

Teens play sexual survivor

Safe sex focus of student expo

By MONICA GRAHAM

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ALMA — Some of the queries during recent sexual health expos at three Pictou County high schools were so hard even the advisers had to research the answers.

"Yes, we have to look them up," confirmed Alicia Dewar, a fourth-year student in the St. Francis Xavier University nursing program who helped with the expo at Northumberland Regional High in Alma this week.

Students mobbed the booths during lunch-hour programs at Northumberland, North Nova Education Centre in New Glasgow and Pictou Academy in Pictou.

"I find this one a bit puzzling," Northumberland Grade 11 student Randy Heighton said as he tried to match cards labelled with various sexual activities to categories rated from low to high risk.

Other games tested students' knowledge of sexual and reproductive health to see who would be the "sexual survivor." They could also spin a Wheel of Choices and play Birth Control Bulls-eye to win prizes of magnets, pencils, flavoured condoms or candy.

The event aimed to provide teens with accurate information and promote honest discussion of sexual issues like relationships, sexually transmitted infections, contraception and hormones.

Public health nurses from the schools' Teen Health Centres organized the event around the theme It's Your Choice, Use Your Voice. It was held in conjunction with the Canadian Federation for Sexual Health's fourth annual Sexual and Reproductive Health Day. The federation used to be called Planned Parenthood.

As well as games, students could collect pamphlets and get advice from experts on nutrition for people of reproductive age, teen pregnancy and parenting, preventing date violence, and other health concerns.

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