# Toolkit for Secondary Schools

Who is this toolkit for? Students, school teams and support professionals

A free, public and optional resource to promote more humane care, dignity, consent and access to clear information.

## Why this toolkit?

• Offer an accessible starting point for questions about sexual health, menstruation, pain and consent.

• Point people to reliable resources on contraception, sexually transmitted and blood-borne infections (STBBIs), and situations in which support is needed.

• Promote respect for the body, privacy, boundaries and choices.

• Recognize young people's diversity and their right to non-judgmental information.

## How to use it

1. Introduce the website during sexuality education activities, as a complement to the school curriculum.

2. Display a poster in appropriate locations, without requiring students to disclose their concerns.

3. In the event of significant pain, assault, a possible pregnancy or an urgent need, refer the person to a school nurse, a youth clinic or a health service.

## A simple way to introduce the resource

“Questions about your body, your period, consent or your sexual health? You can explore this free resource at your own pace.”

## Precautions

Do not use this toolkit to collect students' personal information. Applicable rules on confidentiality, the protection of minors and reporting remain a priority.

## Resource to share

https://gynecosansdouleur.ca

Resources and pathways evolve. Check the current website content before sharing widely.



English translation: 14 Nov 2026. Translation is not clinical review. Linked resources may be in French.

PRINTABLE POSTER

# My voice. My body. My care.

Free resources on gynecological health, pain, consent, intimacy and sexuality.

**https://gynecosansdouleur.ca**

Explore freely, without registering.



English translation: 14 Nov 2026. Translation is not clinical review. Linked resources may be in French.

# CUT-OUT CARDS

**GYNÉCO SANS DOULEUR**

## My body. My care. My voice.

A free resource to help you learn at your own pace.

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Print at 100% scale and cut out. The QR code links to the public home page.



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