

PROJECT CHOICES

*Alcohol and sex
deserves a discussion.*

ALCOHOL & SEX DESERVES A DISCUSSION

This resource is for all youth and young adults in Manitoba who:

- drink alcohol and have sex
- want information about alcohol use and birth control use

We want to support you to set goals and make choices that are right for you.

NOTE:

The sections of this resource on alcohol use (p.1-9), sex and consent (p.10), STIs (p.10), and resources (p.16) are applicable for all people. The sections on birth control (p.11-15) are written specifically for people who may become pregnant (females who have sex with males), and their sexual partners (males who have sex with females). We recognize that this information is not applicable to all sexualities and gender identities.

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ALCOHOL AND YOU

People drink alcohol for lots of reasons. Some people drink to have fun, to relax, to feel more confident, to fit in with peers, or to cope with the impacts of stress, trauma or mental health.

Alcohol use sometimes has risks, depending on the ways it is used and the amount you drink.

Alcohol affects everyone differently. Observe how alcohol affects your body, and adjust your drinking in response.

The same amount of alcohol can affect a female more than it affects a male. This is because male and female bodies react to alcohol differently. Females generally feel more effects of alcohol for a longer period of time.

Alcohol slows down the parts of your brain that affect your thinking and behaviour.

It is possible to develop a dependence (addiction) to alcohol.

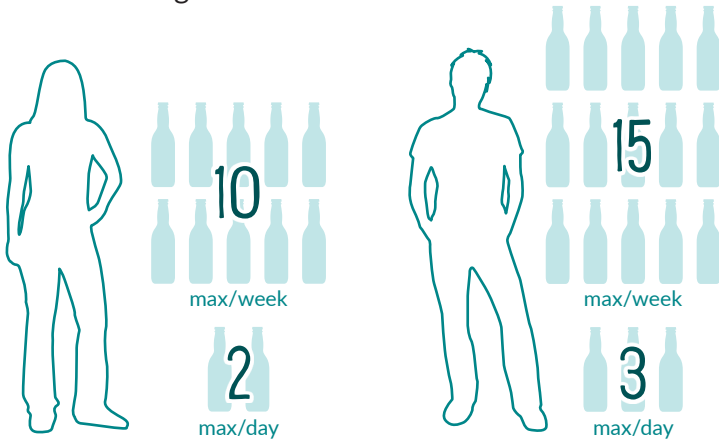
Long-term alcohol use can increase your risk of many health problems, including cancer and stroke.

Your brain develops until you're 25 years old. Heavy drinking can cause long-lasting harm to brain development or thinking ability.



LOW-RISK DRINKING GUIDELINES

Low-risk drinking can reduce long term health risks.
Low-risk drinking is:



FOR FEMALES:

No more than 10 drinks
a week, with no more
than two drinks a day
most days

FOR MALES:

No more than 15 drinks
a week, with no more
than three drinks a day
most days

Reduce your risk of injury and harm by drinking no more than three drinks (for females) or four drinks (for males) on any single occasion.

Plan non-drinking days every week to avoid developing a habit.

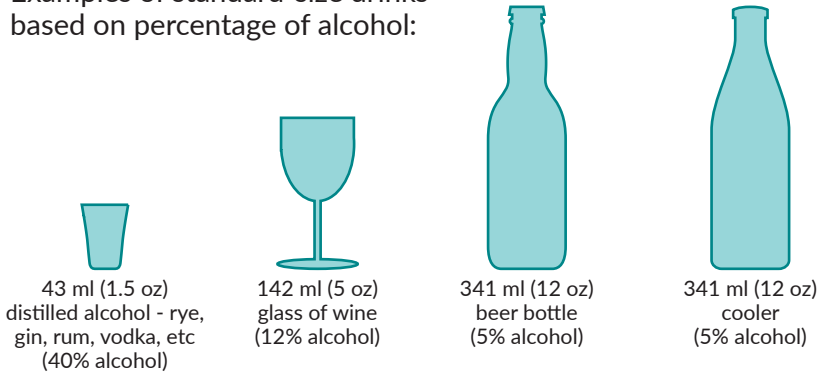
For more information on Canadian low-risk drinking guidelines, visit www.ccsa.ca.

ARE ALL DRINKS THE SAME?

No. Different types of alcoholic drinks contain different amounts of alcohol. According to Canada's low-risk drinking guidelines, a drink means one standard-size drink.

STANDARD DRINK SIZE

Examples of standard-size drinks based on percentage of alcohol:



The number of standard drinks in:



ALCOHOL AND SAFETY

- In some situations, drinking heavily can make people more vulnerable to violence or sexual assault. This is NEVER the fault of the person who experienced the sexual assault.
- If you are planning to drink with friends, decide ahead of time how much you plan to drink. Talk to your friends about helping each other to stick to these decisions, and look out for each other.

