

Sexual Health – Patient Information

Sex & U https://www.sexandu.ca/	Consent
	Contraception
	Gender Identity
	LGBTQ+
	Menstrual Health -periods
	Puberty
	Sexual Activity
	Sexual Assault
	Sexual Orientation
	Sexually Transmitted Infections (STIs)
Action Canada https://www.actioncanadashr.org/sexual-health-hub/emergency-contraception	Emergency Contraception
Health Canada https://www.canada.ca/en/public-health/services/sexual-health.html	STIs – symptoms & testing Condoms
Catie https://www.catie.ca/	HIV and Hep C information PEP and PrEP
https://www.canada.ca/fr/sante-publique/services/maladies/mpox.html	Mpox (monkeypox)

HITS – Screening for Intimate Partner Violence

https://www.ementalhealth.ca/index.php?ID=18&m=survey
Score >10 is positive, but any concerns should be discussed with a health care provider.
From Sherin KM et al. Fam Med. 1998 Jul-Aug;30(7):508-12.

2SLGBTQI+ Patient and Family Resources

PFLAG Canada – https://pflagcanada.ca/resources/
Kids Help Phone https://kidshelpphone.ca/ 1-800-668-6868
LGBT Youth Line www.youthline.ca 1-800-268-9688
Trevor Project https://www.thetrevorproject.org/ 1-866-488-7386
Text START to 678-678 resource for LGBTQ youth
Native Youth Sexual Health Network https://www.nativeyouthsexualhealth.com/
Trans Lifeline www.translifeline.org 1-877-330-6366
Trans Peer support www.gendercreativekids.ca
Trans Family Supports www.transparentcanada.ca https://familyproject.sfsu.edu/ www.imatyfa.org

Menstrual health

Age of menarche – avg. is 12 to 13 years
Cycles and regularity – may take 2 to 3 years to establish regular cycles after menarche, initial cycles are 20 to 45 days vs 24 to 38 for adults
Length of periods – avg duration is 5 days, > 7 days is prolonged
Heavy bleeding or clotting – avg. volume is 40 mls, heavy is over 80 ml, a saturated pad or tampon absorbs 5 to 15 ml. Clots larger than a quarter are excessive. Menstrual chart available at https://www.betteryouknow.org/sites/default/files/2022-08/BetterYouKnow-Menstrual-Chart-Scoring-System.pdf
Symptoms related to your cycle – mood, irregular bleeding, fatigue, shortness of breath? Talk to your doctor

ACOG, BMJ, CDC, Graham, Pediatrics in review, Dec2018;39(12):588-600

Testicular Self-Examination

Who – adolescent males or persons with testicles	
Why – most common cancer in adolescent males	
Self-examination	Check for any changes such as a lump or tenderness https://cancer.ca/en/cancer-information/cancer-types/testicular/finding-cancer-early https://testicularcancersociety.org/pages/self-exam-how-to?
Other symptoms	Feeling of heaviness in scrotum or lower abdomen Pain, possibly mild, in the testicle or scrotum
Next Steps	See your doctor if you notice a change

Canadian Cancer Society, Testicular Cancer Society

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Disclaimer: Given the evolving nature of evidence and changing recommendations, the Greig Health Record is meant to be used as a guide only.