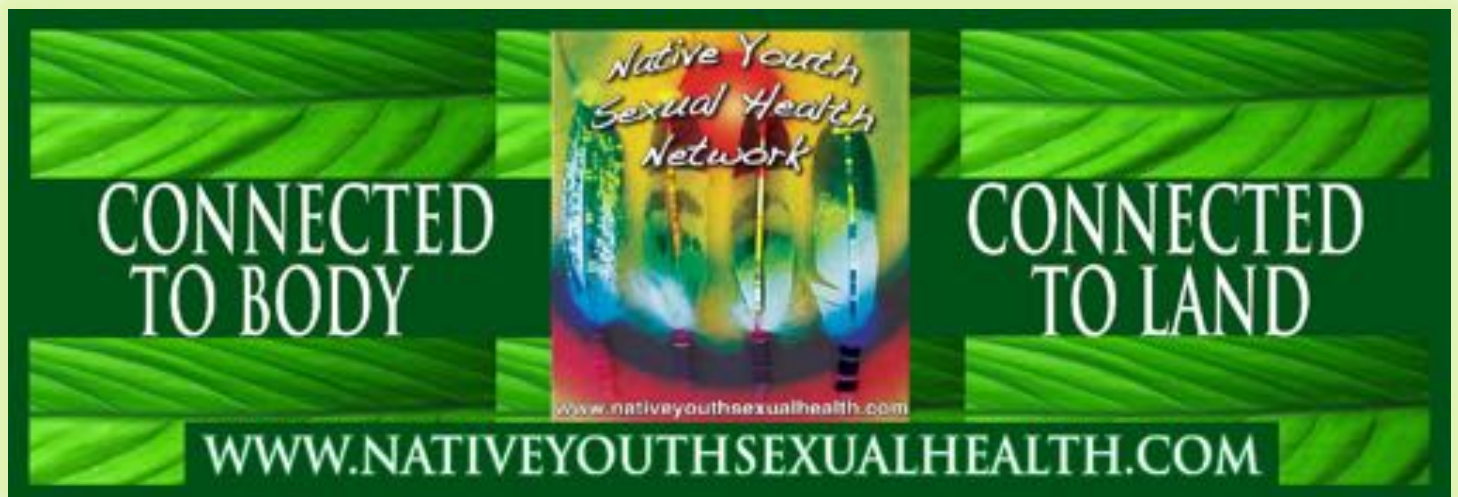
# Relationships, Limits, and Consent Activity:

- ✓ Ask someone to list characteristics of what a balanced relationship could look like: (eg: two way communication, talking about boundaries, etc) and an un-balanced relationship (eg: feeling afraid, violence). This will get people thinking about their own relationships that they are in, and if they are healthy ones or not. Brainstorm ways together on how to make unhealthy relationships - healthy!



## Resources:

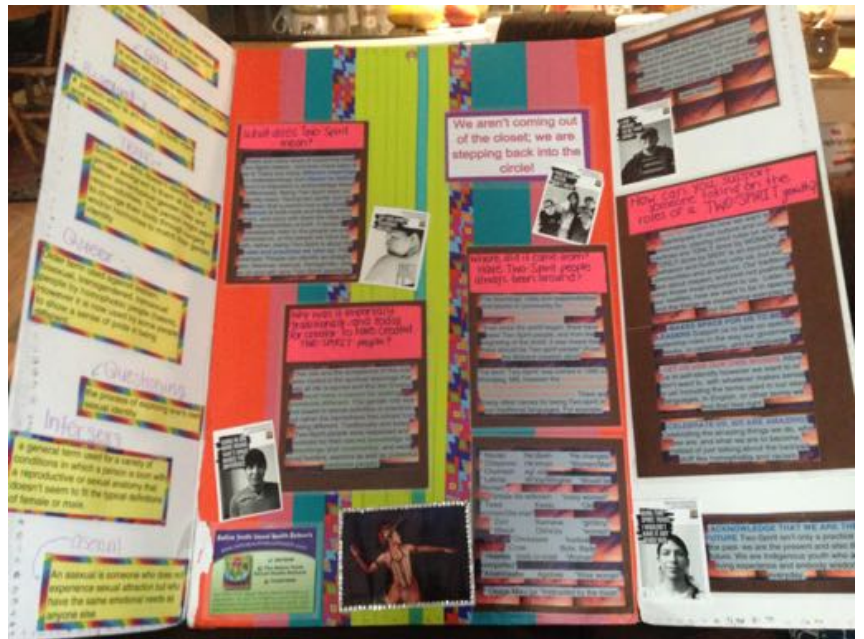
1. Idaho Coalition: <http://www.idvsa.org/product-category/gender-revolution-materials/>
2. WeRNative: <http://www.wernative.org/Hometopics.aspx?type=SexualHealth>
3. Scarleteen: Relationships: <http://www.scarleteen.com/article/relationships>
4. Scareleteen: Safety Plan: [http://www.scarleteen.com/article/abuse\\_assault/the\\_scarleteen\\_safety\\_plan](http://www.scarleteen.com/article/abuse_assault/the_scarleteen_safety_plan)
5. Queer Tips: <http://queertips.org/>



# Two-Spirit and Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, Asexual

## Conversation Starter:

Did you know that traditionally, and today, Two-Spirit people were respected and honored for their sacred knowledge of teachings and ceremonies, and were good hunters, warriors, as well as powerful medicine people?!



## Facts:

**What does Two-Spirit mean?** There are many ways of explaining what Two-Spirit means – and even more ways to be it! There are many different meanings from Nation to Nation and it is important to acknowledge these differences. Being Two-Spirit does not literally mean ‘having two spirits’, but can mean that a person has a spiritual balance of both male and female within them, and carry with them the roles and responsibilities of both. It doesn’t necessarily refer to the people we are attracted to, or the people we have sex with, rather, being Two-Spirit is about the roles and practices we take up. For example: People can identify as straight, gay, bisexual, asexual, transgender, and so on and still carry Two-Spirit teachings.

### **Where did it come from? Have Two-Spirit people always been around?**

The teachings, roles, and responsibilities and places in community for Two-Spirit people have been on this land since creation began. The term ‘Two-Spirit’ was made in 1990 in Winnipeg, Manitoba. However the important roles and responsibilities carried have existed as long as we have been here. There are many names for being Two-Spirit in some traditional languages!

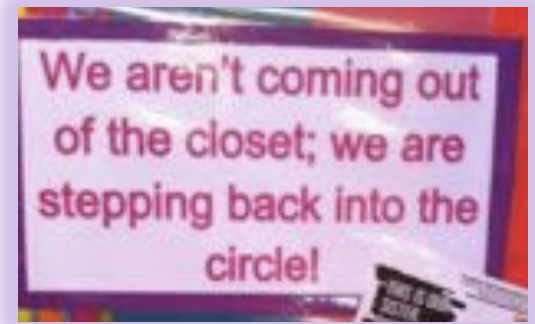


## Resources:

1. 2-Spirited People of the 1st Nations: <http://www.2spirits.com/>
2. Lesbian Gay Bi Trans Youth Line: <http://www.youthline.ca/index.php>
3. NativeOut: <http://nativeout.com/>

## Definitions to put on your booth:

- ✓ **Lesbian:** A woman attracted to another woman might identify as being a lesbian
- ✓ **Gay:** A man attracted to another man might identify as being gay
- ✓ **Bisexual:** A person who is attracted to both men and women
- ✓ **Trans:** Someone who doesn't identify with the gender assigned to them at birth, or does not follow stereotypical gender roles and responsibilities. This person might want to change their body through surgery and/or hormones to match their gender identity
- ✓ **Queer:** Older term used against lesbian, bisexual, transgendered, transsexual people by homophobic people (haters). However it is now used by some people to show a sense of pride in being different.
- ✓ **Questioning:** The process of exploring one's own sexual identity
- ✓ **Intersex:** When a person is born with a reproductive or sexual anatomy that doesn't seem to fit in the typical definitions of female or male
- ✓ **Asexual:** Someone who may not experience sexual attraction but has the same emotional needs as anyone else
- ✓ **Gender nonconforming:** People who might not follow other people's ideas or stereotypes about how they should look or act based on the sex they were assigned at birth
- ✓ **Genderqueer:** Someone whose gender identity might neither be male nor female, is between or beyond genders, or is some combination of genders



**Ask folks:** If they know any words in their traditional languages for different genders and gender roles, have a piece of paper and markers handy to let people write it down!

## Adapt this to your community:

Find out what your traditional language would call someone who is 'two-spirited' and incorporate that on your booth! Let your peer's know that two-spirited people have been in our communities since creation began. Not all languages have a specific word but Two-spirit people have always been around! The picture to the left gives some examples:

* Navajo	Na'dleeh	"He changes"
* Cheyenne	He'eman	"Women/Man"
* Chumash	agi',axi	
* Lakota	Wi'kta/Wingkte'	"Would be Women"
	Female lila witkowin	"crazy woman"
* Tewa	Kwido	"Old woman/Old man"
* Zuni	Ihamana	"girl/boy"
* Miwok	Osha'pu	"women"
	*Chickasaw	hoobuk
	* Crow	Bote, Bade
* Hidatsa	biatti or miati	"Woman compelled"
* Anishinaabe	Agokwe	"Wise woman"
* Osage	Mixu'ga	"Instructed by the moon"

**One of the youth who visited the Carnival told us:**

**"This carnival is a lot better than sex ed class. I hate being pushed off to a different side in sex ed class because I'm gay. I almost failed sex ed class."**



# Self Pleasure (Other ways to be Intimate)

## Conversation Starter:

There are more ways to be intimate than just with other people. Know that it is okay to get to know your body, in fact, encouraged! One of the most important relationships is with yourself!

## Facts:

- ✓ Talking about self-pleasure let's your peers know that it is okay and encouraged to get to know your body, and that there are many ways to be intimate.
- ✓ You can't get HIV or other Sexually Transmitted Infections (STIs) from masturbating!
- ✓ Learning about self-pleasure starts with your own body. It helps you to get to know what your body likes.
- ✓ Other ways to be intimate: Cuddling, Touching yourself, Sex toys, Masturbate, Tickle



## Definition of an Orgasm:

An orgasm is the feel-good release of built-up muscle tension that can happen from any kind of sexual stimulation. Having an orgasm can be harder for some people than it is for others. Getting to know your body will let you know what you like and don't like! It will be different from person to person.

## Resources:

1. Advocates for youth: <http://www.advocatesforyouth.org/>
2. Planned Parenthood: Masturbation: <http://www.plannedparenthood.org/learn/sexuality/masturbation>
3. Scarleteen: [http://www.scarleteen.com/article/bodies/with\\_pleasure\\_a\\_view\\_of\\_whole\\_sexual\\_anatomy\\_for\\_every\\_body](http://www.scarleteen.com/article/bodies/with_pleasure_a_view_of_whole_sexual_anatomy_for_every_body)

# Adapt this to your community:

Have fun with the information you share! Come up with your favourite masturbation sayings with your peers and put them on the board! Here are some of the ones that we liked:

## Our 10 Favourite Masturbate Words:

- War is silly, whack your willy
- War's no joke, stop and stroke!
- War is heinous, thumb your anus
- I'm going blind for mankind
- Abuse your middle piece, not the Middle East
- All we are saying, is give peace a wank
- War is out, pound your trout
- Touch your sack, not Iraq
- My bush doesn't declare war
- I cum in peace

## Interactive Activity:

### Idea #1: Tickle Maker

- ✓ Tickle maker activity is inexpensive and simple!
- ✓ Buy feathers and let people take them, letting them know it can double as craft supplies or a tickler for yourself, friends, or partners.
- ✓ Laughter is encouraged!

### Idea #2: Take a Peek

- ✓ Have pocket size mirrors available with a mini-sign beside them that encourages folks to take a mirror and 'take a peek' or check out their genital area/ bodies on their own time!



## Moving through trauma

### Conversation

#### Starter:

We are still impacted by colonialism to this day! These experiences sometimes push us to the brink of wanting to give up. It is important to meet your friends/family where they are at when they have these feelings! This means to create space for others to tell us what makes them feel empowered, supporting the self-determination they have over their bodies, lives and spaces!

#### Facts:

##### **What is self-harm and self-injury?**

Sometimes people having a hard time might try to cope by harming themselves. Self-harm/injury is not a suicide attempt, but actually a way to cope with really painful feelings.

**Self-harm examples are:** Gambling, staying in abusive relationships, drinking and driving.

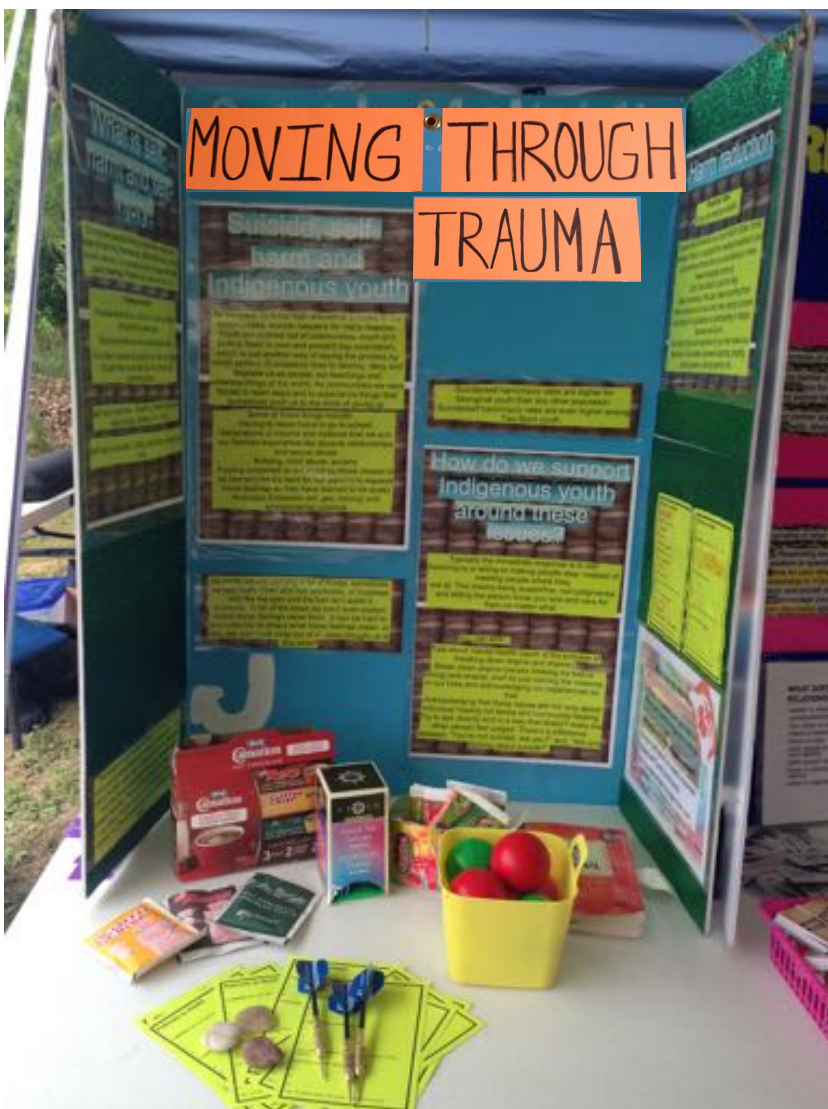
**Self-injury examples:** Cutting, scratching, burning your body.

##### **What are some reasons for self injury/harm?**

- Generations of trauma and violence that we and our families experienced from residential schools (sexual assault, abuse)
- Bullying & violence
- Poverty
- Feeling unwanted or not loved by those closest to us (sometimes it's hard for our parents to express those feelings as they have learned to be quiet)
- Resource extraction (oil, gas, mining) and environmental violence on our lands and territories
- Homophobia and transphobia

#### Resources:

1. WeRNative: <http://www.wernative.org/TopicDetails.aspx?id=29&type=SexualHealth>



## How do we support Indigenous youth around these issues?

- We must be supportive, non-judgmental, and let the person know you love and care for them no matter what! You can also:
  - ✓ Talk about mental health (a part of the process of breaking down stigma and shame)
  - ✓ Break down stigma (people thinking its bad or wrong) and shame, start by naming the violence in our lives and acknowledge our experiences as true
  - ✓ Know that these issues are not only about individual healing but also about family and community healing
  - ✓ Try to ask directly and in a way that doesn't make the other person feel judged. There's a difference between, "You're not suicidal, are you?" and "Are you thinking about suicide?"

## Practical Tips (if you are feeling suicidal)

- Speak with someone you trust ASAP (Elder, family member, friend, or google the nearest helpline to you)
- Let someone know how you are feeling or when these thoughts came up
- Don't be afraid to ask for help
- Seek ceremony, this can mean anything from offering tobacco, saying a prayer and asking for guidance, or participating in lodges, dances, and so on.
- Do things that are important to you and that make you feel good. Examples: singing, playing sports, dancing, etc.

Meet people where they're at!

## Activity/Take-away: Pathway to Health

Ask people: Think of people you can talk to. What are some things you love to do? What do you like about yourself? Once people fill this out on a sheet of paper, tell them to keep it with them as a reminder, to share with family and friends, and encourage others to make their own!

- 3 people they can talk to (Example: friends, family, health expert)
- 3 activities you like to do (Example: cooking, hanging out with friends, culture, sports)
- 3 things you like about yourself (Example: my jokes, my smile, my laugh)

The image shows a hand-drawn worksheet titled "Pathway to Health" with a handwritten example. The worksheet is on a yellow background with a black border. The text is written in red and black ink.

