Roll-Up #3-The Canada Health Portal

Summary

Assignment #3 was created in collaboration with the Canada Health Portal and they asked the Canadian Youth Connections Team what they thought about various sections on their new site.

40 members responded and their responses are summarized below.

Note: *Any (number) beside a statement represents how many youth said the same thing.

1.) Are there topics (sub-categories) we have overlooked which you think are important to include?

Under Sexuality

- One suggestion is to possibly include under a section about healthy sexuality. Many sites focus only on the bad, but to include a section that includes information on healthy sexual organs, masturbation as an alternative to teen sex, perhaps even healthy genitalia pictures (if this is possible on a government site).
- Under the sexuality category there are five subcategories. This is not too many or too little, just the right number.
- Overall, I cannot think of any topics that have been overlooked. Category names are appropriate and reflect subcategories well.
- Upon entering the site, I found it quite difficult to navigate to the specific area made for 'youth'. When finding the area, I did think the information was OK, but not something that teens would want to go to if they were in need of specific information... I'm thinking more along the lines of school research projects, not for reading on their own time.
- Should include some topics under sexuality such as Adolescence, Contraception, Patient Education, Puberty
- Les catégories sont très bien et je crois qu'il n'en manque aucune. C'est une très bonne idée de mettre les symptômes de chaque MTS.
- Il y a aussi une citation de Woody Allen qui est très intéressante qui pourrait être citée: "La vie est une maladie mortelle transmissible sexuellement" Je l'aime bien, elle est drôle et elle dit tout. (Grossesse, maladie, ...)
- Au niveau de la sexualité sans risque, je crois qu'il est important de parler des différents moyens de protection. Comme par exemple, la pilule contraceptive, le stérilet, les éponges (même si cette technique est de moins en moins utilisée), le condom, les spermicides (toujours utilisé à base d'eau), il serait intéressant de

donner quelques conseils sur l'achat de spermicide. Par exemple, l'utilisation de la vaseline rend le condom plus à risque de rupture.

- Je crois que la liste fournie est complète (du moins aucune autre sous catégories ne me viens en tête) et je pense aussi que les noms sont très bien choisis.
- The following are some terms I feel should be added to the topics listed under "Sexuality".
 - (a) Sexual Diversity which one include Gender Diversity/Identity, Gender Identity Disorder, Issues pertaining to Gay and Lesbian Youth (Perhaps this topic could be included in the Sexual Orientation topic under "Sexuality")
 - (b) Sexual Abuse Although not a perfect fit in sexuality, many people do have to deal with sexual abuse that may adversely affect their sexual understanding and sexual health development.
- Understanding Gender Diversity is crucial to understanding each other, as not everyone fits into a simple model of Human Sexuality and Gender Roles. Hitting those right on the head is important so that we educate youth today so as to get the message to them that "They are not so different".

Teen Pregnancy

- There should be something on miscarriages and how to deal with them
- (2)Under the sun-topic Pregnancy there should be a link providing information about Abortions.
- (2) Which pregnancy tests are best and why* What to do next* if you don't want the baby, where to go (abortion clinics), if you want to keep the baby, then somewhere where you can get help (financial aid, advice) planned parenthood
- Pour ce qui est de la grossesse chez les adolescentes, je suis tout à fait d'accord. Mais est-ce qu'on oubli pas quelque chose ??? Car pour avoir un bébé, il faut être deux. Pourquoi ne pas avoir un site servant à appuyer non pas la jeune adolescente, mais le jeune père également. La fille n'est pas la seule impliquée dans cette histoire. Il ne faut pas oublier les "ADOS PAPA"!:)
- Au niveau des sous-catégories, je crois qu'il serait important de faire une section pour les avortements. Comme nous le savons tous, plusieurs adolescentes prennent la décision de se faire avorter donc il serait important de faire une rubrique sur l'avortement, tout en indiquant une liste de ressources. Je crois qu'il

serait important de mentionner aux jeunes filles la confidentialité des services professionnels, car plusieurs d'entre elles n'en sont pas au courant.

I like the quick information they had at http://www.plannedparenthood.org/sti/stis_html#STI. The shorter the format the better because although we want to know this stuff when we need to, we also tend to be impatient.

