

# A Beginner's Guide to Sexual Health



sexualized  
violence  
prevention  
and response





## MEDICAL DISCLAIMER

The information included in this booklet is for informational purposes only and is provided as an informational resource only, not for treatment or diagnosing purposes. All research and clinical material in this booklet is not intended to substitute for professional medical advice, diagnosis, or medical treatment. Please seek advice from a physician or qualified healthcare provider if you require treatment for any health problem or disease.



## LAND ACKNOWLEDGEMENT

We want to acknowledge that Thompson Rivers University campuses are on the traditional lands of the Tk'emlúps te Secwépemc (Kamloops campus) and the T'exelc (Williams Lake campus) within Secwépemc'ulucw, the traditional and unceded territory of the Secwépemc. The region TRU serves also extends into the territories of the St'át'imc, Nlaka'pamux, Tâilhqot'in, Nuxalk, and Dakelh. We live, work, and play on these lands, and for that, we express deep gratitude.

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## TRU NURSING STUDENT ACKNOWLEDGEMENT

We are a group of third-year nursing students who have been working alongside the TRU Sexualized Violence Prevention and Response office for our community rotation.

After surveying students on campus, we recognize the need for this type of resource to be available for students on campus. We have devoted a significant amount of time and energy to building this resource for you, and we hope you can benefit from this as much as possible!

Julia, Thomas, Drew  
TRU SN BScN Year 3

# THE SEXUALIZED VIOLENCE PREVENTION AND RESPONSE OFFICE



AMBER HUVA  
SEXUALIZED VIOLENCE  
AND RESPONSE  
MANAGER  
AHUVA@TRU.CA  
250-371-5643



ZAHRA GHOREISHI  
SEXUALIZED VIOLENCE  
AND RESPONSE  
MANAGER  
ZGHOREISHI@TRU.CA  
250-371-5719



NICOLE GREENSTREET  
SEXUALIZED VIOLENCE  
AND RESPONSE  
MANAGER  
NGREENSTREET@TRU.CA  
250-828-5156

The Sexualized Violence Prevention and Response office delivers educational opportunities to members of the campus community, supports the ongoing implementation of BRD 25-0 and provides direct support to victims/survivors of sexualized and intimate partner violence.<sup>1</sup>



CON·SENT  
/KƏN'SENT/

NOUN

1. permission for something to happen or agreement to do something.<sup>2</sup>

### POWER DYNAMICS AND CONSENT

Having power over someone can influence how comfortable they feel saying no to sex – someone may fear negative consequences for not consenting. When someone abuses power over a partner, they may use verbal threats or not. Either way, consent is never possible when someone feels they don't have a choice.<sup>3</sup>

Some examples of Imbalances in power can include:

- Age differences and sexual experience
- Level of ability
- Position in society
- Privilege<sup>3</sup>



Sexual consent is an agreement to participate in a sexual activity.<sup>4</sup>

### Consent is:

- Freely given. Consenting is a choice you make without pressure, manipulation, or under the influence of drugs or alcohol.
- Reversible. Anyone can change their mind about what they feel like doing, anytime. Even if you've done it before, and even if you're both naked in bed.
- Informed. You can only consent to something if you have the full story. For example, if someone says they'll use a condom and then they don't, there isn't full consent.
- Enthusiastic. When it comes to sex, you should only do stuff you WANT to do, not things that you feel you're expected to do.
- Specific. Saying yes to one thing (like going to the bedroom to make out) doesn't mean you've said yes to others (like having sex).<sup>4</sup>



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## EXTERNAL CONDOMS

Are a "barrier" method of contraception. They are made of very thin latex (rubber), polyurethane or polypropylene and are designed to prevent pregnancy by stopping sperm from meeting an egg.<sup>5</sup>

## INTERNAL CONDOMS

Are a tube of soft plastic (polyurethane) that has a closed end. Each end has a ring or rim. The ring at the closed end is inserted deep into the woman's vagina over the cervix, to hold the tube in place.<sup>6</sup>

**\*\*Both Internal and External condoms can protect against pregnancy and STIs if used correctly during vaginal, anal and oral sex\*\***<sup>7</sup>

## WHERE CAN I GO TO ACCESS BIRTH CONTROL?

### ON CAMPUS

- Sexualized Violence Prevention and Response Office<sup>1</sup>
- TRU Wellness Centre<sup>8</sup>
- TRU Medical Centre<sup>9</sup>

### OFF CAMPUS

- Any walk-in clinic
- Doctor's office

## EMERGENCY CONTRACEPTION



### WHAT IS EMERGENCY CONTRACEPTION?

Emergency contraception, or Plan B, is used to prevent pregnancy after unprotected sex or following a contraceptive accident.

An emergency contraceptive is not an abortion pill—if you take an emergency contraceptive, you will not be terminating a pregnancy.

An emergency contraceptive comes in a one-pill dose (levonorgestrel 1.5 mg). If taken within 72 hours (three days) and preferably within 12 hours of a contraceptive accident or unprotected sex.<sup>10</sup>

### WHERE CAN I GO TO ACCESS EMERGENCY CONTRACEPTION ON CAMPUS?

TRU medical centre provides birth control education and prescribing.

Most insurers, such as TRUSU's Greenshield, cover the cost of your prescription. In cases where you must pay for a prescription up front, keep your receipt and submit a claim.<sup>9</sup>

### WHERE CAN I GO TO ACCESS EMERGENCY CONTRACEPTION IN KAMLOOPS?

An emergency contraceptive medication is available over the counter. This means that you can access an emergency contraceptive at any pharmacy across B.C.<sup>11</sup>

## ACCESSING BIRTH CONTROL

Starting April 1st, the B.C. government passed a law that is making contraceptives free for all women, transgender, and non-binary B.C. residents.<sup>12</sup>

This includes:

- oral hormone pills
- contraceptive injections
- copper & hormonal
- intrauterine devices (IUDs)
- subdermal implants
- emergency contraceptive (plan B)



You will still require a prescription to access birth control but will come at a free cost to you.<sup>13</sup>

## WHERE CAN I ACCESS BIRTH CONTROL ON TRU CAMPUS?

The TRU Medical Clinic provides a service of birth control education and prescribing.<sup>9</sup>



You can make an appointment with a physician by calling the TRU medical clinic!

You may also get birth control from a doctor or a walk-in clinic.

Check out two local clinics here in Kamloops, on the next page!



## WHERE CAN I ACCESS BIRTH CONTROL IN KAMLOOPS?

### →YOUTH CLINIC

This is a free confidential clinic for students 22 or younger.<sup>14</sup>

Location: Kamloops Public Health Office 519 Columbia Street (behind the Court House)

Hours: Monday-Friday 8:30 am-4:30 pm, Tuesday 8:30 am-6:00 pm, closed Sat/Sun

Phone: (250) 851-7300

### →ORCHARDS WALK MEDICAL CLINIC

This is a medical clinic that provides women's & sexual health services.<sup>15</sup>

Location: 102-3200 Valleyview Drive, Kamloops

Hours: Tuesday, Thursday, Friday: 7:00 am-4:30 pm  
Monday & Wednesday: 8:00 am-4:30 pm, closed Sat/Sun

Phone: (778) 362-1582

BARRIER METHOD<sup>7</sup>

VS

INSERTION<sup>7</sup>

Effectiveness out of 100 pregnancies

- Internal Condoms 79%
- External Condoms 82%
- Diaphragm 88%
- Sponge 88%
- Cervical Cap 84%

Effectiveness out of 100 pregnancies

- Hormonal IUD >99%
- Copper IUD >99%
- Vaginal Rings 91%
- Implants >99%





## BIRTH CONTROL <sup>7</sup>

VS

## CONTRACEPTIVE INJECTIONS/PATCH <sup>7</sup>

Effectiveness out of 100 pregnancies

- Oral contraceptive 91%

Effectiveness out of 100 pregnancies

- Injections 94%
- Patches 91%





## ABORTION FAQs

### What is an Abortion?

Abortion is the early ending of a pregnancy.<sup>16</sup>

### When Should you see a Doctor?

If you think you are pregnant, see a doctor as soon as possible. If you are pregnant, this is an important time to learn your options.

The earlier you are in pregnancy, the more options you will likely have.<sup>16</sup>

### What are the Laws on Abortion in British Columbia?

In B.C., abortion is a publicly funded medical procedure. Every person has the medical right to abortion.<sup>16</sup>

### Are Abortions Safe?

Abortions that are performed by trained healthcare providers, with the proper equipment, correct technique, and sanitary standards are very safe.<sup>17</sup>

## HOW DO I ACCESS AN ABORTION IN B.C.?

You do not need a referral from a health care provider or need parental consent to access abortion services.<sup>16</sup>

### TO ACCESS ABORTION SERVICES YOU CAN EITHER

Call or visit HealthLink BC<sup>16</sup>

→ They provide free, confidential health information & advice.

→ Call 811 24 hours a day, 7 days a week. Translators are available.



Talk to your Healthcare Provider<sup>16</sup>

→ Make an appointment through the TRU Medical Clinic to learn about your options & receive information on where to access abortion services in Kamloops.

→ STEPs Kamloops- (778) 765-3218

→ Women can book directly or be referred by a doctor or NP.



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## ABORTION: SUPPORTS

(Before the Procedure)

### HealthLink BC

HealthLink BC provides reliable non-emergency health information and advice in British Columbia.<sup>18</sup>

Call 8-1-1 24/7

Or visit:

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

### Public Health Agency of Canada

Promotes good physical and mental health, and provides information to support informed decision making.<sup>19</sup>

Visit their website for resources:  
<https://www.canada.ca/en/public-health.html>

### ADDITIONAL RESOURCES:

Pregnancy Options Line: 1-888-875-3163 throughout B.C. or 604-875-3163 from the Lower Mainland. This service provides information, resources and referral for all abortion services, including counselling, available to B.C. residents.<sup>21</sup>

Sex Sense Line: 1-800-SEX-SENSE (1-800-739-7367) throughout B.C. or 604-731-7803 from the Lower Mainland. This service offers general sexual and reproductive health information, as well as referrals to resources throughout B.C.<sup>22</sup>

## ABORTION: SUPPORTS (After the Procedure)



Action Canada<sup>23</sup>

Action Canada for Sexual Health & Rights is a progressive, pro-choice charitable organization committed to advancing and upholding sexual and reproductive health and rights in Canada and globally.

They provide direct support, referrals, and information to the people, partner with groups and organizations on a range of campaigns using a collaborative, movement-building approach, and work with decision-makers to advance progressive policies on access to abortion, stigma-free healthcare, gender equality, LGBTQ rights, and inclusive sex-ed.

Call the access line: 1-888-642-2725  
or you can text: 613-800-6757

Hours: 9:00 AM to 9:00 PM EST



## COSTS

There are two types of abortions available in B.C., Medical and Surgical abortion. <sup>16</sup>



### MEDICAL ABORTION

Medical abortion pills are free, and available from pharmacies throughout B.C. You will need a prescription from a doctor or NP. Medical abortion is covered under PharmaCare for B.C. residents. <sup>16</sup>

### SURGICAL ABORTION

This is provided through abortion clinics, doctors & hospitals. Surgical abortion is covered under the MSP for B.C. residents. <sup>16</sup>



## MEDICAL CONSENT

If you are under 19 years old, you can agree to your own medical care. This is called giving consent. You can consent to your own medical care, as long as you are "capable," meaning you understand what the treatment involves, and you understand the risks/benefits if you don't get the treatment, etc. <sup>24</sup>

Teenagers (aged 13-19) can access abortion without parental notification or consent. <sup>24</sup>