**Pathway to Health**  
**example:**

3 people you can talk to:

1. friends
2. family
3. Health expert

3 activities you like to do:

1. play basketball
2. workout
3. play games

(eg. cooking, hanging out with family/friends, culture, sports)

3 things you like about yourself

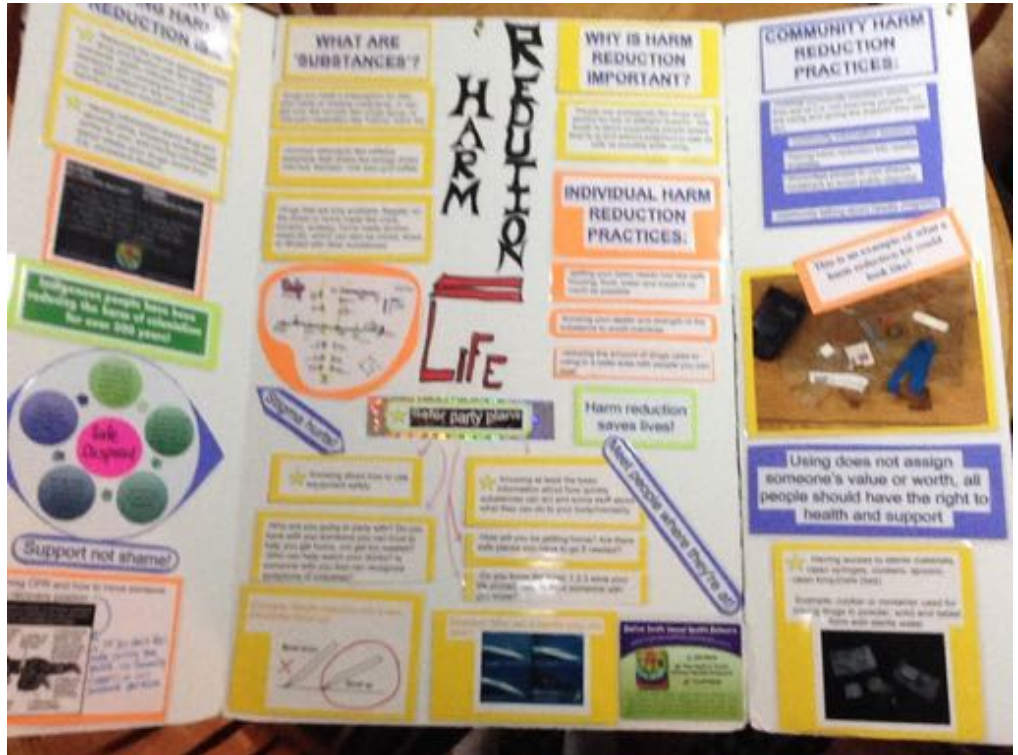
1. live healthy
2. athletic
3. eat a lot dancing

(eg. my jokes, spirit, my smile, my taste in music)

# Harm Reduction

## Conversation Starter:

We, as well as our ancestors, have been keeping our communities safe and reducing harms long before the word “harm reduction” came into the English language!



## Facts:

Harm Reduction saves lives! **Support not shame!**

### What is Harm Reduction?

Things that a lot of people may use or do to try and reduce the every day risks and harms while trying to create some safety in unsafe situations. This can apply to individual things we do but also to systems, structures, and realities we face like racism and colonialism that actually make our lives less safe.

### Why is Harm Reduction important?

People use substances like drugs and alcohol for lots of different reasons – this booth is about supporting people where they’re at and without judgment to stay as safe as possible while using.

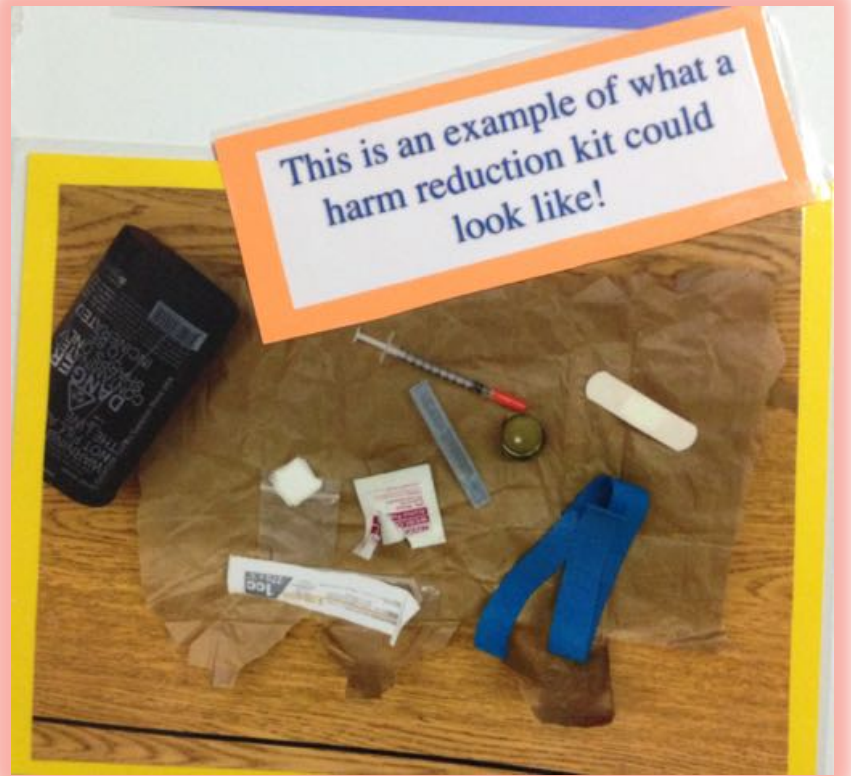
### Individual Harm Reduction practices:

- Getting your basic needs met like safe housing, food, water, and support as much as possible
- Knowing your dealer and strength of the substance to avoid overdose
- Reducing the amount of drugs used or using in a safe area with people you can trust
- Not sharing your equipment with other people

## Adapt to your community:

What are some community harm reduction practices that are available and accessible? Where can you go for harm reduction kits? Post these facts on your booth!

Here is an **example** of a picture we put on our booth of a harm reduction kit. You could do a similar thing! We took a picture of: rubber band (tourniquet), band-aid, anti-septic wipe, clean syringe, saline solution (clean water for mixing), small bowl, sharps container, vitamin C packs for mixing.



## Activity: Wreck It Journal Blow Up

This activity involves having a conversation of ways we cope with hurt, disappointment, stress, etc. Get a big journal and have people write on it things like: one thing they are proud of, one word they want to re-claim, etc.) Now have youth write this over and over on a large piece of paper! They can rip the page out and keep it in their pocket as a reminder.

