

WHAT MOMMA DIDN'T TELL YOU:

A guide to HIV/AIDS & Sexual Health for young Black women in Toronto



www.onenightyourchoice.com



One Night Your Choice
Take control!
Protect yourself against HIV/AIDS





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Our Mission

To reduce the spread of HIV infection within Black communities, and to enhance the quality of life of Black people living with or affected by HIV/AIDS.

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INTRODUCTION

Ladies, Girls, Gals, People of Toronto... before you have sex (whether again or the first time) we strongly advise you to stop right now and read this. It will improve your sex life...seriously.

How can a booklet improve your sex life?

After you read this, you'll have the basic knowledge about how to protect yourself from HIV/AIDS and Sexually Transmitted Infections (STIs), where to go to get tested and some options you have if you get pregnant. Once you know this information, you'll less likely make risky decisions around sex.

You need to read this because:

- People still think that you can 'wash out' sperm, HIV/AIDS and STIs by douching...

- People still think they're immune to HIV since: "...AIDS is a problem only in Africa & Caribbean..." "they got a real man!" or "...they ain't gay!"
- Young Black women in Toronto don't have a one-stop manual for their sexual health.
- Most importantly, Blacks in Toronto account for about 33% of new HIV infections in Toronto, but make up only 9% of the population.

This is why you should read this.

Where can I find more information?

Check out Black CAP's website

www.onenightyourchoice.com where more details on all the topics discussed in this booklet (and more!) can be found including: basics on HIV/AIDS, how to practice safer sex, sexual violence, female genital mutilation, and quizzes.



HIV/AIDS

HIV and AIDS. The virus/disease that has touched every country in the World and claimed the lives of old, young, Black, White, gay and straight; all in less than 30 years.

Some people believe, "I can't get it!..." "I'm too young to worry about that!..." "I'm a woman it's not an issue for me."... "It's an issue for people in Africa/ people who are gay/ people who are drug users..."

Here's the real deal for the Black community in Toronto.

In 2005, Black, African and Caribbean people accounted for 33% of all new HIV infections. Unfortunately, Blacks only account for 10% of Toronto's population. Statistically, we take the lion share of new infections amongst ethnic minorities.

Within that 33%, young Black women (15-29 yrs) have accounted for around 37% of HIV cases in Toronto between 1985-2005... so much for the thinking "I'm too young to get it!"


HIV and AIDS: So what's the difference?

HIV is the virus that causes AIDS. AIDS is a syndrome and the final stage of the HIV infection. Think of HIV as Clark Kent and AIDS is Superman; your body is the phone booth.

It's important to know you can't catch AIDS, you can only be infected with or transmit HIV.

How does HIV affect my body?

HIV doesn't actually kill you, it just wipes out your immune system and allows any disease



to throw a house party in your body. To copy itself (which it can't do on its own) it infects the T-helper CD4 cell in humans. Why the big deal? It's the cell responsible for coordinating your immune system. Imagine your body trying to function without your brain... Exactly, you can't even think without your brain. Neither can your immune system without the CD4 cells.

How is HIV transmitted?

HIV needs direct contact with the bloodstream, to find the CD4 cell. The following body parts are more vulnerable to tears and breaks, allowing HIV to enter the blood:

- Lining of the vagina
- Lining of the anus (ass)
- Head of the penis
- Skin (if punctured from contaminated needle).
- Mouth (especially if any sores are present)

Intact, healthy skin is an excellent barrier against HIV and other viruses and bacteria.

The following body fluids contain enough HIV to allow HIV to be transmitted:

- Blood
- Semen (cum) and pre-cum
- Vaginal fluid
- Breast Milk

HIV cannot be transmitted through casual or everyday contact such as shaking hands or hugging. Also, HIV cannot be transmitted by:

- Other body fluids including sweat, tears, urine, vomit or feces.
- Mosquitoes or other insects






What increases my risk of contracting HIV?

1. Unprotected oral, vaginal and/or anal sex.
2. Multiple sexual partners
3. Already having an STI; open sores (such as those from syphilis or herpes) on the penis of vagina, mouth or anus provide direct access to the bloodstream.
4. Use of some hormonal contraceptive and spermicides, which can physically

weaken the vagina making it more susceptible to HIV.

What are the symptoms of HIV?

When you are first infected with HIV i.e. the week after HIV enters your body, there are no symptoms. This is why testing is important. In a few rare cases, some people do develop 'flu-like' symptoms after 6 weeks of being



infected, but these go away shortly after. The following symptoms, which indicate HIV has progressed to a more serious stage, may take from 1 to 10 years before appearing, depending on your immune system:

- Lack of energy
- Frequent fevers and sweats (sometimes known as “night sweats”)
- Persistent or frequent yeast infections (oral or vaginal)
- Frequent and severe herpes infections (if you’ve been infected with the herpes virus that cause mouth, genital, or anal sores, or a painful nerve disease called shingles).