## CONFIDENTIALITY

By signing a consent form, you have the right to doctor-patient confidentiality. This means, that your abortion will remain confidential. Some exceptions include: \*

- if there is good reason to believe you may harm yourself or others.
- if there is reportable abuse (physical, sexual, or emotional), then the information may not stay private. <sup>25</sup>

If you are under 19, some doctors may insist on telling a parent/guardian. If you want your medical information to be confidential, it is important to tell this directly to your doctor. <sup>25</sup>



## GUARD ME (PRIVATE INSURANCE)

When coming to TRU, international students are automatically enrolled in Guard Me which is a three-month temporary insurance coverage. The cost for this insurance for one person/month is CAD\$60 payable to TRU.<sup>26</sup>

### MOBILE DOCTOR FOR GUARD.ME<sup>26</sup>

1. To see a doctor online you can sign up at

[guard.me/mobiledoctor](https://guard.me/mobiledoctor)

2. Describe your symptoms and/or concerns.

3. Chat with a doctor over text, video, or audio chat.

4. Get a diagnosis and/or a prescription.



## EMERGENCY SERVICES <sup>27</sup>

| SERVICE                  | BENEFITS   |
|--------------------------|--|
| Hospital Visit           | 100% of eligible charges.  |
| Ambulance                | 100% of eligible charges.  |
| Emergency Transportation | Taxi fare to or from a hospital/medical clinic/pharmacy up to \$150.   |
| Prescription Medication  | 100% of eligible charges to a maximum 60-day supply.   |
| Pregnancy Complications  | Up to \$50,000 for serious complications.  |
| Family Support           | When you are hospitalized for more than 7 days, up to \$5,000 for air tickets for 2 family members to join you and up to \$5,000 for expenses. |

## NON-EMERGENCY SERVICES <sup>27</sup>



| SERVICE         | BENEFITS  |
|-----------------|---|
| Pregnancy       | When pregnancy starts after the effective date, up to \$25,000 for all maternity expenses including prenatal care and well-baby care. |
| STD-STI Testing | 100% of eligible charges for elective consultation, screening or testing up to \$100.   |

## MEDICAL SERVICES PLAN (Government insurance)

Enrolment with Medical Services Plan (MSP) is mandatory for all eligible residents (including international students) and their dependents. MSP covers medically required services such as visits to doctors, hospital stays and diagnostic medical testing. There is a three-month waiting period before new residents to BC are eligible for coverage. During this three-month waiting period international students are covered by Guard Me.<sup>28</sup>

### IMPORTANT POINTS:<sup>28</sup>

- You must apply for MSP as soon as you arrive in B.C.
- You cannot apply for MSP before you arrive.
- BC MSP coverage will be provided until the expiry date of your study permit.
- Monthly fee of \$75 payable to the government of B.C.

In most cases, you will not have to pay at the time you seek care for medically required services when you show your BC Services Card.<sup>28</sup>

## TRU MEDICAL CLINIC

The clinic services registered students who require medical support during their studies in Kamloops. The clinic provides a full range of medical services.<sup>7</sup>

Location: OM 1461 (appointment only)

Hours: Mon-Fri, 9 am-3 pm (closed stat holidays & weekends)

Phone: (250) 828-5126

Email: [trumedicalclinic@tru.ca](mailto:trumedicalclinic@tru.ca)





## WALK-IN CLINICS<sup>26</sup>

Call ahead for same day appointments

### Urgent Primary Care & Learning Centre

311 Columbia St Unit #102

Hours 10 am - 10 pm

Monday - Sunday

Call at 10 am  
for same day  
appointment



### iMedicine Canada

1967 Trans-Canada Hwy

Hours 9 am - 12 pm

Monday - Wednesday

### Kinetic Energy Healthcare & Wellness Centre

450 Lansdowne Street #207

Hours 9 am - 6 pm

Monday - Friday

Call at 7 am  
for same day  
appointment



# MEDICAL EMERGENCIES<sup>26</sup>

ROYAL INLAND HOSPITAL

Open 24/7

311 Columbia Street

Remember to bring:

