



TEENS AND SEXUALITY ... WE NEED TO TALK ABOUT IT!

Direction de santé publique de la Montérégie

Data presented in this document pertains to high school students from grade 7 to 11 in the Montérégie. It was compiled from the cycle 2 section of the Québec Health Survey of High School Students (QSHSS), carried out by the Institut de la statistique du Québec in 2016-2017. Click [here](#) to learn more about this survey.

Sexual relations among teenagers



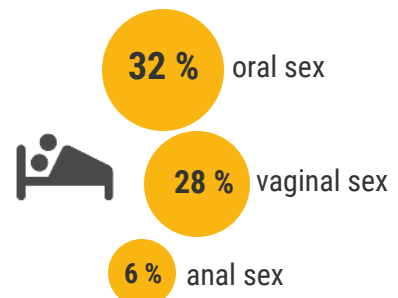
Results refer to students aged **14 and older** who have had at least one **consensual** sexual experience (oral, vaginal, or anal).

This is a decrease since 2010-2011 (39 vs 33 %) for boys and girls at all levels of high school!

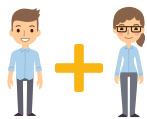


Half of boys and girls in grade 11 have had one sexual relationship

Most teenagers have their **first sexual relationship** around the **age of 16**



Sexual attraction



84 %

are attracted to members of the **opposite sex**



11 %

are attracted to members of **both sexes**



3 %

are **questioning**



1 %

are attracted to members of the **same sex**



1 %

are **not** attracted to **either** of the two sexes

A look at the risk factors among sexually active teenagers



Early initiation

7 % have had their first sexual encounter **before the age of 14**

11 % in 2010-2011 ↘



Methods of protection

78 % use one **contraceptive method** (hormonal or IUD)

58 % use a **condom**
68 % in 2010-2011 ↘

41 % use **dual protection** (hormonal or IUD and condom)



Number of partners

31 % have had **3 partners or more in their lifetime**



The more partners teens have had the less likely they are to use a condom

64 %	52 %	52 % or more

The majority (78 %) of teenagers use effective protection against unplanned pregnancy.

However, 42 % of teenagers do not use a condom. Remember that this remains the best way to prevent sexually transmitted and blood-borne infections (STBBIs) including chlamydia and gonorrhea which are the most common. The use of condoms has decreased since 2010-2011.

Also, too few students protect against both pregnancy and an STBBI. Dual protection is still a challenge!

Reminder

Sexuality is a major concern for teenagers of ALL backgrounds

The combined use of a proven effective contraceptive method and a condom is the best way to prevent unplanned pregnancy and STBBIs. It appears, however, that sexually active teenagers protect against pregnancy more than STBBIs. The notable decrease in the number of teenagers using a condom is concerning.

Whether they are sexually active or not, it is important to educate ALL teens about safe sexual behaviour (contraceptive methods and condoms) and using sexual health services (youth clinics, vaccination and testing for STBBIs), taking into account their different realities and experiences.

What can the **FAMILY, SCHOOL** and **COMMUNITY** do?

Talk to teens about a positive approach to sexuality, keeping in mind their level of development (e.g.: discussions, books, brochures, videos).

Raise awareness among teens about the risks associated with sexual activity and how to prevent them.

Enable access to condoms at home, school and in the community.

Support teenagers without judgement and with respect for diversity.

Facilitate access to sexual health services at school and in the community.

Foster the development of skills like self-affirmation, selfcare and care for others among teens, and making informed choices about their sexual health.



Teens
at the heart of our actions

For more examples for parents, consult the Tool Kit section on the enmodeado.ca website.

For data by territory (only available in french), click [here](#).

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GLOSSAIRE

Double protection

Use of a condom and a regular birth control method (hormonal or IUD) during the most recent vaginal sexual relation.

Early initiation

Students 14 and older who had their first consensual (oral, vaginal or anal) sexual relationship before the age of 14.

Hormonal method

Use of the pill, patch, vaginal ring, Depo-Provera during the most recent vaginal sexual relation.

High school levels

Grade 7 to 11

Sexual relations

Students 14 years and older who have experienced at least one consensual sexual activity (oral, vaginal or anal) in their lifetime.

* Data to be interpreted with caution.

>< Significantly higher or lower than the value presented for comparison.

↗↘ Significant increase or decrease between 2010-2011 and 2016-2017.
