

Nunatsiavut Sexual Health & Wellness Program

Community Health Nursing Conference

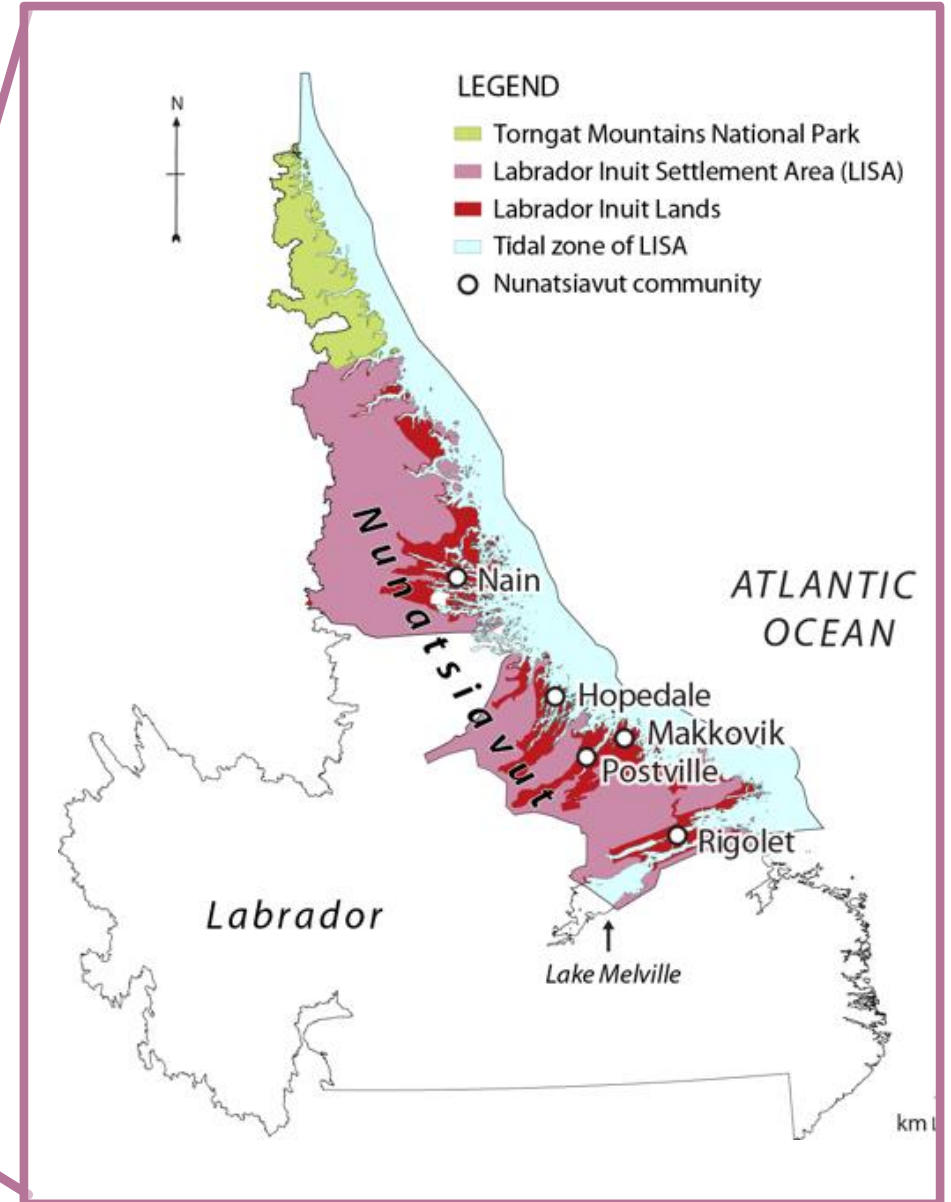
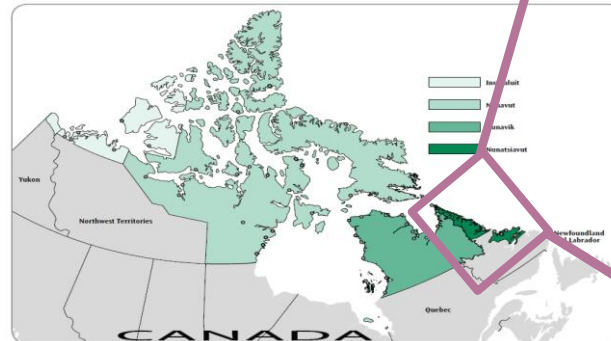
June 2018

Outline

- ▶ Background
- ▶ What did we do
- ▶ Sexual health and wellness program
- ▶ Next steps

Nunatsiavut: The Labrador Inuit homeland

- First of the four Inuit regions in Canada to have achieved self-government
- Comprised of 5 Inuit communities: Nain, Hopedale, Postville, Makkovik and Rigolet.
- Total population of 2,558 - 89% Inuit
- All communities are remote, no road access (fly-in only with short shipping season)

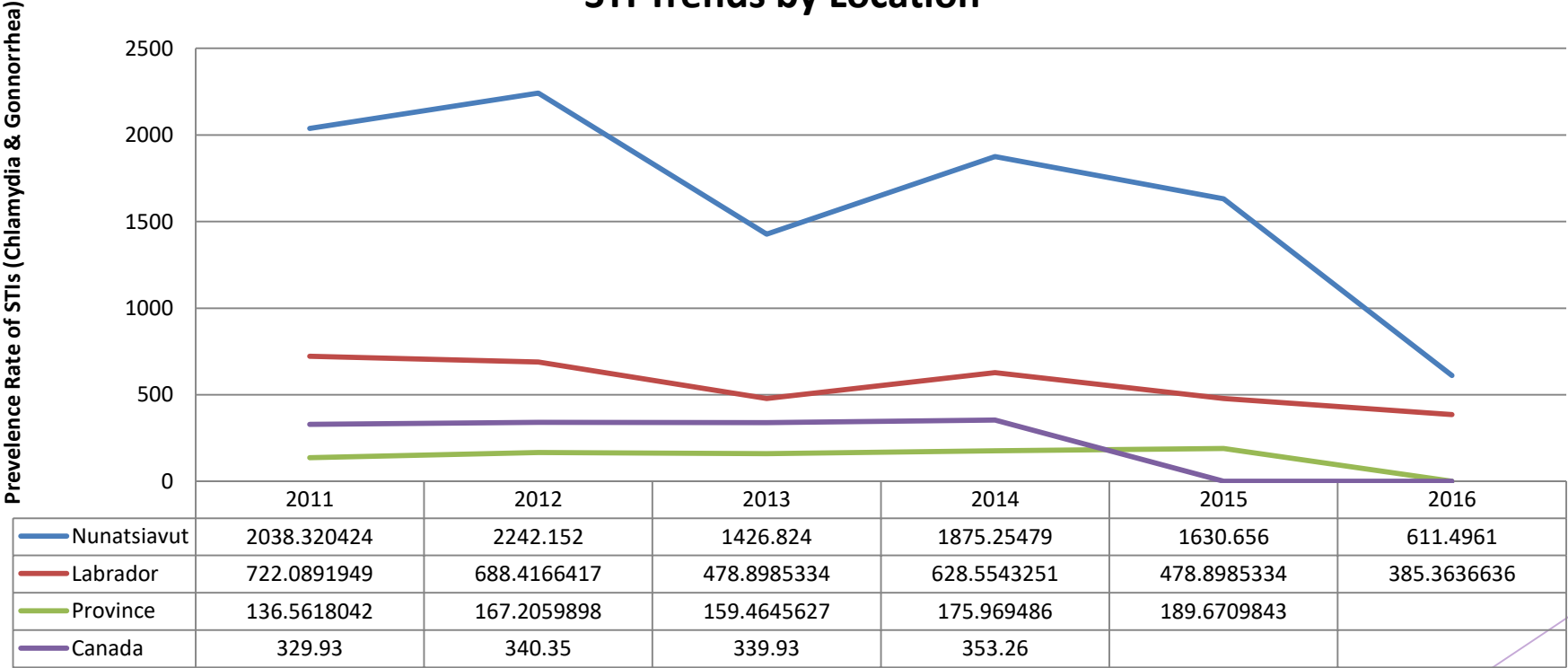


Background

- ▶ History of colonization, assimilation, dislocations and marginalization that precede youth have lead to inter-generational trauma
- ▶ Lack of Inuit specific sexual health resources
- ▶ There was no standardized STI program that was relatable to youth
- ▶ We have the 2nd highest birth rate in the province. 50% of the population is under 21 years of age
- ▶ 2010-2014 20% of live births were to mothers under the age of 18 years
- ▶ Incidence of STI's supported a program targeted to youth