Sexual Orientation

- Maybe it would be a good idea to have transgender, gay, lesbian and questioning people put up short stories about how they felt/dealt with their sexual orientation. It would give others an idea of what a person goes through, and it might make someone feel a bit better having an actual tale of someone who went through what they are going through. This of course as supposed to a clean cut "these are the facts" page (this would be permissible in the section explaining the sexually transmitted disease for example)
- Explain each of them Lesbian/Gay/Bisexual/Transgender and compile a list with phone numbers of groups in different cities supporting that lifestyle.

Safe Sex

- If you are going to talk about safe se (i.e. condom etc) you should also let people know on how to have types of safe sex (i.e. safe anal sex, etc...)
- The subtitle "safe sex", just a little point, but should it not be "safer sex"....

 Nothing is foolproof right?
- I think the words "Safer Sex" have been overused honestly and do not seem effective.
- Safe Sex suggestion is protecting yourself and your partner
- When dealing with "Safer-Sex", we not focus on just mainly heterosexual sexuality. Remember, the LBGT community can contract STD's as well and I think it's important to provide a resource for those people as well.
- "Teen Pregnancy" should fit under the term "Safer Sex", perhaps as part of a "What happens when..." section! Along with that section, you could list AIDS and other nasty Sexual Transmitted Diseases.
- I think it would be useful to post a resource where free condoms can be obtained.
 Such places include "Planned Parenthood" and I'm sure provincial AID's
 Committees have such services as well.

Clinics and Service

- Perhaps a category about child support and how to deal with a new born child is a good idea.
- Surprisingly there was no information on sexual assault (rape).
- Instead of clinics and services, something along the lines of where to go for help or medical help in _____ area.
- Maybe a list of places in major cities of various clinics and services
- Il devrait y avoir des références pour chaque province concernant les cliniques et programme d'aide. Les informations ne sont pas toujours accessibles à certains groupes d'ages. Les sous-catégories deraient etre regoupées.

Sexually Transmitted Infections

- I would call it "Sexually Transmitted Disease/Infections". It seems that a disease scares people more than an infection.
- It was notices that Hep B was featured and Hep C was not. Both are possible to get through sexual activity, although hep c is less likely. Might be good to mention it.
- There is no mention of UTIs. I know that the technically they are not STIs, but in women I believe that they may be caused by an increase in sexual activity? In any case, it may be good to have the information there in case someone is experiencing a Urinary Tract Infection. This way they will know to go to the doctor for treatment and have an excuse to go but not feel embarrassed in case it may be something else.
- "Sexually transmitted infections"- Sexually transmitted diseases because more people would right away recognize that instead of the other.
- What about mentioning Bacterial Vaginosis, CYTOMEGALOVRISUS (CMV), MOLLUSCUM CONTAGIOSUM, PELVIC INFLAMMATORY DISEASE (PID).
- PREVENTION should be the number one topic on any page related to Sexually transmitted disease. Our health care system should be more concerned with preventing the spread of STD's then treating them once it has already happened.
- There is a heading that reads "No STI for me!" I believe that it should be changed to "How to prevent an infection" No STI for me! Is not very clear.
- There are ten subcategories which normally would be too many but in this case youths can find specific information, really quickly, don't have to go through lots

of categories to find information. Also "Sexually Transmitted infections" sounds more appropriate than "Sexually Transmitted Diseases".

- The term "infection" makes the conditions sound minor like they could be easily cured forever with antibacterial...)
- I think in this category you should include: Genitoanal Dermatoses, Arbovirus Infections and Urinary Tract Infections.
- Pour ce qui est de la sous-cathégorie: maladies transmise sexuellement, Donner des noms de cliniques/cliniques spécialisées, s'il y en a, des références pour chacune des ces maladies. De plus, il serait intéressant d'avoir le coût moyen des dispositifs de protection contre chacune des maladies, car ça nous évite de nous rendre jusqu'à la pharmacie pour le savoir, et pour certains, ça peut être moins gênant.
- j'aimerais qu'on ajoute : la gonorrhée et mettre des différenciations entre l'herpès bucale et génitale. De plus, vous pourriez parler des causes. Par exemple, infections bactériennes, virales etc. De plus, il serait intéressant de parler des raisons du taux élevé de MTS : l'accroissement de l'activité sexuelle, le remplacement du condom par des contraceptifs oraux, l'opinion voulant que les maladies vénériennes soient faciles à guérir et la tendance à se croire supérieurs (fabulation personnelle)
- Pertaining to Sexually Transmitted "Infections", I think it would be more appropriate to call those "Sexually Transmitted Diseases". After all, the majority of schools in Canada (including Post-Secondary) call them by this term and using "infections" may cause a thought that there is some distinction between an STD and an STI.

