

## **Public Service Announcement**

## **Nunavut celebrates Sexual and Reproductive Health Awareness Week**

Start Date: February 9, 2018 End Date: February 16, 2018

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Sexual and Reproductive Health Awareness Week is February 12-16. Sexual health is an important part of our overall well-being and the Department of Health encourages Nunavummiut to keep the conversation going about sexual health.

Did you know that young people who receive sexual health education are less likely to have sex at a young age? They make healthier choices about when to have sex, know how to protect themselves from sexually transmitted infections and unplanned pregnancies, as well as contribute to the overall health of our communities.

The Department of Health has developed many sexual and reproductive health resources available for Nunavummiut, including a new resource called "Healthy Relationships: Let's Talk About Us" with tips about:

- what healthy and unhealthy relationships look like;
- how to discuss personal values and beliefs about how to behave in relationships;
- practicing healthy communication skills (talking and listening); and
- how to cope with break ups.

For more information about healthy relationships, sexual health, STIs and safer sex, or how to talk about sexual health with your children, students, friends and partners, please visit your local health centre, talk to a trusted adult or go to <a href="www.irespectmyself.ca">www.irespectmyself.ca</a>.

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