FETAL ALCOHOL SPECTRUM DISORDER (FASD)

- FASD is a diagnosis that describes how a person's brain and body may be impacted if they have been prenatally exposed to alcohol. FASD can cause challenges to things like learning, memory, attention span, life skills and communication.
- If you are pregnant or planning to become pregnant, zero alcohol use is safest.
- If a person drinks alcohol when they are pregnant, their child may be born with FASD. There is no known safe amount of alcohol use at any time in pregnancy. Stopping or reducing alcohol use as soon as possible, and looking after your health in pregnancy, are the best ways to lower the risks of FASD.
- Often, people drink before they know they are pregnant- but it is never too late to make changes to alcohol use during pregnancy.
- Partners, friends and family have an important role to play to support women to have healthy pregnancies.



SELF-REFLECTION: ALCOHOL USE

Think about your current use of alcohol:

- How many standard drinks did I have in the last week?
- When I drink, how many standard drinks do I usually have at once?
- Are there any good things about my current drinking?
- Are there any not-so-good things about my drinking?
- When do I feel most like drinking?
- When do I feel least like drinking?
- Are there any changes I want to make to my drinking?

Making changes to your alcohol use can be hard. If you feel like alcohol use is causing harm in your life, it's OK to ask for help!

WAYS TO SAY NO TO A DRINK

It can sometimes be hard to tell other people you're not going to have a drink. Here are some ways to say no:



Can you think of another example that works for you?

MY CHANGE PLAN: ALCOHOL USE

I would like to change the way I use alcohol: YES / NO

My goal for my use of alcohol is:

- I plan to not drink at all.
- I plan to drink less than ___ drinks on the days when I drink.
- I plan to drink less than ___ days during an average week.
- I plan to drink less than ___ drinks on special occasions.
- Other: _____

The most important reasons I chose this goal are:

The steps I plan to take to reach my goal are:

People who can support my goals

Ways they can support me

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Some things that could interfere with my plan are:

I will deal with these concerns by:

I will know my plan is working if:

WAYS TO DEAL WITH STRESS

Some people drink when they feel stressed. Some different ways to deal with stress include:

- moving your body (e.g., walk or dance)
- having a nap
- writing in a journal
- participating in a cultural or spiritual event (e.g., smudge, sweat or prayer)
- talking to a friend or someone you trust
- _____
- _____



Here's a mindfulness activity to try! It can help you focus on your surroundings and relax if you feel stressed or overwhelmed.

1. Take a deep belly breath.
2. Name five things you can **see**.
3. Name four things you can **feel**.
4. Name three things you can **hear**.
5. Name two things you can **smell**.
6. Name one thing you can **taste**.
7. Take another deep belly breath.

FILL IN THE BLANKS (A QUIZ)



An example of a standard-sized alcoholic drink is:

For females, low-risk drinking is no more than ___ standard drinks a week, and no more than ___ drinks most days.

For males, low-risk drinking is no more than ___ standard drinks a week, and no more than ___ drinks most days.

True or false: Zero alcohol use is safest during pregnancy.

Name a way to take care of yourself if you're stressed.

SEX AND CONSENT

Adapted with permission from teentalk.ca

When it comes to sex, you have the right to decide when you do it, where you do it, and how you do it. Each person needs to consent (say yes) willingly and freely.

If you are drunk or high, nobody has the right to ask you to consent to sex.

How do you know if someone wants to have sex? You have to ask! Any answer other than yes means NO.

Some ways to ask for consent are:



BIRTH CONTROL AND PREVENTING SEXUALLY TRANSMITTED INFECTIONS (STIs)

For anyone having any kind of sexual contact:

- Condoms, gloves and sex dams, when used correctly, prevent direct contact with bodily fluids between partners. This prevents STIs, such as syphilis, chlamydia, gonorrhoea and HIV.

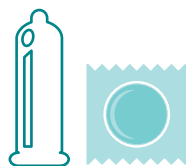
For males and females having sex:

- You or your partner could get pregnant.
- If you want to prevent a pregnancy, birth control must be used correctly every time you have sex.
- There are lots of birth control options.

Communicate clearly with your partner about how you plan to use birth control and prevent STIs BEFORE you have sex.

TYPES OF BIRTH CONTROL

Adapted with permission from teentalk.ca



Condoms

- **How to use them:** Use a new condom every time you have sex. Use only one condom at a time. Check the expiration date on the condom before you use it, and make sure there are no holes in the wrapper.
- **External condoms:** Put a condom on the penis before having sex.
- **Internal condoms:** Put a condom in the vagina before having sex.
- **Effectiveness:** Condoms are 95 to 97 per cent effective when used properly every time you have sex.
- **Details:** Condoms protect against STIs.
- **Where to get them:** Condoms are easy to get. Lots of stores sell them, and lots of places (like clinics) have them available for free. (Visit www.getsomecondoms.com for a list of locations.)

