

# RELATIONSHIPS, SEXUAL HEALTH, & COVID-19: WHAT DO I NEED TO KNOW?

**INFORMATION FOR  
SECONDARY STUDENTS**

## HOW CAN YOU GET COVID-19?



COVID-19 is passed through respiratory droplets or aerosols that are made when we talk, laugh, breathe, sneeze, or cough



Being in close contact with someone who has COVID-19 is high risk for getting or passing COVID-19, whether you engage in sexual activity or not

## RELATIONSHIPS



Talk with your dating partner about your emotional and physical boundaries and tell them who you have been in close contact with



Consent for any sexual activity is needed from all partners. This applies to all forms of touching, including kissing

**Dating partners should respect each other's boundaries**

## WHAT CAN I DO?

Wear a mask and stay 6 feet apart from people that you don't live with



Limit the number of people you have close personal contact with, including dating and sex partners

If you are feeling sick, don't get close to friends, dating, or sex partners. Talk to a healthcare provider to see if you should get a COVID-19 test



**Talk to your parent(s)/guardian(s) about your household rules and COVID-19 guidelines**

## TECHNOLOGY USE

- Texting, talking on the phone, and video chat can help you keep in contact with friends
- It's important to learn about the privacy levels of any online platform or app that you are using
- To connect with dating partners, think about:
  - Having a virtual date
  - Whether or not you want to sext with someone
  - When it comes to COVID-19, sexting is a safer sex option



## REMEMBER:

sharing a sext without someone's consent is harmful and against the law. If someone sends you a sext, don't share it with other people.

## SEXUAL AND REPRODUCTIVE HEALTH

During COVID-19, the safest type of sexual activity is masturbating by yourself



If you have sex with someone, it's very important to practice safer sex to prevent sexually transmitted infections (STIs) and unwanted pregnancies



Access to sexual health services (e.g., STI testing, abortion care) may be limited during the COVID-19 pandemic



Talk to your healthcare provider about your sexual and reproductive health options



**sieccan**

Sex Information & Education Council of Canada  
Conseil d'information & d'éducation sexuelles du Canada

© 2021 by the Sex Information & Education Council of Canada (SIECCAN)

Financial contribution from



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Production of this resource has been made possible through a financial contribution from the Public Health Agency of Canada. The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada.