



SHORE CENTRE

SEXUAL HEALTH • OPTIONS • RESOURCES • EDUCATION

www.shorecentre.ca

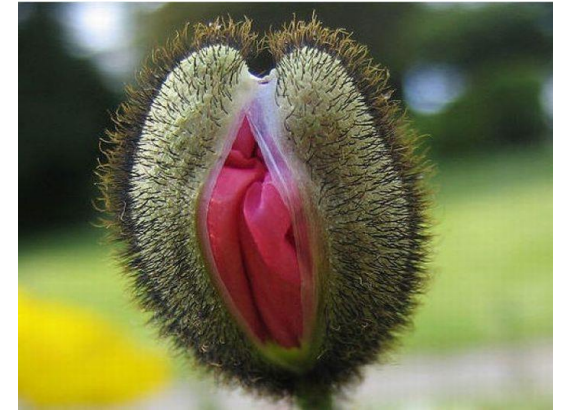
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SHORE Centre Staff

- Lyndsey - Executive Director
 - Alicia - Office Manager
 - Kayla - Pregnancy Options Support Coordinator
 - Stacey - Community Sexual Health Education Manager
 - Maggie - Sexual Health Educator
 - Brockenshire - Sexual Health Educator
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- **Dedicated students and volunteers, including Board of Directors**



SHORE Centre is...

Our Values:

Pro-Choice Inclusive
Sex Positive Accessible

Our Vision:

A community that honours
sexuality, diversity and choice.

Our Mission:

Promotes choice through accurate
sexual health education and
confidential pregnancy options
support.



SHORE Centre Services



- All services are **FREE!**
- Provide resources, condoms, dental dams, lube

2 Core Programs

- Pregnancy Options Support
- Sex Education

SHORE Centre Services

- Our services are for everyone
- Our clients are diverse in age, gender, orientation, ability, culture, race, income level, education, religion
- We strive to treat everyone with understanding, dignity and respect

*I have value. I am worthy.
I have dignity.*

Pregnancy Options Support

- Pregnancy Options Support: in office, phone, email
- Prenatal vitamins
- Pregnancy testing (urine testing)
- Referrals
- Wheels for Choice - Driver and Accompaniment Program



Sex Education

- Prevention
- Harm Reduction
- Sex Positive
- LGBTQ+ Positive
- Pleasure Positive
- Body positive
- Health Matters (workshops, presentations, info booths)
- Just4Girls - after school programs
- Just4Guys – grade 8 guys program
- Great Sexpectations – Peer Theatre Education Program
- Sexability – sex education for people with developmental disabilities
- Women's and Men's Health Program: language specific sexual health education



IS FOR
EVERYONE!!

Introducing Vivian and friends!



When a person becomes pregnant...

They have 3 options:

- Continue with the pregnancy and **parent**
- Continue with the pregnancy and place for **adoption**
- End the pregnancy by having an **abortion**



Whose decision is it?

The choice belongs to the
person who is pregnant
and no one else.

History of Abortion in Canada

- 1988 – The Supreme Court of Canada strikes down Canada's abortion law, ruling it is unconstitutional because it violates Canada's Charter of Rights and Freedoms by infringing on a woman's right to "life, liberty and security of the person"
- **Does Canada currently have laws about abortion?**
- **What do you think happened before 1988? Were abortions performed?**

Abortion in Canada

- Canada does not have laws regarding abortion.
- Abortion procedures are regulated by the Canadian Medical Association.
- People of all racial, socioeconomic, cultural and religious backgrounds have abortions.
- People of various ages and abilities have abortions.
- In Canada you can have an abortion up to 24 weeks of pregnancy.
- In Waterloo Region you can have an abortion up to 13 weeks of pregnancy.
- The majority of abortions occur in the first trimester of pregnancy (under 12 weeks).
- In many countries in the world abortion is illegal.

Abortion in Canada

- You do not need a referral from a physician to get an abortion, you can self-refer, your physician does not need to know.
- You do not need permission from your parents to get an abortion and your parents do not need to know.
- Under proper medical conditions, abortion is a very safe procedure.
- The earlier in your pregnancy the abortion is performed, the safer it is.
- 97% of people who have a first trimester abortion have no complications or any post-abortion complaints.

Abortion in Canada

- For a first trimester abortion the procedure takes less than 10 minutes.
- The emotional response after an abortion is different for each individual because the circumstances of each individual considering an abortion are different.
- Post Abortion Stress Syndrome (PASS) is not recognized by the American Medical Association or the Canadian Medical Association.
- Studies have shown no association between breast cancer and abortion.
- There are many barriers for people accessing abortion.
- SHORE Centre does not perform abortions, however we will support you and provide you with the information you need to have an abortion.

Films About Abortion

- If These Walls Could Talk (1996) Demi Moore, Sissy Spacek, Cher
- 12th and Delaware (2010) – documentary
- After Tiller (2013)- documentary
- Vessel (2014) – documentary