## Resources:

- 1) Dance Safe: <https://dancesafe.org/>
- 2) YouthCo: <http://www.youthco.org/>
- 3) CAITIE: <http://www.catie.ca/en/pif/spring-2014/new-best-practice-guidelines-harm-reduction-programs-promote-needle-distribution>
- 4) OAHAS: <http://www.oahas.org/index.php/info/harmreduction>

# More Game Ideas

Here are some of the games that we made for our Sexy Health Carnival. You can use these ideas, change some of our ideas, or make up your own games. Make games that you know that your community will like to play!

## Sexy Trivia Balloon Dart Game:

What you will need: Balloons, friends to help you blow up the balloons, darts, cork board, post it notes, thumb tacks, marker

1. Place the large cork board somewhere in your carnival that gives people enough space to throw darts and where people can not get hit by a dart (in our picture here, we placed the board so if someone misses the board with their dart, it will go into the river!)
2. Brainstorm with your friends around some sexual health trivia questions to write on the post it notes (For example, Can you get HIV from holding hands? Or, name one method of birth control) (Remember that it doesn't always need to be about sexual health. Make this game unique to your community and ask questions that you think are important)
3. Put the post it notes all over the cork board that have your questions on them
4. Blow up the balloons and use the thumb tacks to place the balloons over the questions so that they are hidden
5. Have participants stand a couple meters back from the board, and when everyone is ready, they can throw a dart at the balloon one at a time! Whichever balloon they pop, the question behind it is what they will answer



## Dental Dam Race:

If you have a lot of condoms lying around, or better yet – if you have expired condoms – play this game! All you need is one condom per person. Follow the instructions below. If you are feeling competitive, have someone say, on your mark, get set, go! And see who can make a dental dam first!

Making a dental dam is very, very easy! All you need is a pair of scissors (or you can use your teeth if you are feeling up to the challenge), a male condom, and about 30 seconds.

Here is how you do it:

1. Carefully take the condom out of its package and unroll it.
2. Cut off the tip and base of the condom and cut down the length of the tube
3. Unroll the condom into a rectangular sheet.
4. And that's it! You now have a highly effective dental dam.

**Fact:** To use a dental dam, use the square of latex to cover the body part that you are going to be performing oral sex on. Before you lay down the dam, you may want to add some water-based lubricant to the other person's skin. This will make the dam feel more natural. It will feel better if you take some time to mold the dental dam to the shape of the body part it is covering before starting

## Sexy Health Wheel of Trivia:

What you will need: Markers, construction paper, coupons, spinning wheel. Here are some instructions:

1. Purchase a game wheel (novelty stores usually have them). Or if you are feeling creative and crafty, make a spinning wheel!
2. Include different actions/questions for each section of the wheel!  
Examples: Name something you are proud of, do a dance, run right now to give someone a compliment, name one type of birth control, what does HIV stand for, speak one word you know in your traditional language.
3. Give people a coupon for completing the action or question. These can be related to sexual health, pride, and culture!





## STI Bean Bag Toss:

What you will need:

3 Hoola Hoops (or boxes, baskets, etc.), 3 or more beanbags so 1-5 people can play, construction paper, markers.

Instructions:

1. Have 3 hoola hoops with beanbags available for people to throw.
2. Label each of the 3 hoops a common STI (for example: HIV/AIDS, HEP C, Chlamydia).
3. Have people stand about 2 to 3 meters back from the hoops.
4. Ask that person a question, and they can throw the beanbag in the hoop that they think is the correct answer.

Ask questions like: Which of these is a bacteria infection? A virus? Can be transmitted through blood? Give people the corresponding amount of correct answers and let everyone throw their bean bags into the hoop(s) they think are correct.

For example: Of the three STI's listed, only one of them is a bacteria infection (Chlamydia), so you would give each participant one bean bag because there is one correct answer. Allow everyone to throw before revealing the correct answer.

## 17 Steps to putting on a condom:

Yes, there are 17 steps to putting on a condom! This game can be both fun and informative because it will get people thinking about all of the decisions and actions that go into putting on a condom - while also highlighting common mistakes.

All you need to make this game is construction paper, scissors, and a marker. Cut up your construction paper into 21 pieces (or 42 if you want to make two of this game). Write on each card one of the 21 steps that are listed below. Shuffle up the cards, and then let people play by laying out in order which one goes first. Or, you can look to our next page to cut out our steps to use at your carnival!

(Adapted from TeenTalk! <http://teentalk.ca/wp-content/uploads/2014/05/Condom-Line-Game-TeenTalk-2012.pdf>)





**talk about  
using a condom**

**get horny!!!**



**buy condoms or  
visit a clinic to get  
them for free!**

**penis gets hard**



**check expiry date**

Past  
Due

Past  
Due



**three fingers one  
inch pinch at the  
tip of the condom**



**check for  
protection against  
STI and HIV**

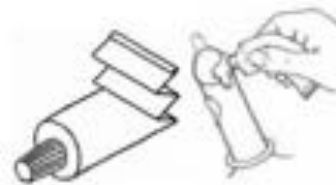


**roll condom  
onto penis  
(or toy)**

**squeeze condom package for  
air to make sure there are no  
holes**



**lubricate condom**



**open condom  
package**

**ejaculation, orgasm...**



**(or not)**



hold on to the rim of  
the condom & base of  
the penis & pull out



penis goes soft... (so  
don't hang out in your  
partner)

take condom  
off away from  
the person



throw condom  
away



relax!!!



# Organizing your own Sexy Health Carnival



So you have decided that the Sexy Health Carnival sounds awesome and you want to bring it to your community!

The next few pages of this toolkit will help you with organizing your own version of the Sexy Health Carnival. You will find checklists, examples of how to get volunteers to help, posters you can look at for an example to promote it, and much more!



You can also invite NYSHN! Contact Alexa at:  
[alesperance@nativeyouthsexualhealth.com](mailto:alesperance@nativeyouthsexualhealth.com)

# 2-3 Months Before the Event

## 1. Approach your community about the project

- ✓ Talk to some of your friends and other youth about what they think of bringing aspects of the Sexy Health Carnival to your community.
- ✓ Brainstorm what issues are important to your community.
- ✓ Consider who some of the volunteers might be that can help to prepare for the event.
- ✓ Talk to some community leaders, like an Elder or your council, or speak with someone at your school such as a principle or teacher, or go to your local community health centre. Tell them about your idea and see if they could give you any feedback. Maybe they will know of a good place or date to host the Carnival. They also might know who to go to about getting some supplies and resources for your carnival. Getting support from local community leaders will make it easier for you to organize the Carnival and getting your community on board. They may also be able to help you fundraiser for the carnival!
- ✓ Pick a date, time, and location for your event. (Also choose a back-up location in case the weather is bad that day) You may want to host it during an existing community gathering that people are already going to (like a powwow, or a dance, a feast, etc.)