Intra-uterine device (IUD) and intra-uterine system (IUS)



- **How it works:** A tiny device is put in the female's uterus to keep sperm from getting to an egg. IUDs are wrapped in copper and do not have hormones. An IUS (such as Mirena) releases hormones to prevent ovulation.
- **How to use it:** A health care provider must insert and remove the IUD or IUS. It can be left in the uterus for up to five years.
- **Effectiveness:** It is over 99 per cent effective.
- **Details:**
 - They do not protect against STIs.
 - They can have a higher upfront cost, but last longer than most other types of birth control.
- **Where to get it:** Some clinics provide IUDs and IUSs for free or at reduced cost. (Visit teenclinic.ca for a list.)

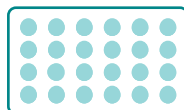
Hormonal birth control: Birth control pills, the patch, vaginal rings, or injectable contraceptive (Depo shot)

- **How it works:** This is a medication used by females, which stops your body from ovulating and prevents pregnancy.

- **How to use it:**

- **Birth control pills:**

- Take a pill every day at the same time of day.



- **The patch:**

- Stick one patch on your skin for one week. Wear one patch per week for three weeks. No patch is used on the fourth week, then start again with a new patch.



- **Vaginal rings:**

- Put the ring into your vagina for three weeks. Remove it for one week, then put in a new ring.



- **Injectable contraceptive (Depo shot):**

- A health care provider injects you with a needle every 12 weeks (about three months).



- **Effectiveness:** Hormonal birth control is 92 to 95 per cent effective for most users and 99 per cent effective if the instructions are followed perfectly.

- **Details:**
 - Hormonal birth control does not protect against STIs.
 - Like all medications, hormonal birth control methods might give you side effects. Talk to your health care provider to learn more.
 - Some types of hormonal birth control take two to four weeks to start working, so it is important to plan ahead.
 - If you don't use hormonal birth control correctly (for example, if you forget to take a pill one day, or you forget to put on a new patch or put in a new vaginal ring), it increases your chance of becoming pregnant.
- **Where to get it:** Some clinics provide it free or at low cost, or you can get a prescription from a health care provider.

Emergency contraceptive pill (ECP)

- **How it works:** The ECP is used by females. Used correctly, an ECP prevents pregnancy (by preventing ovulation, fertilization or implantation) after having unprotected sex.
- **How to use it:** Within 72 hours of having unprotected sex, take the pills as directed by your health care provider.
- **Effectiveness:** ECP is 95 per cent effective if used within 24 hours of unprotected sex, and 89 per cent if used within 72 hours.
- **Details:**
 - It does not protect against STIs.
 - It can have side effects, such as nausea.
- **Where to get it:** A teen clinic, health care provider, or walk-in clinic can prescribe an ECP. Some pharmacies sell them without a prescription.



SELF-REFLECTION: BIRTH CONTROL

Think about your current use of birth control:

- *How do I currently use birth control?*
- *What type(s) do I use?*
- *Do I use birth control every time I have sex? Why or why not?*
- *What are the good things about my current use of birth control?*
- *What are the not-so-good things about my current use of birth control?*
- *How important is it for me to use birth control every time I have sex?*

MY CHANGE PLAN: BIRTH CONTROL

I would like to speak to a health care provider about birth control: YES / NO

The following birth control methods are good options for me:

1. _____
2. _____
3. _____

I can get or buy this birth control at:

Some things that could interfere with my plans to use birth control are:

I will deal with these concerns by:

RESOURCES

Klinik Crisis Line (24/7)

In Winnipeg: 204-786-8686

Toll Free: 1-888-332-3019

Addictions Foundation of Manitoba (AFM)

Addiction Help Line

Available Monday to Friday, 8:30 a.m. to 4:30 p.m.

Toll free: 1-855-662-6605

Website: MBAddictionHelp.ca

Teen Talk Website

teentalk.ca

Teen Clinic Finder Website

teenclinic.ca

Women's Health Clinic

In Winnipeg: 204-947-1517

Toll free: 1-866-947-1517

Website: womenshealthclinic.org

Sexuality Education Resource Centre (SERC)

In Winnipeg: 204-982-7800

Website: serc.mb.ca

Sexual Health Information Line

In Winnipeg: 204-945-2437

Toll free: 1-800-782-2437

Health Links - Info Santé (24/7)

Toll free: 1-888-315-9257

NorWest Co-Op Community Health

785 Keewatin Street, Winnipeg

Phone: 204-938-5900

Project CHOICES

Klinik: 204-784-4072

NorWest: 204-938-5941



Project CHOICES

is a free counselling program for people who:

- ✓ are sexually active and may become pregnant
- ✓ drink alcohol.

We won't ask you to change your lifestyle.

We want to offer information to help you make the best choices for your health.

To learn more, call
Klinik: 204-784-4072 or
NorWest: 204-938-5941

Free copies of this resource are available;
Email FASDinfo@gov.mb.ca.

Available in alternate formats upon request.

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