



RESOURCES

WEBSITES:

SEXUAL HEALTH for Parents

www.optbc.org
www.safehealthyschools.org
www.sexualityandu.ca
www.urbandictionary.com
www.pflagcanada.ca
www.teachingsexualhealth.ca
www.advocatesforyouth.org
www.makelovenotporn.com

INTERNET SAFETY

www.uknowkids.com
www.cyberbullying.ca
www.kidshelpphone.ca
www.media-awareness.ca
www.erasebullying.ca

SEXUAL HEALTH for Teens

www.optbc.org
www.planetahead.ca
www.scarleteen.com
www.sexetc.org
www.sexualityandu.ca
www.teenwire.com
www.wontgetweird.com
www.spiderbytes.ca
www.goaskalice.com

EMPOWERMENT

www.beinggirl.com
www.boyslife.org
www.discoverygirls.com
www.gurl.com
www.newmoon.com
www.girlsactionfoundation.ca
www.safeteen.ca
www.youthnoise.com
<http://www.about-face.org>

BOOKS:

The Guy Book: An Owner's Manual. By Mavis Jukes: Crown Books for Young Readers, 2002.

All Made Up: A Girl's Guide to Seeing Through Celebrity Hype and Celebrating Real Beauty. by Audrey D. Brashich: Bloomsbury US, 2006.

Body Drama: Real Girls, Real Bodies, Real Issues, Real Answers. By Nancy Redd, published by Gotham.

Smart decisions start here.

t 604.418.9417
e saleema@saleemanon.com
w www.saleemanon.com





Changing Bodies, Changing Lives: A Book For Teens on Sex and Relationships.

By Ruth Bell, published by Random House.

Deal With It! A Whole New Approach to Your Body, Brain, and Life as a Gurl. By

E. Drill, H. McDonald, and R. Odes (the creators of gurl.com), published by Pocket Books.

Girl Talk: All the Stuff Your Sister Never Told You. By Carol Weston, published by

Barnes and Noble.

The New Teenage Body Book. By Kathy McCoy and Dr. Charles Wibbelsman,

published by Simon and Schuster.

Real Gorgeous: The Truth About Body and Beauty. By Kaz Cooke, published by

W.W. Norton and Co.

S.E.X.: The All-You-Need-To-Know Progressive Sexuality Guide to Get you

Through High School and College. By Heather Corinna, published by Da Capo Press.

PHONE NUMBERS:

Crisis Centre of BC

- 1-800-784-2433 (24/7)
- <http://www.crisiscentre.bc.ca>

Kids Help Phone

- 1-800-668-6868
- www.kidshelpphone.ca

Options for Sexual Health

- 1-800-SEX-SENSE Line
- www.bc.wontgetweird.com
- <http://www.optbc.org>

Diversity:

Qmunity

- 604 684-5307
- www.qmunity.ca

BC PrideLine

- 604-684-6869 or 1-800-566-1170
- www.heretohelp.bc.ca



PFLAG (Parents & Friends Of Lesbians & Gays)

- info & support for parents & friends of queer people, monthly meetings
- <http://www.pflagvancouver.com>

Pregnancy:

Options for Sexual Health

- 1-800-SEX-SENSE
- www.optbc.org

Pregnancy Options Referral Service (BC Women's Hospital)

- 1-888-875-3163 or
- 604-875-3163

Sexual Assault/ Abuse:

Battered Women's Support Services

- Crisis line 604-687-1867
- <http://www.bwss.org/>

Vancouver Rape Relief and Women's Shelter

- 24 hour Crisis Line (604) 872-8212
- <http://www.rapereliefshelter.bc.ca/>

W.A.V.A.W. (Women Against Violence Against Women)

- 24-hour Crisis Line 604-255-6344 or 1-877-392-7583
- hospital accompaniment, aboriginal outreach, counseling, support groups, victim services
- <http://www.wavaw.ca/>

Sex and Disability:

Joy Becker, Sexual Health Educator

778-300-5647

www.jdbassociates.ca

Substance Use:

Addiction Services (Vancouver Coastal Health)

- youth detox, counseling, supervised injection, needle exchange, crisis interventions
- <http://www.vch.ca/community/addictions.htm>

Alcohol & Drug Information & Referral Service

- 24/7 info and referral service
- 1-800-663-1441 or 604-660-9382