Isn't there a cure for HIV/AIDS just around the corner?

There is no known cure for HIV/AIDS. There

are medical treatments that can slow down the rate at which HIV weakens your immune system. Recent trials of potential HIV vaccines have all failed thus far; so break that myth about there being a cure for HIV/AIDS. Book this: You NEED to protect yourself if you can.

Why should I test for HIV?

About 50% of people who are infected with HIV in Toronto's Black community, don't know it. If you're HIV negative, testing is a great way to have some piece of mind. If you're HIV positive then testing regularly allows you to detect the presence of HIV early on, which means:

1. More treatment options, as your immune system is stronger.
2. You can learn how to care for yourself in order to avoid infections, including re-infection with another strain of HIV or



STIs, which can complicate your treatment options. (See website for details)

3. You can protect people you're sexually active with (past, present or future), thus reducing the likelihood of infecting someone else.

To find out where to go to test see the **Resources** page at the end of the booklet.

How do I absolutely protect myself from HIV?

For someone to never get HIV they would have to:

- Abstain from all sexual acts consensual or not
- NOT sharing any drug equipment
- Receiving only screened blood
- NOT drink breast milk from an HIV+ woman.
- NOT have been born HIV+

THE UNSEXY: SEXUALLY TRANSMITTED INFECTIONS (STIs)

Even viruses need friends. HIV's group of friends are STIs; Its 'Best Friend Forever' is syphilis (herpes is BFF No.2). So what's the deal? Well your body reacts to the presence bacteria and the damage of viruses pretty quickly; namely by sending in tons of white blood cells. Now all these white blood cells need a leader to organize this team effort. Someone like a CD4 cell...ironically the same cell HIV is looking for. Now imagine a day where an STI can run free in your body without the worry of a white blood cell attack; like someone who's infected with HIV. Sounds like a partnership worth making. So what do you need to look for?

There are some signs (see below), but some STIs can be undetectable (i.e. no symptoms), which is why you need to test regularly, especially if you've had unprotected sex. Here are the major STIs amongst Blacks in Toronto. (For an exhaustive list of STIs see the website)

If you have any of the following symptoms that appears on your vagina, anus (ass) or mouth, this means you may have an STI, and should seek immediate medical attention:

Vaginal discharge that is green and frothy, thick yellow/white, white and watery, you experience pain during sex, hurts or burns when you pee, unusual cramps or pain in your abdomen, painful red blisters which re-occur, painless sores, severe itchiness, unusually strong odor.



Transmission Legend :V = Vaginal, O = Oral,
A = Anal, MTC = Mother to Child transmission

Note: In order for any transmission to occur, one of the sexual partners must be infected with the STI.

What's its name? Chlamydia

How you can get it? (Transmission)

V O or A sex, MTC during birth

I wouldn't ignore it if I were you... (Untreated)

Infertility. Can become a more serious infection.

What to really do about it... (Treatment)

Antibiotics

What your partner needs to do as well...

Get treatment. No further sex until infection has cleared, unless a condom is used

What's its name? Gonorrhea

How you can get it? (Transmission)

V O or A sex, MTC during birth

I wouldn't ignore it if I were you...

(Untreated) Infertility. Can cause heart complications, skin disease, arthritis and blindness

What to really do about it... (Treatment)

Antibiotics, your doctor may also treat for Chlamydia.

What your partner needs to do as well...

All partners must be tested and treated. NO SEX until the infection clears

What its name? Genital Herpes a.k.a. herpes

How you can get it? (Transmission)

Close skin contact, V, O or A sex, MTC during birth

I wouldn't ignore it if I were you... (Untreated)

Treatments will shorten the attack and pain. Herpes outbreaks can increase your levels of HIV if you're HIV positive

What to really do about it... (Treatment)

Antiviral drugs prescribed by your doctor
What your partner needs to do as well...

Preferably no close skin contact where open sores are present. Use condoms; female condoms provide more partner protection

What its name? Trichomoniasis a.k.a 'Trick'

How you can get it? (Transmission)

Contact with the body fluids from infected area. V, O or A sex, MTC during birth

I wouldn't ignore it if I were you... (Untreated)

Genital inflammation can increase a person's risk for other STIs including HIV. Low-weight baby.

What to really do about it... (Treatment)

Antibiotics

What your partner needs to do as well...

