

Sexual History	
General Approach	Ask which pronouns they use. Ask permission to talk about sexual health. When asking, ensure confidentiality, patient comfort, relevance of questions. Inform why you are asking and that they are not obligated to answer. Use simple and non-judgemental language and open-ended questions.
The Questions	
Partners	Sex with men, women, both or people who identify in other ways? How many partners in recent months? Do you or your partners have other sex partners?
Pregnancy Intention	What are you or your partner doing to prevent pregnancy? (If applicable)
Protection from STIs	What do you do to protect yourself from STIs and HIV? Discuss condoms, vaccination (HPV, Hep A and Hep B), PrEP and PEP (as appropriate)
Practices	Kind of sex: digital, vaginal, anal, oral. Sharing of sex toys Condom use – always, sometimes, never. If not always, what situations or circumstances make condom use less likely?
Past STI history	Have you or a partner -ever had a STI or HIV? -ever injected drugs? -exchanged sex for drugs or money? Is there anything else about your sexual practices, either now or in the past, that I should know?
Psychosocial Issues	Identify barriers to access and use of prevention.
Permission and Power	Review power and consent – ability to discuss or negotiate use of prevention and safer practices. Ask about the sexual relationship. Ask about coercion and intimate partner violence.
Pleasure	Ask about using substances to enhance sexual pleasure. Ask if sex is painful.

Adapted from PHAC and CDC

Risk Factors for STIs
Sexually active adolescent or young adult. < 25 years old
Higher risk practices – unprotected oral, vaginal, or anal intercourse (no barrier method), sex with blood exchanges, sharing sex toys
Past history of STIs
Sex with someone with an STI or at high-risk
Serial monogamy (series of one-partner relationships)
New partner or > 2 partners in the previous year
Injection drug use
Using substances while having sex
Sex for survival – for money, drugs, food or shelter
Sex workers and their clients
Anonymous sex – raves, bathhouse, meeting online
Survivor of sexual assault/other abuse

Source: PHAC, SOGC, CDC

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.

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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.

Consent for Sexual Activity	
General All sexual activity without consent is a criminal offence. Regardless of age. Sexual activity ranges from kissing and fondling to intercourse.	
Age of consent	May legally give consent
18 years and older	In all cases, including potentially exploitative situations Eg involving prostitution, pornography or in relationships where there is a difference in authority or dependence
16 years and older	Must be non-exploitative
Exceptions for close in age	
Age 14 or 15 years	Partner is < 5 years older and non-exploitative
Age 12 or 13 years	Partner is < 2 years older and non-exploitative
Under 12 years	Cannot consent

<https://www.justice.gc.ca/eng/rp-pr/other-autre/clp/faq.html>

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)

STI resources for providers
Canadian STI and blood-borne infections guideline https://www.canada.ca/en/public-health/services/infectious-diseases/sexual-health-sexually-transmitted-infections/canadian-guidelines.html
HIV testing guidelines https://hivtestingontario.ca/ontario-guidelines-for-providers-offering-hiv-testing/
HIV pre-exposure and post-exposure prophylaxis https://www.cmaj.ca/content/cmaj/189/47/E1448.full.pdf
Hep C Screening Infographic https://www.canada.ca/en/public-health/services/publications/diseases-conditions/hepatitis-c-screening-testing-health-professionals.html

2SLGBTQI+ Professional resources
Rainbow Health https://www.rainbowhealthontario.ca/
Trans Care BC http://www.phsa.ca/transcarebc/health-professionals/education
Sherbourne Health: Guidelines and Protocols (includes hormone therapy) for Trans Clients https://www.rainbowhealthontario.ca/product/4th-edition-sherbournes-guidelines-for-gender-affirming-primary-care-with-trans-and-non-binary-patients/
Vaccines for MSM - https://www.immunize.org/catg.d/p4046.pdf Mpox: https://www.canada.ca/en/public-health/services/diseases/monkeypox/health-professionals/vaccination-clinic-resources.html
Pre-exposure prophylaxis - https://www.catie.ca/canadian-guideline-on-hiv-pre-exposure-prophylaxis-and-nonoccupational-postexposure-prophylaxis--for-hiv-prevention https://www.cmaj.ca/content/189/47/E1448
Resource list https://www.ontario.ca/document/serving-lgbt2sq-children-and-youth-child-welfare-system/resources-templates-and-bibliography#section-1