Information that should be added:

- There should be information on acne and depression
- I think that all the sub-topics are inclusive and are very to-the point. I think that anyone searching for information will be able to find it the first time around.
- I believe that contraceptives, dating and relationships, sexual abuse and myths should be included.
- I think these other topics should be added: Puberty(why it is happening), How to eat well (daily intakes of the food groups), Exercise/staying in shape, obesity, and smoking
- For the first point, I REALLY think there should be a FAQ section, for just general questions about sex. Like is there really such thing as a g-spot, etc. I know for a FACT that lots of kids will like that.

- Maybe something about sexual crimes/abuse?
- We did a youth conference and had information on STD's...it is scary how little youth know. I would just suggest that there be as many 1-800 numbers as possible for youth to call or email with questions.
- It might be a good idea to put beside each topic a more simple word because some people might not know what it is. For example: Sexual Orientation (lesbian/gay/bisexual/transgender), etc.
- You mentioned "common myths" for the STDs, perhaps also include other common myths about sexuality in general.
- I believe that as a 'teen' targeted website, it must have more things that teens are into... not just two "creatures" in the bed, with the topic of STD above their head. The picture was cute, but that's about it... there need to be something more effective. Like the youth.gc.ca website, it needs more 'flare'.
- I was wondering if there will be a support group for teens on this site or maybe a question forum where the youth could pose different questions on their mind that they don't have anyone to talk to about. I think that the mental aspect is just as if not more so important than just being informed.
- Teens are having sex so early in their lives now that they are deeply troubled with issues surrounding sex from a much too early age. I think the site should also state how sex is a wonderful thing, and that you should make sure that only when YOUR ready mentally and physically to have and not be pressured by your partner or peers. Also that you are giving your partner your most precious gift (yourself). Kids have to understand more than just the mechanics of sex, they have understand what they will go through emotionally afterwards.
- Suggestions for possible subheadings not included would be: puberty (talking about hormones and changes in the body), abstinence vs. sexually active (talking about the advantages and disadvantages of both choices and the reasons which lead some teens to be sexually active while others choose to not have sex before marriage).
- Sex and sexuality around the world (here you could talk about how sex is viewed around the world from the eyes of different cultures and people; I think this is very important since Canada is such a multicultural country and there are many different people with different ideas about sex depending on their background, values and beliefs)
- Malheureusement, les sites proposés sont seulement en anglais... Pour les francophones qui ne parlent pas anglais cela peut être compliqué.

- Je crois qu'il serait important de parler de la puberté car la puberté à un lien avec le début de l'activité sexuelle. Dans cette catégorie, il serait important de parler des caractères sexuels primaires et secondaires.
- De plus, le site pourrait parler de la maturation précoce et tardive chez les garçons et les filles.
- Ces trois sites seraient très intéressants à rajouter car cela permettrais aux francophones de pouvoir avoir accès à de l'information utile dans leur langue d'origine.
- les informations liées à la puberté... Tous les changements qui s'effectuent, ce qui est normal ou pas, des sites à ce sujet où les "préados" pourraient trouver des réponses à leurs questions... C'est la principale lacune que je remarque...
- Another possible subtopic should be that of "Gender Identity" and should fit under "Sexual Diversity".

Some links to "Gender Identity":

http://webhome.idirect.com/~beech1/GENDERID.HTM

http://www.leaderu.com/jhs/rekers.html

http://www.pflagdetroit.org/answers_to_your_questions_about.htm

(American Psychological Association)

http://www.hc-sc.gc.ca/hppb/hiv aids/youth/journey/

The above site I found VERY useful when I came out of the closet!

Great job Health Canada!

http://www.queensu.ca/humanrights/sexgenderdiversity/main.htm

http://www.anac.on.ca/sourcebook/part 2 unit 14.htm

2.) Are the category names the right ones?