Partners must be tested and treated. No sex until infections clears. Wash all bed linens & towels.

Note: There are 2 strains/types of the herpes virus.

Some people think there is a difference between a cold sore on your mouth (oral herpes) and genital herpes. You can infect a partner with herpes if you give them head when you have a 'cold sore'. You can also catch a 'cold sore' (oral herpes) on your genitals if you have sex with a partner who is having an outbreak and vice versa.



HIV/AIDS & STI TESTING

Who should test for HIV?

Everyone & anyone.

It's even more important to test if you say yes to any of the following:

- Had sex after 1980, even if married.
- Shared needles, crack pipes, or straws to use drugs
- Received a blood transfusion
- You are still alive

Why should I test for STIs?

Some STIs, even those that are curable, left untreated can lead to infertility, permanent damage and increase your risk of contracting HIV.

Testing regularly also reduces transmission of HIV and STIs. If you test regularly you'll reduce the likelihood to transmitting anything you have to anyone. Vice versa, you might be the one to inform someone that they NEED to get to a clinic ASAP because they gave you a 'not-so-nice' present!!

See the **Resources** page at the end of this booklet for a list of HIV and STI testing sites. Testing is free, and in some cases you won't even have to give your real name or information (anonymous testing).

THE SEXY SIDE OF SAFER SEX

So what if you are able to abstain from everything but sexual acts? How do you protect yourself then? Good that you asked. Let's get started on the basics of sexy safer sex...

What could be sexy about safer sex?

Everything! Being safe with a new partner/long-term partner shows respect for your partner and respect for yourself. What could be sexier than feeling safe, comfortable and protected? You can explore your body, your partner's body and mutual pleasure with greater comfort.

So what are your options for protecting yourself?

In this guide, you'll learn about:

- The male condom: How to use, and care for condoms

- Lubrication (lube): The different types, what goes well with what, and how to use lube properly.

See **www.onenightyourchoice.com** for details on:

- A full list of contraceptive options for young women
- A more detailed guide to using the male condom (for beginners)
- How to use the female condom
- How to use Gloves
- How to use Dental dams

Male Condom

So you've been having sex for a long-time, and you think you're the expert on condoms. Unfortunately, it doesn't mean that you've been doing it correctly. Not knowing how to properly use a condom means you're still at risk for pregnancy, HIV and STIs.

If you think that as a woman it's not your responsibility to know how a condom should be used...think again! If you know how a condom is supposed to be used, then you'll know when your guy is doing it improperly. And if he doesn't know, you can teach him. When buying condoms, ensure your partner gets a condom that fits his penis and not his ego. A condom that's too big can slip off during sex.

Important Note: If you have a latex allergy, you can try using condoms that are made of polyurethane, like the female condom, or Durex's 'Avanti' condoms. Trojan also makes 'Supra: Microsheer', but it contains the spermicide nonoxynol-9 (non-OKS-ih-noll-9), which can irritate the vagina.



HOW TO USE A MALE CONDOM: GUIDE FOR WOMEN

1st time condom user? Has a condom ever broken on you? Need a refresher? Here we go!

Getting Ready


1. If you have long nails be careful or trim them.
2. Check the expiry date on the condom, if there's less than a year till it expires e.g. if its 2008 and it expires in 2009, get a newer one with a later expiry date.
3. Before opening, squeeze the package. You should feel a bubble of air. No air = damage; get a new one.

4. Push the condom to one side. Open the condom down the opposite side of the package. Tear the edge with ridges, not the smooth side.
5. When you take the condom out, if it's sticky or looks old, get a new one.

Putting it on

6. Make sure the condom is on the right side, tip pointing out and a visible rim, so it can roll down an erect penis easily. Hard to roll down? Wrong side!

Note: If you put it on the wrong side, DO NOT JUST FLIP IT OVER. THROW IT AWAY! If there's any pre-cum or STI discharge on your partner's penis, it will now be transferred to the side of the condom that will contact



your vagina, anus or mouth, allowing for the transfer of sperm, HIV or STIs.

7. If your partner is uncircumcised (un-cut), pull back their foreskin before putting the condom on.
8. Add a drop of water-based lube to the inside of the condom tip to increase the pleasure for your guy. Rule: If you use lube inside, you **MUST** lube outside the condom (and whatever hole your using, especially your bum).
9. Put it on the hard penis with one hand, and gently pinch the tip with the other hand to remove the air bubbles inside (always use fleshy part of your fingers and never fingernails). Keep pinching the tip, while you roll the condom down

the penis, with your other hand. Roll the condom all the way to the base of the penis or as far as it'll unroll.



