

*The Care & Keeping of You: the Body Book for Girls* by Valorie Lee Schaefer. Middleton, WI: Pleasant Company, 1998

This book aims to provide answers to many questions that preteen girls may have about their changing bodies, from dealing with periods to choosing a bra. Practical advice is delivered in an amusing, easy-to-read format. There are superb illustrations throughout.

**Availability for loan:**

GL 110 SCH 1998 Health Information & Wellness Centre, both locations  
J613.04242 SCM Mississauga Library System  
613.04242 SCH Toronto Library System

**COMMUNITY RESOURCES**

**Peel Health Department Healthy Sexuality Clinics** (6 in Peel)  
For addresses and appointments call  
Tel: 905-799-7700

**Peel HIV / Aids Network - Mississauga**  
Tel: 905-361-0523

**Planned Parenthood of Toronto**  
Tel: 416-961-0113

**Teen Sex InfoLine:** 416-961-3200  
M-W 4 p.m. – 9 p.m.  
Sat and Sun Noon – 6 p.m.  
Email: [ppt@ppt.on.ca](mailto:ppt@ppt.on.ca)

**Rexdale Community Health Centre**  
Tel: 416-744-6312 OR 416-744-0066  
Email: [reception@rexdalechc.com](mailto:reception@rexdalechc.com)

**LAMP Healthy Sex Clinic**  
Toronto

Tel: 416-252-6475  
**Lesbian Gay Bi Trans Youth Line**  
1-800-268-9688

**CONTACT**

**Health Information & Wellness Centres**

**Trillium Health Centre - Mississauga**  
100 Queensway West  
Mississauga L5B 1B8  
905-848-7511

**Trillium Health Centre - West Toronto**  
150 Sherway Drive  
Toronto M9C 1A5  
416-521-4187

Email: [hiwc@thc.on.ca](mailto:hiwc@thc.on.ca)  
<http://www.trilliumhealthcentre.org/health>

**Mississauga Library System**  
905-615-3500 (for book locations)  
<http://www.mississauga.ca/portal/residents/library>

**Toronto Public Library**  
416-393-7131 (for book locations)  
<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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*Life. We're in it together.*

HEALTH INFORMATION  
AND WELLNESS CENTRE

**HEALTHFINDER**

**Healthy  
Sexuality**



## INTERNET SITES

### Sexualityandu

<http://www.sexualityandu.ca>

This excellent website is administered by the Society of Obstetricians and Gynaecologists of Canada. It provides reliable and clearly presented information on puberty, birth control, sexually transmitted infections, gender orientation, and other sexual health topics. There are specific sections aimed at teens, adults, parents, and health professionals.

### Canadian Federation for Sexual Health

<http://www.cfsh.ca>

The CFSH is a pro-choice, charitable organization which promotes sexual and reproductive health and rights. It offers good practical information on topics including sexuality, birth control, safe sex, sexually transmitted infections, and AIDS.

### Sexual Education Centre of Manitoba

<http://www.serc.mb.ca/SERC>

SERC is a non-profit organization which promotes universal access to reliable information and services about sexuality and reproductive health issues. The website has general and specific information on a wide variety of topics pertaining to healthy sexuality for both men and women.

### KidsHealth <http://www.kidshealth.org>

This excellent site is owned by the Nemours Foundation's Center for Children's Health Media in the United States. It contains a wealth of information on sexuality, including bodily changes for boys and girls, birth control, and sexually transmitted infections. To access this, choose Teens at the opening page, and then select Sexual Health from the topic list in the left

hand column.

### PFLAG Canada

<http://www.pflagcanada.ca>

PFLAG Canada is a registered charitable organization that provides support, education and resources to parents, families and individuals who have questions or concerns about sexual orientation or gender identity.

## BOOKS

*Sexually Transmitted Diseases* 2<sup>nd</sup> ed. by Lisa Marr. Baltimore, MD: John Hopkins University Press, 2007

This is a comprehensive volume about avoiding, preventing, and treating all forms of STDs. It describes safer sex practices, testing protocols, symptoms, and treatment. It also includes recent medical advances in testing and vaccines.

#### Availability for loan:

FG 250 M27 2007 Health Information & Wellness Centre, both locations  
616.951 MAR Mississauga Library System

*Sexually Transmitted Infections: the Facts* by David Barlow. Oxford: Oxford University Press, 2006.

Written by a consultant physician at a large London teaching hospital, this book provides practical, essential information on all the main forms of sexually transmitted infections.

#### Availability for loan:

FG 250 B27 2006 Health Information & Wellness Centre, both locations

*Sex Sense: Canadian Contraception Guide*, 2<sup>nd</sup> ed. Ottawa: Society of Obstetricians & Gynecologists of Canada, 2005

This is a comprehensive and practical guide about contraception and sexually transmitted infections. It is written in straightforward language with excellent illustrations and is a great tool for youth, adults, parents and healthcare practitioners.

#### Availability for loan:

GE 100 S62 2005 Health Information & Wellness Centre, both locations  
613.94 SEX Mississauga Library System

*The Pill and Other Hormonal Contraceptives: the Facts* 6<sup>th</sup> ed. by John Guillebaud. Oxford: Oxford University Press, 2005

Women will find practical and trustworthy guidance in this book to help them make informed decisions about hormonal contraceptive methods. The author presents information on the Pill, and alternatives such as implants, injections, and patches.

#### Availability for loan:

GE 100 G84 2005 Health Information & Wellness Centre, both locations  
613.94322 GUI Toronto Library System

*What's Happening to My Body? - Boys*  
*What's Happening to My Body? - Girls*  
revised 3<sup>rd</sup> ed. by Lynda Madaras. New York: Newmarket Press, 2007

These popular classics, sensitively written by an experienced educator, give straightforward information on the body's changes as young people go through puberty and beyond. Also included are sections on diet, exercise, AIDS, STD's, and birth control appropriate for this age group.

#### Availability for loan:

GL 110 M23B 2000 and GL 110 M23G 2007  
Health Information & Wellness Centre, both locations