- (3) I thought they were fine.
- Maybe if you put the names of infections along with other names they are known for...like crabs for example, in the main listing so they are easier to find.
- About the yeast infection, maybe also call it a Urinary Tract Infection instead. I think guys can also have an infection.
- I'd change the heading from TEEN HEATH, to YOUTH HEALTH, because teen is specifically 13-19, what about 20-23 or so. Maybe that age group fits under adults anyways, but maybe not.

- Instead of Sexually transmitted infections (which sounds rather disgusting), maybe make it something like "STD's"? Just a thought.
- I think sexual abuse should be one of them.
- I would change safe sex to prevention, or something more along that line. I also don't like clinics and services, maybe a "where to go for HELP" or something like that.
- Honestly, I cannot find anything wrong so far with the types of sub-topics. It's very user-friendly, and using plain ENGLISH (as you have done) is very important to ensure everyone finds what they are looking for.
- The category names are fine the way they are. You may want to include a FAQ section and a Resource section for links and information on other sites.
- Peut-être rajouter une catégorie "Première fois"...

3.) Do you feel the category name "Sexual Orientation" is better option than the term Lesbian/Gay/Bisexual/Transgender.?

- Putting it this way is much better than saying gay or lesbian because it makes them different and they aren't.
- Often when bodies are changing, the changes can scare you into thinking something is wrong when everything is actually fine. To have a frame of reference available might be helpful.
- I think the sexual orientation title or LGBT are both fine. Sexual Orientation does imply that you may be discussing "straight" orientations as well, whereas LGBT suggests information specifically tailored to LGBT people. So the choice for the name depends on the targeted audience of the link.
- Sexual Orientation- sexual preferences: I just don't see sexual orientation a lot so teens might not be able to recognize what that means. Also comparing it to Lesbian/Gay/Bisexual/Transgender, I think the L/G/B/T is better.
- I do believe that sexual orientation is better than listing each orientation.
- I think sexual orientation or "sexual preference" works best.
- "Lesbian/Gay/Bisexual/Transgender" sounds better than "sexual orientation".
- If the topic is about Lesbians, Gays, Bisexuals, and transgender, then call it lesbian, gays, bisexuals etc.

- This is a tough one, but in the end I would say that sexual orientation sounds better. Perhaps, when you hover the mouse on it, it can say Lesbian/Gay/Bisexual/Transgender.
- The category name "Sexual Orientation" is a better term to use. It is clear about what the topic will be about.
- (7)I also believe the heading "Sexual Orientation" is better term to use than "Lesbian/Gay/Bisexual/Transgender.
- "sexual orientation" is MUCH better that naming the types. I find that lots of kids would find that a demeaning and bad way to say this. This way, it's more generalized, and everyone is happy! As for the different websites, I think you guys pretty much covered them ALL.
- definitely not the best option...maybe Lesbian, Gay, Bisexual, Transgender, Transsexual or Questioning like you suggested
- It is more professional and not as long.
- However, one category name, which I strongly disagreed with was the one titled "Sexual Orientation'. I believe that rather than just 'coating' the word, so to speak and giving it this general term- it should be called what it is... 'Specific information for Lesbian/Gays/Bisexuals/Transgender teens. Sexual orientation is like putting term to WHAT they are rather than WHO these people are.
- I think that referring to Lesbian/Gay/Bisexual/Transgender as "Sexual Orientation" is very Politically Correct so I see no problem with it.
- I think that it's better to call things by their real name so, to me the name: Lesbian/Gay/Bisexual/Transgender is the best way to identify Sexual Orientation.
- I think the name Sexual Orientation is broader and more comprehensive than just Gay or Lesbian, because it refers to people of all kinds of different sexual orientations. However, I think that under this heading you should have different subheading for all Homosexual, Bisexual, Transgender, etc. so that all of the different categories are identified and there is information for each one.
- "Sexual Orientation" is better than Gay/Lesbian... etc

- Je crois que la catégorie Orientation sexuelle devrait être appelle Lesbiennes, homosexuelles et transgenre car il est beaucoup plus facile de se retrouver pour quelqu'un qui cherche de l'information sur ces sujets.
- Je préfère le terme "orientation sexuelle" car c'est moins choquant pour les personnes qui malheureusement méprisent encore cette réalité et parce que c'est plus vaste comme thème. Les gens vont être plus portés à aller visiter le lien.
- The term "Sexual Orientation", I feel it's much better than the terms Lesbian/Bisexual/Gay or Transgendered. Even the term "Queer Youth" would have been appropriate because in the Gay Community, "Queer" is not as degrading as other colorful words and fits all ends of the spectrum in terms of sexuality and gender. Queer covers LBGT, Gender Roles, and Gender and Sexual Diversity. Also important to include in the topic of Sexual Orientation would be "Ways to find help".

For example, adding the EGALE Website as a resource at http://www.egale.ca. Also, the following page could be used to find links to LBGT centers at campuses and cities across Canada.

http://www.ncf.ca/ip/sigs/life/gay/elsewhere/gayuni.cen http://www.pflag.ca/

Subtopics under Sexually Transmitted Infections:

A few tasteful pictures are always welcome in addition to all the other information about the disease just to give people that extra scare. It makes people really think before they jump into bed. A picture should be added to the below mentioned:

Chlamydia
Gonorrhea
Syphilis
Genital Herpes
Genital Warts, [Human Papilloma Virus (HPV)]
Trichomonas
Pubic Lice / scabies
HIV / AIDS
Hepatitis B
Yeast Infections

- I also prefer the title "Sexually Transmitted Disease" over "Sexually Transmitted Infections.
- Hepatitis B [not completely accurate to say this is a sexually transmitted infection/disease]

- Yeast Infections [this isn't necessarily a sexually transmitted infection; you can get it w/o being sexually active...]
- UTI Urinary Track Infection* even though it's not a STD, may be a good idea to explain what this is because they can result from having sex.... I don't know where to put it.
- Je crois que vous devriez écrire MTS au lieu de infections transmises sexuelles.
 Personnelement, je suis plus habituée au terme.

Suggested Sites

- I believe you have covered all of the Canadian ones. Although it is not Canadian in origin, I do want to submit the link to Ask Alice from Columbia University (USA) http://goaskalice.columbia.edu/ It's a really good site and if you were to consider putting just one international link on the site, that would be my vote.
- I was looking through the sites that had already been used, and I was wondering if they were planning on linking to local sites, for example, I am from Barrie, so a link to the Simcoe County Health Unit might be more helpful for people in my area than say Kamloops British Columbia. The Link to the Simcoe County Health Unit is http://simcoehealth.org/.
- http://www.region.peel.on.ca/health/sexuality.htm This site was put together by the Peel Regional Health Department and included lots of great information for teens.
 - http://www.chebucto.ns.ca/Health/TeenHealth/sexualhealth/home.htm This site was done by Public Health Services and Dalhousie University's Faculty of medicine for Teens. They also have a complete section on sexual abuse, assault and harassment.
- http://www.teachingsexualhealth.ca/ This site breaks information down by elementary, junior high and senior high school categories. They have a links section that may be helpful.
- http://www.sexualityandu.ca/eng/teens/ The Society of Obstetricians and Gynaecologists of Canada have put together this site for teens. This site is one of the better ones for information and navigation. You can also subscribe to their enewsletter.
- http://www.ualberta.ca/HEALTHINFO/Decisions/introduction.htm This site
 was done by the University of Alberta's Heath Centre. They included topics I
 hadn't thought about including body image, self-esteem and personality.