- guard.me card or MSP card
- Any medications you are currently taking



## SIGNS & SYMPTOMS OF A SEXUALLY TRANSMITTED INFECTION (STI) <sup>29</sup>

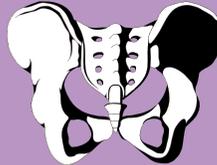


Pain or burning  
sensation when  
you pee

Rash or an  
itchy feeling  
in your  
genital area



Needing  
to pee  
more  
frequently



Pelvic  
Pain

Unusual  
discharge  
from vagina  
or penis

Blisters or ulcers on the  
genital area, bottom  
(rectum) or mouth



## WHERE CAN I GO TO GET TESTED IF I THINK I HAVE AN STI?

### ON CAMPUS<sup>7</sup>

TRU Medical Clinic

Location: OM 1461

Hours: Mon-Fri, 9 am-3 pm

(closed stat holidays & weekends)

### OFF CAMPUS<sup>19</sup>

Kamloops Public Health Office

Location: 519 Columbia Street

Hours: Mon-Fri 8:30 am-4:30 pm,

Tuesday 8:30 am-6:00 pm

### ONLINE (ANONYMOUS)<sup>20</sup>

GetCheckedOnline.com

#### How it works?

- Sign up online
- Create an anonymous lab form
- Give samples at your nearest lab
- Get your results online or by phone

#### What can it test for?

- Chlamydia
- Syphilis
- Gonorrhea
- Hepatitis
- HIV

Get Checked Online. (n.d.) How it works.

<https://getcheckedonline.com/Pages/HowGetCheckWorks.aspx>



## SVPR RESOURCES<sup>1</sup>

Location: OM 1486

Hours: Mon-Fri 9:00 am.- 4:00 pm, &  
Closed for lunch from 12:00 p.m. - 1:00  
p.m.

Phone: (250) 828-5023

Email: [svpr@tru.ca](mailto:svpr@tru.ca) (you can schedule  
an appointment using this email, and  
SVPR will contact you)

Scan the QR code for further resources  
offered by the SVPR office, to view or  
download:



## OTHER RESOURCES ON CAMPUS



### TRU COUNSELLING

TRU counsellors promote & support the career development, academic success & personal growth of all TRU students, and subject to availability, the career development of future students.<sup>30</sup>

Location: OM 1631

Hours: 8:30 am-4 pm. closed Saturdays and Sundays, and public holidays

Phone: (250) 828-5023

Email: [studentservices@tru.ca](mailto:studentservices@tru.ca)

To book an appointment, you can either email or call the number provided above.

\*Appointments are offered both in person and virtually.

### WELLNESS CENTRE

This is a safe space for all TRU students & employees to hang out, take a nap, read a book, play a game, drink tea, & learn about helpful resources, & access one-one health & wellness support.<sup>8</sup>

Location: OM 1479

Hours:

Phone: (250) 828-5010

Email: [rgrobb@tru.ca](mailto:rgrobb@tru.ca)





## 2LSGBTQIA FRIENDLY SEXUAL HEALTH SUPPORTS IN KAMLOOPS

### Orchards Walk Medical Clinic

This clinic provides gender-affirming care for the LGBTQIA2S+ community. Just call the clinic to book an appointment.<sup>31</sup>

Location: 102-3200 Valleyview Drive, Kamloops

Hours: Tuesday, Thursday, Friday: 7:00 am-4:30 pm  
Monday & Wednesday: 8:00 am-4:30 pm, closed Sat/Sun

Phone: (778) 362-1582



## Our Landing Place Therapy Collective

This is a group of LGBTQUIA2S+ identified counsellors that offer sex-positive, competent, and affirming care. This service offers online and phone counselling across Canada.<sup>32</sup>

Email: [inquiries@ourlandingplace.com](mailto:inquiries@ourlandingplace.com)

Website: <https://www.ourlandingplace.com/our-team>

Phone: (250) 806-0455



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