## 2. Fundraising/ Donations

- ✓ Putting together a carnival requires a lot of stuff! You will need to consider the cost of getting booth and game-making supplies, prizes, and renting out a space to host the Carnival! (But maybe you can do it for free).
- ✓ Here are some ideas on how to fundraise yourself:
  - Contact local stores or businesses and ask for donations or to see if they can sponsor you! People may give you things if they know you are putting it towards a good cause! (For example, you will need things like art supplies, prizes, and give aways) Make a standard donation letter and say what you will do in return (i.e. promote their business, etc.)
  - Host community events to help raise money. For example, get some of your friends together and have a bake sale, or a raffle, or a bingo night!
  - Contact NYSHN for support in this! [alesperance@nativeyouthsexualhealth.com](mailto:alesperance@nativeyouthsexualhealth.com)

## 3. See where you can get some free resources!

- ✓ Go to your community health centre to ask for some free condoms, any educational material they might have, or resources that you could give out at the Sexy Health Carnival. Explain to them what your idea is, and see if there is any way they could support you. Also ask if there are any events that they are putting on in the community that you could bring your Carnival to!
- ✓ Contact the CATIE ordering centre: <http://orders.catie.ca/>
- ✓ Contact NYSHN at [www.nativeyouthsexualhealth.com](http://www.nativeyouthsexualhealth.com) to see if they can support you with getting resources for your Carnival!

# 2-3 Months Before the Event

## Checklist

Have you...	YES/NO?	WHEN?	WHAT HAPPENED?
Talked to other youth in your community/ circle about what you want to do?			
Talked to local Indigenous community leaders about your idea?			
Talked to someone at your school, or a youth centre, or health centre, etc?			
Contacted local organizations who work with youth or sexual health about your idea?			
Started thinking about budget or fundraising ideas?			
Started to think about prizes?			
Picked a date?			
Booked a space to host the carnival?			
Started promoting your event?			

# Budget

Go shopping in your community to see how much supplies will cost. Enter in the totals in the chart below to get an idea on how much you will have to fundraise. If an organization will sponsor you, ask what their requirements are to give money (like keeping receipts, an end report of what happened, etc.). Remember that a lot of community organizations, health centers, and schools may have these items to let you use! So make sure to ask around!!!

What will you need?	How many will you need?	Where will you get it?	How much it will cost?
Poster Boards (This is what your information for the carnival will go on)	How many topics do you want to focus on? Look at our booths on the next pages to get ideas!		
Tape (to put stuff on the booths/ to tape down boards to table/ for games)	3 large rolls		
Scissors (for making info booths and games)	3		
Small rope or tough string (to hang signs or use as reinforcement if the weather is windy)	About 20 feet long		
Tarp (in case it rains - always )			
Markers			
Construction Paper			
Glue			
Tables (Your info booths, take-away's, and come games can go on tables)	(These could probably be borrowed by someone in your community)		
Chairs (In case you or you volunteers feel like sitting)			
Thumb tacks (to put info on the info booths)			
Small brown paper lunch bags (This is for people to put take-aways in (ex. Condoms, lube)			
Coupons or Stamps (these will be for your prizing system)			
Post-notes			
Balloons (For Dart Balloon game)			
Journal (For Wreck it Journal Activity)			
Prizes (these will be for when people play the games)			
		Total Price:	

# Poster Booth Example





# 1 Month Before the Event

## **1. Find volunteers and let them know about what's going on!**

- ✓ Leading up to the event, volunteers can help promote the Sexy Health Carnival, they can help get supplies for the day of, and get other youth excited about it coming to your community! They can also help you put the carnival booths and games together!
- ✓ Let your friends who want to volunteer know that they can put this on their resume as experience. Or you could use it as your volunteer hours for some schools.

## **2. Promote the event! Start getting the word out!**

- ✓ Make a Facebook event page, use posters, contact your local radio and/ or TV station to announce that the Sexy Health Carnival is coming to your community, where it will be, and what time.

## **3. Follow up with community leaders/ mentors**

- ✓ Remind people in your community of the event that is coming up. Follow up with anyone that promised you support. Collect any resources that you haven't picked up yet from community leaders, organizations, or businesses have provided you and store them in a safe space

## **4. Start creating your carnival!!!**

- ✓ We provided you with examples of our very own Sexy Health Carnival! We show you what is on our booths, and what you need to make games and activities. Use our booths as a guide for your own. Remember to make your booths unique to what is important for your community to learn about! You can also add your own booths! Remember to make your booths colourful and easy to read!

# 1 Month Before the Event

## Checklist

Have you ...	YES/NO?	WHEN?	WHAT HAPPENED?
Met with community partners who said they would support you?			
Found and confirmed volunteers for the day of the event? (It is always best to ask more than you need in case someone can't come last minute)			
Prep volunteers with anti-stigma language?			
Made a poster for the event and put it out?			
Contacted your local TV/ Radio station or Newspaper about promoting the event?			
Done any social media promoting? (Twitter or Facebook)			
Made announcements about the Carnival at community events?			
Held any fundraising events?			
Confirmed a location?			
Made your information booths and games for the carnival?			

# Carnival Roles

See below a list of roles that you can refer to in order to run a successful sexy health carnival! When you are recruiting volunteers, you can let them know about some things that they can do.



**Ring Leader(s):** Main organizers, coordinators, and go to people for decision making. This could be one or more people.



**Animators:** Your role is to be fun, high energy and get people excited about participation! Your enthusiasm is contagious; you are encouraging but also respect people's boundaries.



**Juggler:** You are organized, detail oriented, and love to make things look awesome! You make sure the prizes and goodies are always stocked at the beginning, middle and end of the carnival.



**Observer:** Your role is to watch, listen and adjust. Are your team members eating, drinking, and taking breaks? How's the weather? General environment and feel of the carnival and space we are in.