- http://www.calgaryhealthregion.ca/hecomm/sexual/sexual.htm This site has a lot of Calgary resources but they have a very thorough FAQ section and you have the ability to submit questions.
- http://www.planetahead.ca/home.cfm This site was very cute. Put out by Vancouver Coastal Health Authority, they include a section for parents, a pleasure zone and various other quizzes.
- http://www.youthco.org/ This site is for youth 15-29 that addresses HIV/AIDS and Hepatitis C related issues
- http://teenwire.com/index.asp I think this one is an American site.
- Caring for Kids < http://www.caringforkids.cps.ca/teenhealth/> This site is focuses on the health of kids to teens and I chose it because it has a lot of good tips and info on pregnancy, smoking, etc.
- The Parent Report < http://www.theparentreport.com/> this one is about health info for infants to teens. I think this site is useful because it points out why eating right is important as well as other relevant info on Teen Health.
- Capital Health < http://www.capitalhealth.ca/default.htm This site is very useful and covers just about every health-related topic that many teens don't know.
- http://www.soytoronto.org/ (supporting our youth)
- http://www.aidslaw.ca/home.htm Canadian HIV/AIDS legal Network, because it is important to know your rights and what you can do if you have AIDS, or if someone that you know (friends, family) have AIDS.
- http://www-hsl.mcmaster.ca/tomflem/std.html Health Care Information Resources, because this website has a lot of links on AIDS, STDs, Youth, specially in Canada.
- http://www.cdnaids.ca/ Canadian Aids Society (since AIDS is a sexually transmitted disease I think it is essential to be informed and educated about it)
- http://www.sieccan.org/ Sex Information and Education Council of Canada (lots of information on sexuality including the Canadian Journal of Human Sexuality)
- Je vous propose le site masexualite.ca, ce site est bilingue!
- De plus, je pense qu'on pourrait ajouter le site de jeunesse j'écoute:
 http://jeunesse.sympatico.ca/fr/ parce que ce site renseigne sur les MTS, grossesse etc.

- Ce site fournit de nombreux renseignements aux adolescents sur la sexualité :
 http://www.doctissimo.fr/html/sexualite/education/index_se_education_adolescen_ts.htm
- C'est un forum répondant à des questions posées par les adolescents :
 http://faq.ressy.org/sexualite_adolescence.htm
- For related web sites I would also suggest www.serc.mb.ca
- Masexualité.ca: http://www.masexualite.ca: Très bon site administré par la Société des obstétriciens et gynécologues du Canada. C'est donc un sites très complets comprenant une partie pour les parents, les adolescents, les adultes, les enseignants et les professionnels de la santé.
- C'est moi en ligne / mefirstonline : http://mefirst.ca : Site internet concu spécialement pour les jeunes femmes contenant de l'information sur la santé et la sexualité. C'est un sites très complet comprenant même une FAQ sur la sexualité et une très bonne liste d'hyperliens.
- J'Capote: http://www.jcapote.com: Site Internet donnant une tonne d'informnation sur la sexualité et le port du condom.
- Tel-Jeunes : http://www.teljeunes.com/thematiques/j/index.asp
- Le site des maisons de jeunes : http://www.maisonsdejeunes.qc.ca/site/index.asp?sort=1.14
- masexualité.ca : http://masexualite.ca/fre/adolescents/
- Sexual Abuse Links in Canada:
 http://www.anac.on.ca/sourcebook/part_2 unit_3.htm
 http://www.isys.ca/ssacc/sexualabuse.htm
 http://www.hc-sc.gc.ca/hppb/familyviolence/nfntsabus_e.html
- Here are a list of provincial AIDS Committees that I feel should be listed under the topic "HIV/AIDS"
 AIDS Committee of Newfoundland and Labrador: http://www.acnl.net

AIDS Coalition of Nova Scotia:

http://www.acns.ns.ca

AIDS New Brunswick/SIDS Nouveau Brunswick http://www.aidsnb.com

AIDS PEI

http://www.aidspei.com

 Canadian HIV/AIDS Legal Network http://www.aidslaw.ca/Maincontent/linksmb.htm

Comments on sites:

- Sites where information is gathered, that is pretty good list. The UK government website has a pretty good feel to it. They make it a little less clinical than the Health Canada web page. http://195.167.181.47/home. asp. They have a decent way of getting the point across.
- Also on the bottom right there is a "hide this site now", button that would probably make seeing the sight a little less stressful.
- The US websites are a joke. The main Department of Health and Human Services does not have a clear link to sex for youths or sexually transmitted diseases. The STD prevention page looks cheap and has a really bad layout. http://www.cdc.gov/nchstp/dstd/dstdp.html Whatever you folks do, please don't let it look as bad as this.
- The UK page is great and makes the already painful process of looking for the information on diseases, a possible pregnancy or the such.
- The assignment 3 web page states: "sites we have already GATHERED info, from:" and then there are 23 websites listed. If these 23 websites are there only to gather info great but if these 23 websites will be posted on page then not so great. I think the average youth would be overwhelmed if he/she had to search through 23 websites to find info. he/she is looking for.
- I think the category names were good, but I think there needs to be a greater amount of information and links to other teen health websites that answer questions other than most STD, and such.