Coming Out of COVID: A Fresh Start for Sexual Health

Consent is Essential

Going back to school this fall means students may get together for dates, parties, and other social interactions. Any form of partnered sexual activity MUST include consent.

According to the Law:

• Consent is the voluntary agreement of all partners to engage in sexual activity.

• Consent should be both positive (e.g., saying “yes”) and ongoing (i.e., continues during the sexual activity).

• A person can’t legally consent to sexual activity if they are “incapable” of doing so because of drug or alcohol intoxication.

Get Vaccinated

As part of your safer-sex plan, make sure you are fully vaccinated against COVID-19.

Be Prepared

Condoms are effective for preventing both pregnancies and sexually transmitted infections (STI).

Talk to a Healthcare Provider

Consider a sexual health catch-up appointment (e.g., STI testing, Pap tests, medical contraception, HPV vaccine).

Practice Online Safety

Make sure your online sexual activity/communication is safe and respectful (e.g., ensuring privacy, not sharing information and images without consent).

Want More Info on Consent? Check Out These Resources:

The Law of Sexual Consent in Canada

Department of Justice: A Definition of Consent to Sexual Activity. Policy Centre for Victim Issues, Department of Justice Canada