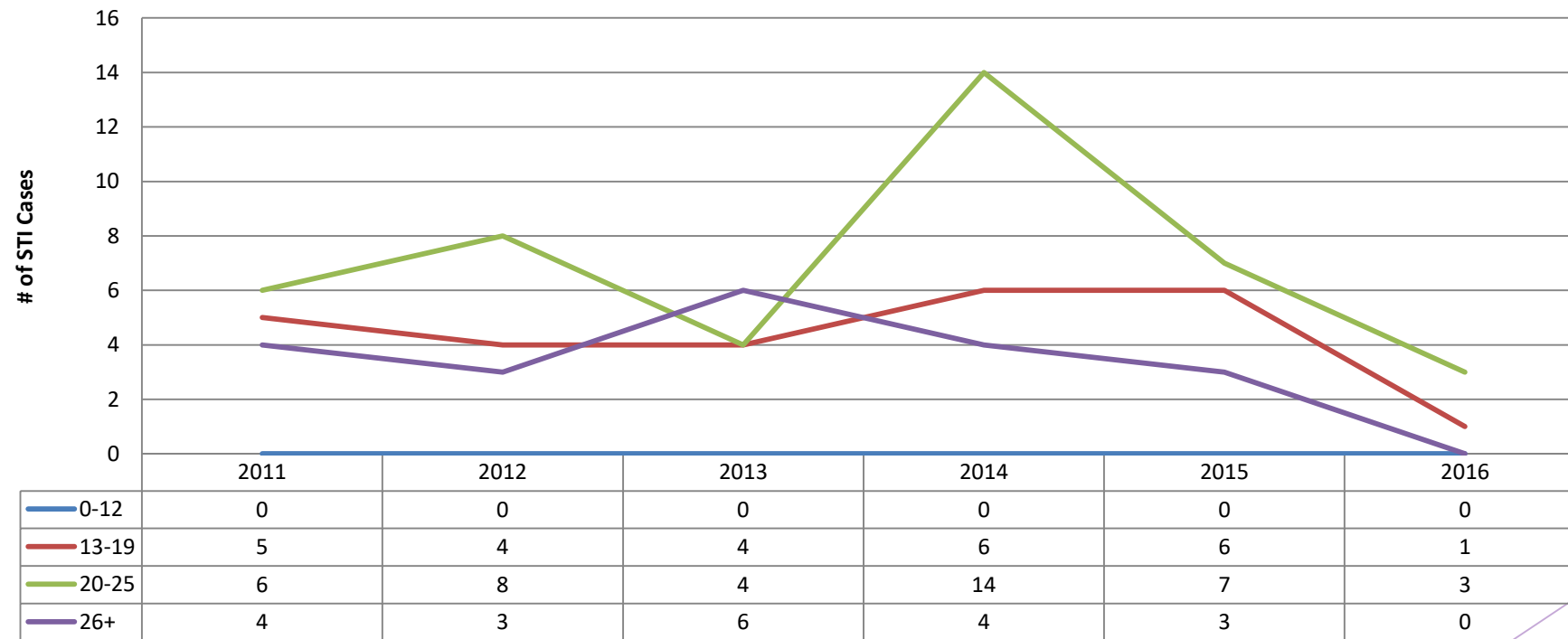
Incidence Rate

STI Trends by Location



Prevalence of STIs by Age-Group

STI Prevalence in Nunatsiavut



What did we do?

