

YOUDIGITAL

PANDORA RESOURCES

Sexual Health Chat Bots and Texting

Roo the Sexual Health Chatbot

About: Roo answers all your awkward questions about sexual health, relationships, growing up, and more. Chatting with Roo is free and private, so go ahead and ask the things you don't want to ask out loud.

Website: <https://www.plannedparenthood.org/learn/roo-sexual-health-chatbot>

SextEd

About: SextEd is Montreal's free, confidential texting helpline for questions about sexual health or dating. Just text a question to 514-700-4411 and you'll get an answer within 24 hours! All of their answers are reviewed by people with years of experience in sex ed.

Website: <https://sexted.org/about/>

Cyberbullying

Need Help Now

About: Need Help Now provides information to youth who have been negatively impacted by a sexual picture/video being shared by peers. The site offers guidance on the steps to take to get through the situation and #ChangeTheStory. If you or someone you know have been negatively impacted by an exploitation incident, they are there to help.

Website: <https://needhelpnow.ca/app/en/>

General Sexual Health Resources

MTV's It's Your (Sex) Life

About: It's Your (Sex) Life is MTV's Emmy Award-winning public information campaign to support young people in making responsible decisions about their sexual health. Access videos, information, and live chats about sexuality, health and relationships.

Website: <http://www.itsyoursexlife.com/>

Native Youth Sexual Health

About: The Native Youth Sexual Health Network (NYSHN) is an organization by and for Indigenous youth that works across issues of sexual and reproductive health, rights and justice throughout the United States and Canada.

Website: <http://www.nativeyouthsexualhealth.com/>

Instagram: @nyshn

Scarleteen | Sex ed for the real world

About: Inclusive, comprehensive, and supportive sexuality and relationships info for teens and emerging adults. Text keyword ASKST to 66746, followed by your question on sexuality, birth control, gender identity, your rights, and lots more!

Website: <https://www.scarleteen.com/>

Instagram: @Scarleteenorg

Sex, Etc.

About: Comprehensive sex ed information including: stories written by teen contributors, opportunities to get involved and make a difference on sexual health issues, and the Sex, Etc. blog which addresses timely and relevant news. Also includes forums where teens can participate in moderated discussions with other teens and videos about sexual health.

Website: <https://sexetc.org/>

Instagram: @sexetc

Youtube: <https://www.youtube.com/c/SexetcOrg/featured>

Facebook: <https://www.facebook.com/SexEtc>

Teen Health Source

About: Resources from Planned Parenthood Toronto for teens about sexuality, sexual health, mental health, gender identity and sexual orientation.

Website: <http://teenhealthsource.com/>

Identity issues and Media Literacy

AdiosBarbie

About: A feminist site whose mission is to broaden the concepts of body image to include race, gender, LGBTQ, dis/ability, age, and size. They believe in media literacy and critical thinking as tools that can positively shape the way we perceive the world and ourselves. By identifying where negative or disempowering beliefs originate (e.g., the media, culture, peers, family, etc.), we can shift from being passive consumers and craft our identities on our own terms—instead of trying to keep up with an unattainable ideal.

Website: <https://www.adiosbarbie.com/#results>

Instagram: @ adiosbarbieofficial

Sex Educators

Nadine Thornhill - certified sex educator from Toronto

About: Nadine Thornhill Ed.D - your friendly, neighbourhood sex educator! I'm a parenting and education consultant with a focus on child and adolescent sexuality. If you have questions or need help talking to your family about bodies, relationships, gender, consent, pregnancy, sexual diversity or anything else related to sex and sexuality, I'm here for it!

Website: <http://nadinethornhill.com>

YouTube: <https://www.youtube.com/c/NadineThornhill/featured>

Instagram: @NadineThornhill

Eva Bloom

About: “What’s My Body Doing” is a web series hosted by Eva all about pleasure-inclusive sex-ed for the people traditional sex-ed leaves behind. You’ll find short videos that are anti-oppressive, sex-positive, and evidence-based. With a background in social psychology and currently pursuing a Masters, Eva has got the sex research to answer all of your questions.

Instagram: @whatsmybodydoing

Youtube: <https://www.youtube.com/c/WhatsMyBodyDoing/featured>

Sex and Disabilities

Chronic Sex

About: Many things are affected by chronic illnesses and disabilities. However, the things most focused on by the wide world are productivity, symptoms, morbidity, and mortality. These are clearly worthwhile, but what about Quality of Life (QOL)? Chronic Sex aims to open up frank discussions and ruminations about how QOL is affected, specifically focusing on self-love, self-care, relationships, sexuality, and sex itself.

Website: <https://www.chronicsex.org/>

Instagram: @chronic_self_love

Resources en français

SexURL

About: SexURL – «Réfléchir à ça» est un site web destiné à informer et conseiller les adolescentes, adolescents et jeunes adultes sur leur sexualité. Il permet à tous, autant les jeunes que leurs parents, leurs proches ou leurs enseignant-e-s, de rechercher des informations sur des sujets qui les concernent ou qui les intéressent.

Website: <https://reflechiraca.co>

YouTube: <https://www.youtube.com/channel/UCsijXbgiFVyTTY6xO7wLhfg/featured>

Instagram: @reflechir_a_ca

On SEXplique Ça

About: On SEXplique ça s’est donné la mission d’assurer des services d’éducation à la sexualité fiables, positifs, inclusifs et accessibles au Québec pour les jeunes de 10 à 17 ans afin de promouvoir une sexualité saine et épanouissante.

Website: <https://onsexpliqueca.com/>

YouTube: <https://www.youtube.com/c/onSEXplique%C3%A7a/featured>

Instagram: @onsexpliqueca