**Shame Lion Tamer:** Is someone having an intense moment with the content or feeling triggered? Is a parent or guardian causing a ruckus about young people and condoms? You are comfortable during confrontation, but also gentle during a crisis and have prepared supports on call and locally to support in the moment and with any necessary follow up.

# 1 Week Before the Event

## 1) Get Prizes! Prizes are fun!!

- ✓ Prizes could include anything fun! Go to a dollar store or convenience store for some of these items! Or get creative with your friends and make some colourful beaded necklaces/ bracelets/ jewelry/ sunglasses. Make some popcorn, or see if your friends have a cotton candy maker - be creative and use your imagination!

## 2) Prepare an interactive prize system

- ✓ Hand out coupons or stamps for each time someone either wins or plays a game
- ✓ Whatever system you choose make sure you and your volunteers have coupons, or stamps available to give to people. Depending how many coupons people win, they can pick a specific prize.

## 3) Get some Carnival Decorations!

- ✓ Make the carnival- well, more carnivaly.
- ✓ This means include COLOUR: balloons, banners, streamers, glitter, lights, colourful booths, fun music - whatever you may have available in your community to make the carnival attractive to your peers!
- ✓ Expired condoms on a ribbon make for great streamers.

## 4) Promote the event!

- ✓ Sometimes people will forget about an event if you tell them too early ahead of time. A couple of days before, make sure you let them know again.
- ✓ Promote through either telling your friends, family, social media, like Facebook or Twitter, and put posters around your community.

## 5) Touch base with all the volunteers!

- ✓ Contact the volunteers to let them know that the day is arriving fast! Go over with them set-up and take down tasks, the coupon system, and booths and games. Also ask them to arrive 1 hour earlier than the event (or earlier) to help set up. It is a lot to do for only one person!

# 1 Week Before the Event

## Checklist

Have you...	YES/NO?	WHEN?	WHAT HAPPENED?
Finalized the schedule? Including opening and closing of the day? (That way all volunteers are on the same page)			
Done a final promotion blitz?			
Confirmed the venue?			
Picked up prizes?			
Picked up the 'take-aways' and other materials you will give out at the carnival?			
Touched base with all volunteers?			
Got all of your carnival decorations?			
Made any last minute additions to your booths and games?			
Done one final check to make sure everything is ready to go for the big day!			

# Day of the Event!

1. Arrive one hour early **MINIMUM!** Set up can take a while.
2. Check in with volunteers
  - ✓ Assign volunteers to specific tasks and make sure everyone is confident and ready!
3. Start setting up the event no later than one hour in advance!
  - ✓ Set up booths
  - ✓ Display take-aways
  - ✓ Set up games
  - ✓ Display prizes
4. Document the event
  - ✓ Take pictures and videos throughout the day! But make sure to check with people first to get informed-prior-consent to have their pictures taken or be video-taped. Let people know what will be done with the pictures and videos too. Post pictures on social media and use the hash tag, **#SexyHealthCarnival**
5. When people first arrive, invite them into the carnival and give them:
  - ✓ A quick run down of the things they could do,
  - ✓ What they could win,
  - ✓ Why you made your SHC
  - ✓ Have fun!

## **Alexa said:**

***“At one point my friend pretended to be a director, and had a baton, with a cool hat, and talked in a big boom voice, as if it was a carnival.”***

# Things to Remember:

1. Encourage people to have fun and participate in everything, you get out of the carnival what you put into it
2. Laughter is okay, and fun!
  - ✓ Sometimes sh\*t can get embarrassing, it's cool to laugh, laughter can be good medicine. Just make sure that you are laughing with your peers, and not at them.
3. We are all learning together so don't make fun of people for not knowing stuff, it's IMPOSSIBLE to know everything!
4. Try to have some interactive piece at every booth (whether its mini game, cool take away, or chance to win coupons)
5. Try to make sure there is something for everyone (every age group), including families!
  - ✓ This can mean games for toddlers, or cool swag for older youth to snag! Have some prizes for elders (we used bingo dabbers) and have a lot of bags for people to fill with your resources.
  - ✓ This also means to have supports for Queer and or LGBT youth, and that info on boards/ conversations aren't hetero-normative (i.e. focused on male-female interactions)
6. Adults, and Elders even if they think they know everything (and think they don't need to take a look at boards) can still be encouraged to grab some bags (offer ones that aren't see-through, like a **brown paper bag** that people can decorate). Fill them with condoms, lube, and information for their children, grandchildren, etc. The same goes for other young people - make sure discreet bags are available for everyone.
7. Challenge people on their knowledge, quiz them about local realities and encourage people to talk about these issues without reinforcing/ upholding fear, stigma, or judgment.

# Where could I set up the Carnival?

## 1. Your school!

A lot of youth tell us that the Carnival is better than learning about sexual health at school and how it is “much more fun than sitting in a classroom.” Ask your school Nurse, principal, or teacher about bringing the Sexy Health Carnival to your school and supporting you. You could include it into your sexual education class as a workshop, or set it up during lunch hour for your peers to check it out!

## 2. Community Event

Find out if any events are happening in your community. Powwows, festivals, large potlucks or feasts, are great venues for the Sexy Health Carnival! Basically, you can take it anywhere that people gather. Contact the people who are putting on the event to see if they can support you. The Carnival is ideal for community events because of the fun and interactive games!



## 3. Host a Workshop!

Do you and your friends want to do your own thing on your own time? Host a workshop in your community on a day and time that you know will get a lot of visitors. See if there is a space available, or if the weather is nice you can set it up outside! Have conversations with your peers, play games, and have fun! This is a great way to raise awareness and educate your peers around topics of sexual health.



# What's next?

## (What to do after your SHC)

### Are you asking yourself any of these questions?

1. How do I keep the energy from the Sexy Health Carnival going?
2. Can I apply for money to keep similar things happening in my community?
3. Are there jobs or volunteer opportunities focusing on the different issues in my community that I can apply for?