Everything's looking good? Everybody hot, heavy and willing?

Boo-Ya! You're ready to have sex

Taking off and disposing of a condom after 'cumming' :

1. Ensure your guy pulls out of your mouth, vagina or bum before his penis goes soft. (He should hold the condom base while he does this)
2. Unroll the condom to near the tip of the penis, then slide it off.
3. Don't let anything spill out. Tie off the base of the condom and dispose in the trashcan NOT in the toilet.

If this is your first time using a male condom, don't wait till the moment of action...PRACTICE! (use a banana or cucumber). After a few times it'll soon be like riding a bike.

CONDOM CARE

Store condoms in a cool, dry, place. You know, nightstand, clothes drawer, bathroom cabinet NOT in direct sunlight, not in the glove compartment.

Never carry a condom in your pocket or purse for longer than a night, especially if you've been partying all night. The friction, body heat and/or winter cold over time will make latex condoms weaker, creating little breaks large enough to let HIV/AIDS, STIs and even sperm squeeze through.

"My LUBRICATION brings all the boyz to my yard..."

If you think sex is exquisite...sex with lube is even better. Some people think lube is for women who are going through menopause... but why wait till you're 50 to discover one of the best inventions of 1917!?

Personal lubrication is the 'swiss army knife' of sex. It's great for almost anything sex related. But like picking a partner, sometimes not just anyone will do. Here are the main 3 lubes you need to know about OR stay away from.

Water-based Lube:

- Great for use with any type of condom, easy to clean up, light feeling, won't stain the sheets, tastes ok.
- However, you may need to re-apply after about 20 minutes of action; the faster you move, the faster it dries out.

Note: Plain water isn't a good lube. It actually washes out your 'self-made' and/or water-based lube, and increases friction during sex.

Silicone-Based Lube:

- Great for rough sex or anal sex.
- A little bit lasts a long time.
- Great for people who are sensitive to additives.
- Not water-soluble (can be used in the bath/shower).
- Clean up isn't a simple wipe off. Can stain the sheets.
- Costs more than water-based lubes.
- DO NOT use with silicone sex toys; it'll destroy them.

Oil-based lubricants (take special note!)

Oil to a latex condom is like a hungry lion

finding a wounded animal; eat and destroy. In fact while we're on the topic, avoid the following fluids as lubrication:

Spit (You won't produce enough, it won't last) massage oil, sun screen, hair gel, soap, shower gel, ice cream, butter, Crisco, cooking oil, hand lotion, Vaseline, cream, lubes with cream in their name e.g. ID cream, baby oil, hemp oil, or shea butter.

Is there such a thing as too much lube?

- Too much lube + poor fitting condom = condom slipping off.
- Also, too much lube can leak out the open end of the condom, but at that point it's more like lube (+ pre-cum + semen + and any STIs your partner might have). This increases your risk of contracting an STI, even if the condom hasn't broken.



- If the inside of the tip is well-lubed, but the outside is not, the penis might overstretch the tip, or break, especially if your guy cums.

SEXUAL POWER

When's the right time or moment to state how far you'll go, and what's gonna happen when it goes down? Is it just before you fuck? Within the first few conversations?

The second sentence that comes out of your mouth just after meeting? It's up to you. Know that you have a choice to say yes to sex, or say no. No one can give permission for you. You're not obligated to have sex with your husband, boyfriend, fiancé, financial giver or anyone else just because you're in a relationship, or they're paying your way. Don't let the

myth of *"He bought (iPod, cell phone etc.), so I have to give it up tonight"* enter your head.

Planning for protection

How do you say "Do you have condoms?" without making someone think that you're asking for sex? Or even that you're trying to hide something, like an STI? And what about those guilt trips people use? How do you get around them? Here's a quick **Condom Comeback** guide.

Condom Comebacks to excuses guys & girls use about not wanting to use condoms.

EXCUSES : COMEBACKS

1. It feels better without a condom
I would feel better if you used a condom.
2. It feels weird with a condom



If it feels weird, we can get one that fits better.

3. I want to be closer to you.
When we get more serious then we can talk about not using condoms. Prove you deserve to be closer to me.
4. I love you
I love you too, that's why I want us to use a condom/That's why I want us to be safe.
5. Don't worry I'm clean/I'm not cheating on you
But how do you know if I am? / I'm clean too and I'd like to stay that way
6. If you want to use a condom, then you must have been having sex with other dudes/I must not be your only partner.
It's not just about STIs and HIV, I don't want to risk getting pregnant.



