

WHO WE ARE

Planned Parenthood Ottawa is a pro-choice organization supporting informed sexual and reproductive health choice through education, counselling, information and referral services.

OPTIONS SUPPORT

Planned Parenthood Ottawa's Options program can provide you with information and support from trained volunteers. You can call or email us with your sexual health questions, or book an appointment to speak to a peer support counsellor about pregnancy options, post-abortion support, birth control options, or STIs. You can contact us by calling 613-226-3234 ext:101 or email us at ppottawa@ppottawa.ca. Our options service is free, confidential, non-judgmental and pro-choice. We are there for you, to support whatever choice is right for you at this time in your life.

WHAT IS AN STI?

STIs are sexually transmitted infections that can be passed from person to person during, oral, vaginal, or anal sex. Read on to learn about the many ways you can reduce your STI risk!



EMOTIONAL SUPPORT

You can talk to trusted friends and family for support if you feel comfortable, and you can always contact Planned Parenthood Ottawa for free, non-judgmental sexual health information and emotional support you can reach our Options Line at **613-226-3234 ext:101**.

FOR MORE INFORMATION

//Planned Parenthood Ottawa
(613) 226-3234
www.ppottawa.ca
ppottawa@ppottawa.ca

Interested in learning more about STI's? We've got you covered! Explore our STI page where you can find answer to questions like:
How do I know if I have an STI?
How do I get tested for an STI?
How do I bring up STI's with a sexual partner?
And more! Visit ppottawa.ca/resources/stis/

SEXUALLY TRANSMITTED INFECTION (STI) PREVENTION



Know how to reduce your risk of STIs and how to find information and resources if and when you need it.

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WAYS TO REDUCE YOUR STI RISK

GET VACCINATED

Vaccines are available for HPV and Hepatitis B, which can prevent the transmission of these infections to your body. If you haven't received the vaccine for HPV or Hepatitis B, you can talk to a healthcare provider to see if these vaccines might be a good option for you.

USE SAFER SEX SUPPLIES

Using external condoms, internal condoms, gloves, or dental dams can help prevent STI transmission. Unsure of how to use any of these? Call us for more info. You can also grab safer sex supplies for free through our resource distribution program!

PRACTICE COMMUNICATION

Check-in with your partner(s) or potential partner(s) about what kinds of sex they want, their STI status, vaccine use, and condom or dental dam plan. This can help you prevent STI transmission together. Talking about STI's doesn't have to be awkward- it can help build trust and be a great way to begin flirting! Need some ideas? Check out our communication tips for talking about STIs with sexual partners on our website:

ppottawa.ca/resources/stis/

GET TESTED FOR STIs

Getting tested can include: a blood sample, urine sample, getting a swab or looking at the area. You can reduce your risk by getting tested regularly, including in-between partners and as part of your annual health check-up. Note: It can take weeks for an STI to show up on a test. Talk to your healthcare provider for more information.

Try PrEP MEDICATION

Anyone can come in contact with HIV. If you are having sex with someone who is HIV positive, or need or want extra protection, you can ask a health care provider about taking PrEP. PrEP is a daily medication that can be taken to stop HIV from developing in the body of someone who does not have HIV. Contact PPO or talk to your healthcare provider for more information.

CHOOSE THE SEXUAL ACTIVITIES THAT WORK FOR YOU

Some sexual activities do not carry a risk for STI transmission or carry an extremely low risk for STI transmission. Some examples include: sexting, mutual masturbation, cuddling, hand-to-genital sex and lots more! Any activity that doesn't include or limits the exchange of bodily fluids or skin to skin touching will be more protective against STI transmission.

TAKE MEDICATION

If you or your partner has an STI, a healthcare provider can prescribe medication that cures the infection or manages its symptoms. This can reduce your risk of transmission.

USE LUBRICANT

Lubricant, or lube, reduces friction that can cause micro-tears in the skin. These tears make it easier for STIs to gain access to your body. So, not only can lube increase comfort and pleasure, but it can reduce the risk of STI's!

BE INTENTIONAL ABOUT YOUR NUMBER OF SEXUAL PARTNERS

Whether you're dating, monogamous, or non-monogamous, it's important to discuss expectations and shared understandings for safer sex. In addition to other forms of STI prevention, this might include limiting your number of sexual partners, or the type of sex you're having together. If this option doesn't work for you, you can reduce STI risk by using safer sex supplies and getting tested regularly before a new sexual partner, in between sexual partners, and at regular intervals. Check out our other tips for more options!