If you are asking yourself any of these questions, contact your community leaders about keeping this momentum going. You can also contact the Native Youth Sexual Health Network team about keeping the momentum going – we are here to support you. <http://www.nativeyouthsexualhealth.com/contact.html>

## We are taking the Sexy Health Carnival across Turtle Island!

We asked youth at 4 powwows in Ontario during the Summer of 2014 if they liked the Carnival, and the response was great! Not only did youth love the carnival for its games and activities, they were very enthusiastic about the information they were learning. Youth said that including culture into sexual health education was very important! So we decided to bring the Sexy Health Carnival across Turtle Island! We are going to work with youth in the communities that we are visiting, and support them to continue to take leadership on what should happen, and how it should happen. This way youth can make the Sexy Health Carnival their own. They can adapt it to their own unique communities!

Want to know if the Sexy Health Carnival crew is coming to your community next? Or are you looking for support to bring one to your community? Reach us at: [alesperance@nativeyouthsexualhealth.com](mailto:alesperance@nativeyouthsexualhealth.com)

# Sample's that you can use:

## Poster Sample 1

Tyendinaga Community Health Presenting  
Native Youth Sexual Health Network's  
Sexy Health Carnival!



PRIZES WITH A CHANCE TO WIN AN iPad!

CARNIVAL GAMES

FREE CONDOMS & DENTAL EXAMS!

BUTTON MAKING!

Come find us August 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> at the Tyendinaga Pow-wow! Visit our booths/interactive games and learn about the many ways we can keep each other and ourselves safe!



# Poster Sample 2

**SEXY HEALTH CARNIVAL**

Prizes  
With a Chance  
to WIN an IPAD

Carnival Games  
&  
Button Making

**Tyendingaga Community Health  
Presents**

Native Youth Sexual Health Network's  
Sexy Health Carnival!

Come find us  
at the  
Tyendingaga Pow-wow!  
August 9<sup>th</sup> and 10<sup>th</sup>

Visit our booths, interactive games and learn about the many ways  
we can keep each other and ourselves safe!

# Sample Letter to Volunteers

Dear Volunteers,

Thanks for agreeing to help out with the Sexy Health Carnival! This is a peer-peer, fun, interactive place for us young people to learn about consent, our bodies, sexual health and issues we face in the community. It's about meeting young people where they are at, and the purpose of the carnival is to provide supports and information for young people. You will be assigned either to a specific booth (depending on how comfortable you are with the topic), game (for you to facilitate), or certain job/task (filling up the prize board, making sure tables are stocked with pamphlets, etc)

Jobs are listed below, think about what you might choose or would be most comfortable with. More specific instructions will be given to you on the day of!

**Booth:** Your main job here is to be inviting and encourage people to read what's on the board, take resources and answer questions. We ask that you also find some time to take a look at the contents of the board, just to get familiar with the messaging we created.

- HIV/AIDS booth
- Birth control booth
- Youth parenting and taking care of our families
- Two Spirit and Lesbian, Gay, Bisexual, Transgender, Transexual, Queer, Questioning, Intersex, Asexual
- Relationships, Limits and Consent
- Self Pleasure (Other ways to be intimate)
- Self Harm, Self Injury, Suicide
- Harm Reduction

**Game:**

- sexual health trivia balloon dart games
- condom relay
- dental dam making
- button making
- sti bean bag toss
- photo booth

**Jobs/Tasks:**

- filling up the prize board
- working at the prize booth
- making sure tables are stocked with pamphlets

In order to make this experience more accessible for young people we ask that:

1. You don't discourage or shame any options available for young people, try to be as open and caring as possible :)
2. Be encouraging for people to play the games and interact with the booths, but don't force them!
3. Have fun!

# More Definitions

**Culturally Safe:** To us this means that it is our birthright to feel safe and be our whole selves when we're in any space(s). Indigenous nations are not all the same. We have the right to talk and share about our different cultures, spiritualities, teachings and the realities of our own communities when we talk about our bodies. It also means that reclamation and restoration of this includes addressing how colonization has impacted the cultures around our bodies.

**Sexual and Reproductive Justice:** This means that we can determine our gender and sexual identities on our own terms.

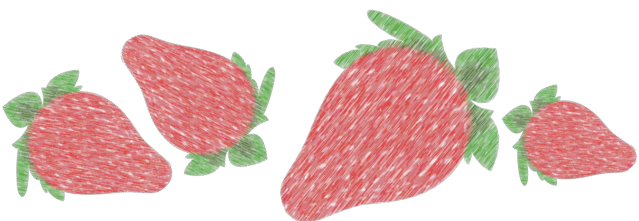
**Sexually Transmitted Infections (STIs):** Diseases that are passed on from one person to another through sexual contact.

**Harm Reduction:** This is about reducing the many harms in our lives, not limited to just substance use (but also colonialism, racism, homophobia/transphobia, criminalization, etc.) through the tools that work best for us, without stigma or judgment. We also don't define what harm is for other people.

**Support Not Stigma, Support Not Shame:** This means that we address issues from places of support and meeting people where they are at, instead of approaches that may blame/shame people based on what happens with their bodies or for harms that may come to their lives. This means making space for acknowledging and lifting up the many different skills people have gained from our ancestors in dealing with both the legacies and current realities of pain and trauma. This also means support instead of saving or rescuing people.

**Racism:** When you are made fun of or discriminated against based on your race, your culture, the colour of your skin, or your ethnic background.

**Self-Determination:** Make decisions for ourselves based on our own lived experiences and within the context of our different cultures and communities.



# The Sexy Health Carnival Team

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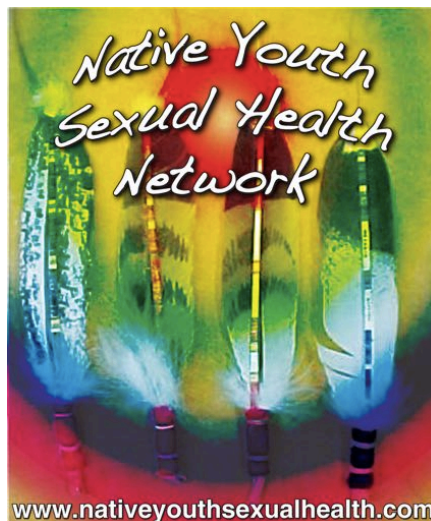
Krysta Williams

Erin Konsmo

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& all NYSHN youth leaders, and communities involved.



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# For more information go to:

<http://www.nativeyouthsexualhealth.com/sexyhealthcarnival.html>

