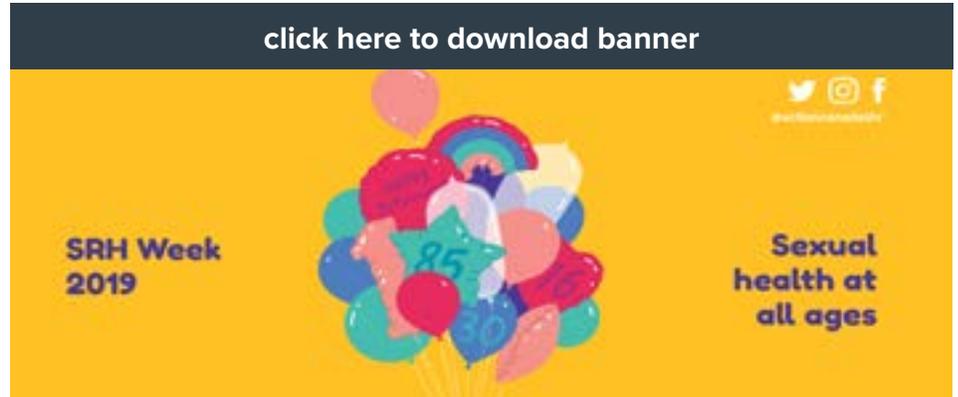




#SRH2019
Social Media Toolkit
@actioncanadashr



Facebook



HASHTAGS

#SRH2019 #SexualHealth #SRHR
#SRHWeek #CdnHealth

FACEBOOK POSTS

Sexuality and sexual health are integral to wellbeing throughout our lives. Big or small, old or new and at every age in between, your sexual health matters! Visit www.srhweek.ca to learn more! #SRH2019

Everyone, no matter the age, is entitled to affirming healthcare and that includes sexual health! Visit www.srhweek.ca to learn more about sexual health at all ages! #SRH2019

From children and sex-positive parenting all the way to aging and sexuality, sexual health matters. Learn more about your sexual health at www.srhweek.ca

Did you learn about sexuality and sexual health growing up? Did you receive sex-ed in school? Learn about puberty? Let us know in the comments! Big or small your sexual health matters! Learn more at www.srhweek.ca #SRH2019

Did you know that sexual health and sexuality remain important throughout our lives and that includes when we're older? Age doesn't stop us from being sexual beings. Learn more about aging and sexuality at www.srhweek.ca At every age, your sexual health matters! #SRH2019

Twitter



HASHTAGS

#SRH2019 #SexualHealth #SRHR
#SRHWeek #CdnHealth

GENERAL TWEETS

Sexuality and sexual health are integral to well-being throughout our lives. Big or small, old or new and at every age in between, your sexual health matters! Visit www.srhweek.ca to learn more! #SRH2019 #SexualHealth

Everyone, no matter the age, is entitled to affirming health care and that includes sexual health! #SRH2019 #SexualHealth

From children and sex-positive parenting all the way to aging and sexuality, sexual health matters! #SRH2019 #SexualHealth

Want to learn more about sexual health at all ages? Go to www.srhweek.ca to learn about how your sexual health changes throughout your life! #SRH2019 #SexualHealth

We are all sexual beings from the moment we're born. Sexual health and well-being are vital to living a full life #SRH2019 #SexualHealth



BABIES, CHILDREN & SEX-POSITIVE PARENTING

Sexual health is important to babies and children too! Sex-positive parenting can help them lead healthy and fulfilling lives #SRH2019 #SexualHealth

What's sex-positive parenting? It's teaching in an age-appropriate way that sexuality is a natural, normal & healthy part of childhood, adolescence & adulthood. It means talking about consent, body safety, gender norms, gender identity, intimacy & healthy relationships #SRH2019

Being a sex-positive parent means knowing that our children will become autonomous adults with their own gender identities, gender expressions & sexualities #SRH2019 #LGBTQ

DYK: Most children will have a sense of their gender identity at 2 or 3 years old and a sense of who they're attracted to between 4 and 7 years old! #SRH2019 #LGBTQ

Let's move away from "the talk" as a one-time awkward thing and normalize talking about gender & sexuality in our homes! #SRH2019

Want to learn about your rights as parents and the rights of your children? Visit www.srhweek.ca to learn about them! #SRH2019

Don't know when to start talking about sex? It's simple, you can start as soon as your child starts asking about it! Visit www.srhweek.ca for tips on how to talk about sex & pleasure with your children #SRH2019

Being a sex-positive parent is easier than you think! Visit www.srhweek.ca for 12 principles you can follow and apply to your life! #SRH2019

Want some basic definitions to help you talk about sexuality and sexual health with your children? Visit www.srhweek.ca for definitions on gender identity, gender expression, sexual orientation, and more! #SRH2019 #LGBTQ



