

# COMING OUT OF COVID:

## A FRESH START FOR SEXUAL HEALTH

### CONSENT IS ESSENTIAL

Going back to school this fall means students may get together for dates, parties, and other social interactions.

Any form of partnered sexual activity MUST include consent.



### ACCORDING TO THE LAW:

- Consent is the **VOLUNTARY AGREEMENT** of **ALL PARTNERS** to engage in sexual activity.
- Consent should be both **POSITIVE** (e.g., saying “yes”) and **ONGOING** (i.e., continues during the sexual activity).
- A person can't legally consent to sexual activity if they are “incapable” of doing so because of drug or alcohol intoxication.

# YES!



**WANT MORE INFO ON CONSENT?**  
CHECK OUT THESE RESOURCES:

**The Law of Sexual Consent in Canada**  
[www.leaf.ca/news/the-law-of-consent-in-sexual-assault](http://www.leaf.ca/news/the-law-of-consent-in-sexual-assault)

**Department of Justice: A Definition of Consent to Sexual Activity.** Policy Centre for Victim Issues, Department of Justice Canada  
[www.justice.gc.ca/eng/cj-jp/victims-victimes/def.html](http://www.justice.gc.ca/eng/cj-jp/victims-victimes/def.html)

## FALL 2021 SEXUAL HEALTH CHECKLIST



### GET VACCINATED

As part of your safer-sex plan, make sure you are fully vaccinated against COVID-19.



### BE PREPARED

Condoms are effective for preventing both pregnancies and sexually transmitted infections (STI).



### TALK TO A HEALTHCARE PROVIDER

Consider a sexual health catch-up appointment (e.g., STI testing, Pap tests, medical contraception, HPV vaccine).



### PRACTICE ONLINE SAFETY

Make sure your online sexual activity/communication is safe and respectful (e.g., ensuring privacy, not sharing information and images without consent).



# sieccan

Sex Information & Education Council of Canada  
Conseil d'information & d'éducation sexuelles du Canada



# TROJAN

BRAND CONDOMS