- ▶ Submitted a proposal to Health Canada's Health Services Integration Fund
- ▶ Create a standardized, culturally relevant, evidence based sexual health resource
- ▶ A stand alone program incorporating the themes of prevention and education, intervention and support, self esteem as well as empowerment and healthy choices.
- ▶ To be delivered as a whole program or individualized learning modules
- ▶ To be used by a wide group of people working with youth (teachers, PHN's, Junior ranger leaders, etc)
- ▶ Pulled together a collaborative advisory committee to oversee the program development (Youth representative)

Process

- ▶ The Sexual Health & Wellness program development phases:
 - ▶ **Environmental scan**
 - ▶ Information collected on sexual health programs being used in other regions
 - ▶ STI statistics in Nunatsiavut
 - ▶ **Youth engagement sessions**
 - ▶ Visits to each of the five Nunatsiavut to document what youth want to see in their Sexual Health & Wellness program
 - ▶ Survey during engagement sessions and in the schools
 - ▶ **Resource development**
 - ▶ Using the information gathered from the youth engagement sessions to develop the resources for the Sexual Health & Wellness program

Environmental Scan

- ▶ Inuit history in Labrador
- ▶ STI statistics
- ▶ Risk factors contributing to STI's (SDOH)
- ▶ Current sexual health programs
 - ▶ Nunatsiavut
 - ▶ Province of Newfoundland and Labrador
 - ▶ Inuit Nunangat
 - ▶ Canada

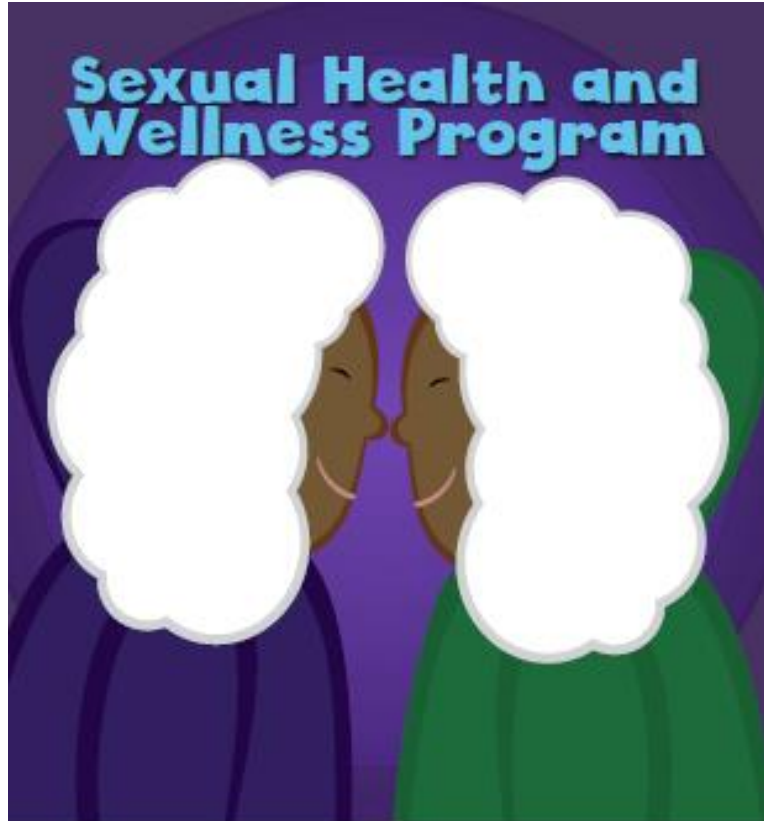
Youth Engagement Sessions

- ▶ Conducted in all 5 communities
- ▶ Youth coordinators arranged a youth night
- ▶ Context was provided about the project, open discussion about learning needs and a confidential survey
- ▶ Logo contest

Resource Development

- ▶ What we heard from the engagement sessions and surveys
- ▶ Development was led by a youth from Nunatsiavut
- ▶ Throughout the development the modules were reviewed by youth interns
- ▶ Collaboration with our resource design department and other Inuit regions
- ▶ Currently being reviewed for content expertise

Sexual Health and Wellness Program

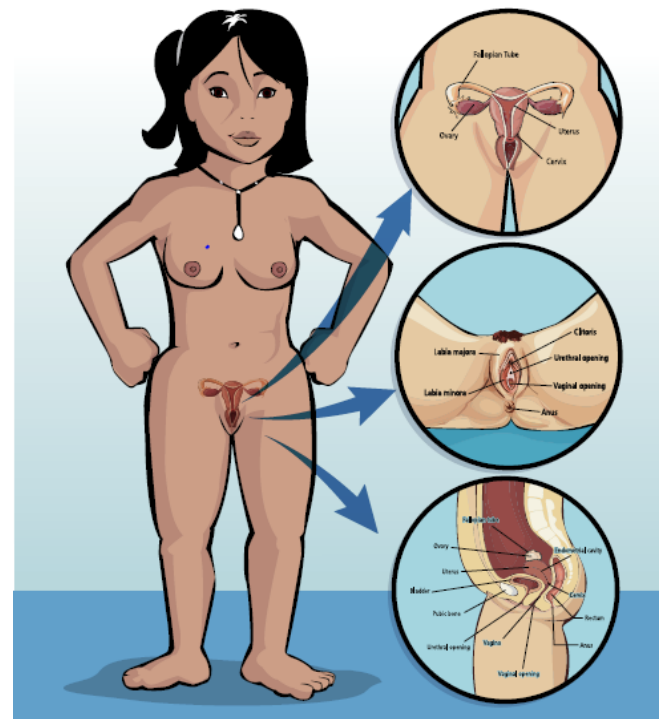


- ▶ Self Love
- ▶ LGTBQ
- ▶ Healthy relationships
- ▶ Puberty
- ▶ Sexual Education

Program Contents

- ▶ Evidence based sexual health content
- ▶ Knowledge comprehension activities
- ▶ Facilitator tools
- ▶ Inuit specific graphics
- ▶ Modules are color coded
- ▶ Links to additional resources
- ▶ Public health contact information

Female Reproductive System 3B-6



Program Contents

Self-Love & Acceptance

One of the most difficult things these days is to figure out what is normal, especially in terms of how our body looks or how we should display it.

The answer:
everybody is different, and different is normal.

In fact, when it comes to sex and sexuality, there really is no such thing as "normal". Just as we all grow to different heights, we also grow into people with unique sexual identities.



According to the Law

X Consent is NOT given if:

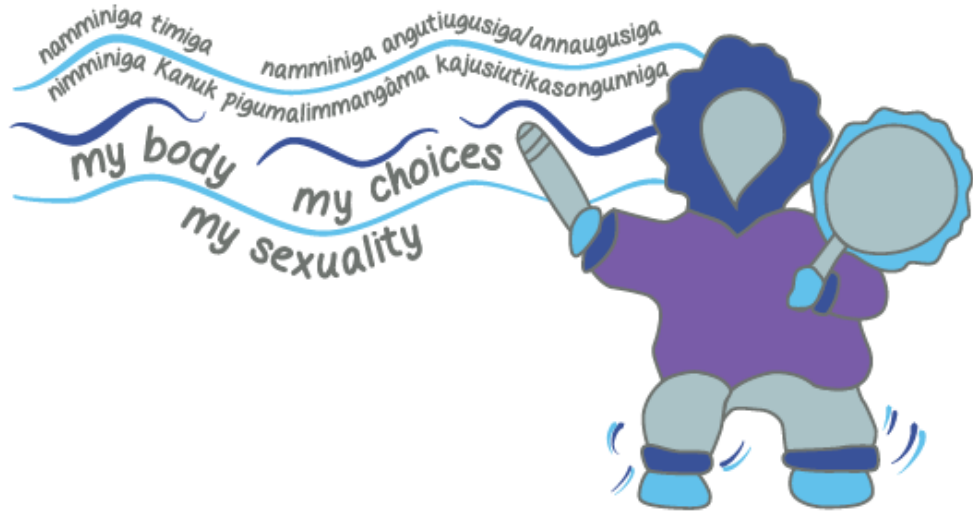
- Someone else gave the consent:
- You are blacked out, under the influence of drugs or alcohol, unconscious, or sleeping;
- Someone coerces you by abusing their trust, power or authority;
- Your words and body language doesn't say "Yes" or expressly says "No"; and
- You change your mind

✓ Consent is given.

With a clear and coherent verbal AND physical "YES" from someone who is of legal age (with someone who is not in a position of trust or authority) and not under the influence of drugs or alcohol.



Logo



- ▶ Contest open to youth ages 12-25
- ▶ Prizes for contest winner and runner up
- ▶ Brand the program and to be used on program materials

Coloring book



Promotional items



What's Next

- ▶ Printing of the program manuals and distribution
- ▶ Training and orientation
- ▶ Community launches
- ▶ On-going evaluation

Questions?

