

# ADAPTING TO THE ONGOING COVID-19 PANDEMIC

# SEXUAL HEALTH CHECKLIST

# FOR HEALTH CARE PROVIDERS



**THE COVID-19 PANDEMIC HAS HAD A SIGNIFICANT IMPACT ON THE SEXUAL HEALTH AND WELLBEING OF YOUNG PEOPLE.**

More than ever, young people need access to sexual health information and services that is/are:

- Accurate
- Inclusive
- Evidence-based
- Trauma-informed
- Culturally safe

For more information see:

SIECCAN, 2021. Adapting to the Ongoing COVID-19 Pandemic: Youth Sexual Health Promotion: Priorities for Health Care Providers. [www.covidsexualhealthpromotionguide.ca](http://www.covidsexualhealthpromotionguide.ca)

## **WHEN WORKING WITH YOUTH:**

- ✓ Discuss the COVID-19 vaccine as part of safer sex.
- ✓ Determine if STI testing is up to date.
- ✓ Provide information on STI prevention and safer sex strategies.
- ✓ Assess HPV vaccination status and give information for accessing the HPV vaccine.
- ✓ Discuss options for contraception (e.g., birth control pill, patch, or injection, IUD, condoms, etc.).
- ✓ For trans and nonbinary youth, discuss how to access gender affirming care.
- ✓ Review locally available gender-based violence (GBV) support services and provide youth with links to GBV supports.
- ✓ Discuss concepts that are key to the prevention of GBV: healthy/unhealthy relationships, consent, autonomy, respect for others etc.
- ✓ Link youth to credible, online, and/or printed sexual health education and healthy relationships resources.
- ✓ Link youth to relevant mental health support information and services.
- ✓ Be aware that youth might not have access to private a location. This may impact the sexual health information they are willing to disclose during virtual appointments or the online resources they are able to access.
- ✓ Provide sexual health care and information through multiple platforms (e.g., virtual appointments, face-to-face appointments, texting services).
- ✓ Tailor sexual health education and promotion activities and resources to the needs of young women, 2SLGBTQINA+ youth, Indigenous youth, Black youth, and racialized youth.

**sieccan**

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