YOUTH AND SEXUAL HEALTH

For teens, healthy sexual development includes bodily changes, sexual behaviours, and new healthcare needs. It also means building emotional maturity, relationship skills, and healthy body image. Visit www.srhweek.ca to learn more! #SRH2019

Want to know what it means to be a sexually healthy teenager? You can learn more at www.srhweek.ca #SRH2019 #SexualHealth

You're an adult and you want to know how you can be a good ally to teens learning about sexuality and sexual health? Visit www.srhweek.ca for ways to be an ally! #SRH2019 #SexualHealth

Our bodies can change A LOT during puberty. The key is to be well informed on body changes, period, hair, hormones, etc. Go to www.srhweek.ca to get more info on puberty #SRH2019 #Puberty #SexualHealth

Are you wondering if you're ready for sex? A lot goes into feeling ready: the timing, the location, your mental state, and most importantly, the person you're planning to do it with! Go to www.srhweek.ca for more on how to answer that question #SRH2019 #SexualHealth

When it comes to any sexual touching, sex, and sexting, everyone has the right to decide for themselves when to do it, where to do it, and what they want to do. That's what consent means! #SRH2019 #Consent

We want consent culture not rape culture! Find out more on what you can do to foster consent culture on www.srhweek.ca #SRH2019 #Consent #EndRapeCulture

Young people want information how to build healthy and lasting relationships! That's only one reason why we need sex-ed. #SRH2019 #SexEd

Thinking about having sex or already having sex? Get informed on STIs and birth control at www.srhweek.ca to make sure you're taking care of your sexual health #SRH2019 #SexualHealth



Hey healthcare providers! How do you make sure you provide youth-friendly and LGBTQ+ friendly care? Let us know! #SRH2019

As a young person, it is your right to receive unbiased, scientifically accurate sex-ed. Since sexuality is an integral part of being human, comprehensive sex-ed is key when it comes to making decisions about sex, relationships, and our bodies #SRH2019

ADULTS AND SEXUAL HEALTH

As adults, we might start thinking about starting a family or decide that it's not for us! But sexual health is also much more than just our decisions about having children or not. #SRH2019 #SexualHealth

A lot of different issues related to sexual health are important when we're adults, not just reproduction! Learn more at www.srhweek.ca #SRH2019 #SexualHealth

As adults taking care of our sexual health means taking care of our reproductive health, STIs, sexual dysfunction, pain and addressing any concerns we might have around sex #SRH2019

Taking care of our sexual health means paying attention to our sexual satisfaction and pleasure! #SRH2019

Strong, healthy relationships help us manage stress effectively, problem-solve, overcome life's challenges and can lead to sexual satisfaction! Knowing how to nurture healthy relationships is a key part of our overall well-being #SRH2019

For many of us, sexual health is closely linked to reproduction. Want to learn more about reproductive health? Go to www.srhweek.ca #SRH2019

Genital and pelvic discomfort and pain can seriously affect our quality of life and have a big impact on our overall health, mental health, and the state of our relationships. Talk to your doctor if you experience pain. #SRH2019

Healthcare providers: how do you provide stigma-free care? How do you bring up sexual health with your patients? With your LGBTQ+ patients? Let us know! #SRH2019



AGING, SEXUALITY AND SEXUAL HEALTH

We are sexual beings throughout our entire lifespan and our sexuality doesn't turn off once we hit the golden years! #SRH2019

As we age, nurturing our sexual selves and our sexual health continues to be an important aspect of our overall health. While aging can bring real challenges, we should also celebrate the joyful, pleasure-focused expression of sexuality #SRH2019

We might have to adapt our sexual activities to accommodate physical and health changes as we age. Visit www.srhweek.ca to learn more about these changes and how you can continue to enjoy a fulfilling sexual life as you get older! #SRH2019 #SexualHealth

As we age, some illnesses, disabilities, medicines, and surgeries can affect our ability to have and enjoy sex. We are entitled to affirming care from our healthcare team to regain or maintain sexual function. Learn more at www.srhweek.ca #SRH2019 #SexualHealth

I'm older now, do I still need to wrap it up? The short answer is YES! Age doesn't protect us from STIs and rates among older adults are increasing! #SRH2019 #SexualHealth

You're older and want some tips on getting it on adapted to you? Visit www.srhweek.ca! #SRH2019 #SexualHealth

Aging LGTBQ2S+ folks face significant barriers in accessing housing, healthcare, and long-term care adapted to their needs. Do you provide services to aging LGBTQ+ people? Let us know! #LGBTQ #SRH2019

Healthcare providers! What can you do to address the needs of your aging LGBTQ+ patients? #LGBTQ #SRH2019 #SexualHealth

Sexuality is often not considered important at end of life but it can be! And we don't mean only sex. We mean intimacy, touch and love! People can suffer from lack of love and intimate touch in the last months and days of their lives. #LoveAtAllAges #SRH2019