- Dirty Dancing 😊

Abortion in Waterloo Region

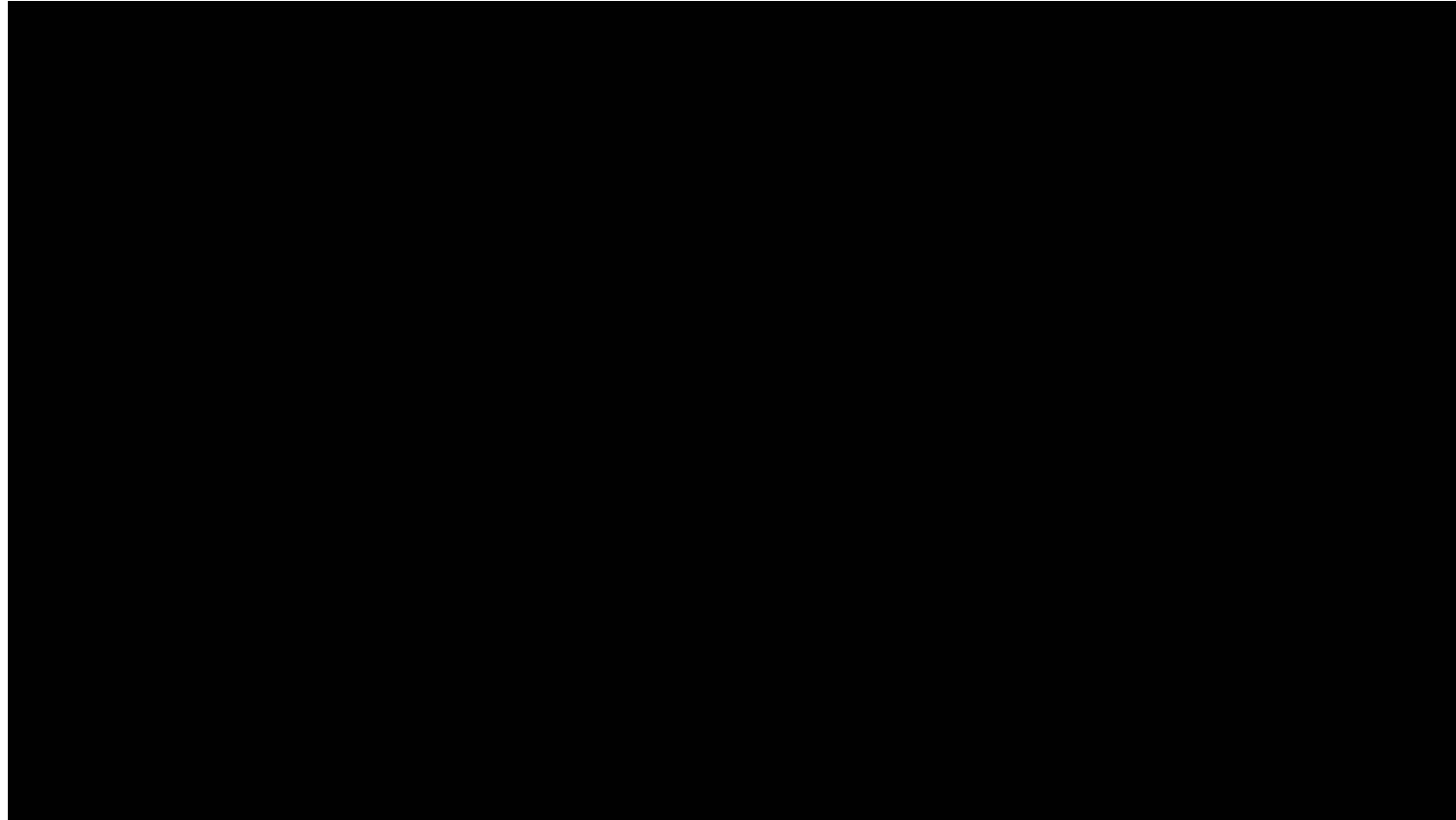
- Grand River Hospital, Freeport Site, 3570 King Street E Kitchener
- Call **519 749 4254** – ask for Brigid – to make an apt (self refer)
- Up to 13 weeks gestation
- Tuesday and Thursday mornings only
- Physician from Toronto, identifies as female
- Covered by OHIP, must have OHIP card with you or must pay
- Can bring a support person

Abortion Pill

- 2015 - approved by Health Canada
- slowly becoming available across Canada, available locally
- Can be used up to 7 weeks gestation
- **How it works:** blocks progesterone (helps to sustain pregnancy) + causes uterine contractions = similar to an early miscarriage
- Physician training required to prescribe
- World Health Organization lists as an “**essential medicine**” (has been available in France since 1988 and U.S. since 2000)
- Could provide more options to those who live in rural, remote and Northern areas of Canada



What Actually Happens When You Have An Abortion?



<https://www.youtube.com/watch?v=vWKqeJnzeBc>

Ways to Help Prevent Abortion

- Provide people with Comprehensive Sex Education.
- Make birth control more easily available.
- Improvement of Birth Control Methods.
- Get everyone involved – this is not a women's issue.
- Increase Self-Esteem.
- Destigmatize Sexual Health, including abortion.



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Emergency Contraception

- Plan B, Next Choice – NOT abortion pills
- Prevents a pregnancy DOES NOT affect an existing pregnancy
- ECP is less effective in people over 165 lbs.
- ECP may not be effective in people over 175lbs.



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The Science of Plan B – Emergency Contraception



<https://www.youtube.com/watch?v=7VoZr9vHeMo>



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Emergency Contraception

- Must be used as soon as possible (from immediately to within 72 hours) after unprotected sexual activity.
- The effectiveness decreases with time.
- contains a large dose of levonorgestrel (a progestin) that works similarly to the birth control pill by preventing ovulation, thickening cervical fluid and thinning the lining of the uterus.
- Emergency contraception is an over-the-counter medication, no prescription needed (it may be kept behind the counter)
- can be purchased at any pharmacy, costing anywhere from \$21 - \$45.

Resources

Abortion Information

<http://www.shorecentre.ca/wp-content/uploads/Abortion.compressed.pdf>

Vulva and Vagina

<http://www.shorecentre.ca/wp-content/uploads/Vulva-and-Vagina.compressed.pdf>

Penis and Testes

<http://www.shorecentre.ca/wp-content/uploads/Penis-and-Testes.compressed.pdf>



Don't change
so people will like you.



Be yourself
& the right people
will love the real you.



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