

## **Public Service Announcement**

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

Start Date: February 13, 2023 End Date: February 17, 2023 Nunavut-wide

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Sexual and Reproductive Health Awareness Week is an annual education campaign which aims to improve public health in Nunavut. This year's theme is 'Advocacy in Action', and the Department of Health reminds Nunavummiut that everyone has the right to access sexual health care and information about:

- STI testing and safer sex.
- Contraception and family planning.
- Puberty and reproduction.
- Pleasure and healthy relationships.
- Gender identity, gender expression, and sexual orientation.

All Nunavummiut have the right to access sexual health care and information that is culturally relevant, trauma-informed, non-judgmental and stigma-free. Speak to a health care provider in your community and schedule a free and confidential sexual health check-up at your local health centre.

We all have a role to play in empowering our communities to take care of our sexual and reproductive health. The Department of Health wants to empower Nunavummiut to make healthy choices about their sexual and reproductive health and has developed resources that are available for free at community health centres or online at <u>www.irespectmyself.ca</u>.

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## Media Contact:

Danarae Sommerville Communications Specialist Department of Health

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867-975-5712 dsommerville1@gov.nu.ca

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