7. Don't you trust me?
Why are you trying to pressure me?
This is turning me off!

Note: For Women who are having sex with multiple partners there should no negotiation when it comes to using condoms. Any guy your with, state it plainly *"I expect to use condoms. You're not my man, and that's cool. But you will respect me."*

Most guys would rather have sex with a condom, than not have sex at all. But for the few who want to be hard-headed, just walk away. Ladies, you're in high demand and you got all the power, especially when he wants it; USE IT! Choose to be safe each and every time you have sex, and choose to take control of what goes on in your sex life.

Statutory Rape:

If you are under the age of 14 and you have sex with someone who's over 14, that person could be charged with statutory rape i.e. having sex with a minor.

For anal sex the age of consent is 18. For example, if you're 16 and are having anal sex with your 20 year-old partner to avoid pregnancy or losing your virginity, they could be placing themselves in trouble with the law.

UNPLANNED PREGNANCY: PREVENTION AND ACTION GUIDE

So you're in bed/backseat /heck anywhere you can get your groove on! You hear your man call out "Oh \$hit!" But there's something this time that hints crisis not climax OR your boyfriend called you the next day to confess...

The condom BROKE! ...And you're not on 'The Pill' or using any other back up. If your not 100% sure that your partner can be trusted, or if you even know him well enough at all, YOU NEED TO GET TESTED for HIV/AIDS and STIs.

Emergency Contraceptive Options

So having kids wasn't in your thoughts until now... Don't panic, all hope is not lost. It takes a few

days for the embryo to settle into your womb and grow into a baby. When did you have unprotected sex? Last night or last week? You'll need to get a set of emergency contraceptives ASAP such as "Plan B" (a type of 'Morning After Pill'). If you want to explore this option time is of the essence! Specifically 72 hours from the moment his sperm touched down. Check out our nearest community health centre, or doctor. Most places that offer sexual health services, such as those listed in this booklet, will offer emergency contraceptives.

Could I be pregnant?

If your period is late, and you've been tracking you're period, just do a quick check to see if you're on time, off by a few days or by a few weeks. Note: Stress can throw off your period, and so can certain types of medications. And remember you'll need a blood test to




confirm if you are pregnant, even if you use a home pregnancy test.

What can I do if I am pregnant?

Your reaction to the news of “You’re pregnant!” could be joy, anxiety, or terror. No matter the feeling, there are options:

1. Continue the pregnancy and raise the child by yourself or with your partner, family’s help. If you’re under 21 and have to raise the child on your own, there are resources to help you do this (see the **Resources** section at the end of this booklet)
2. Continue the pregnancy and place your child up for adoption
3. End the pregnancy (abortion). This is not an option to be taken lightly. It requires lot of medical and social support/information.





Your choice on what to do may be influenced by several factors; whether you have the money to take care of a child or even afford an abortion*, if your religion allows it, and even how you're family will react. Whatever the choice, it should be one that you've decided on as you'll have to live with it for the rest of your life.

*(This applies if you are only able to access a clinic that charges a fee, see the **Resources** page for a listing of clinics and admin fees if any)

SEXUAL ASSAULT

If you've been sexually assaulted within the last 72 hours and need to speak to someone for support, and if you want your legal and medical options, you can call the 24-hour hotline for the Toronto Rape Crisis Centre at (416) 597-8808.

If you were not assaulted recently, you can still access support (talking to a counselor, or calling the hotline) to help you deal with what you've experienced.

How does assault relate to HIV/AIDS risk? There are a few types of assault that can increase your risk of contracting HIV/AIDS:

1 Sexual Assault:

This includes; unwanted touching, vaginal, anal, and oral penetration, sexual intercourse, rape, attempted rape, child molestation, plus torturing the victim with many sexual ways. There is no age restriction for sexual assault. If you didn't want it to happen, then its sexual assault; the law protects you.

There are no gender exceptions; anyone can assault or be assaulted.





Consent means you gave clear permission for something to happen. If you're drunk, high or sleeping when the sexual act occurred, it's assumed you are unable to make a decision and is classed as sexual assault.

Immediate risk in relation to HIV:

You're at risk of being infected if the person

was infected with HIV/AIDS or an STI, and they didn't use a condom or other barrier protection.

2. Childhood Sexual Abuse (CSA):

This is the sexual abuse of a child under the age of consent. This ranges from forced sexual intercourse, to performing

or having sexual acts performed on them e.g. touching of genital, oral sex.

Immediate risk in relation to HIV:

You may have been exposed to HIV and STIs if any sexual acts were unprotected.

Long term risk in relation to HIV:

If you have feelings of being worthless or your self-esteem is low (making condom negotiation difficult). Know one thing if CSA happened to you...YOU ARE WORTHY! Some women may cope with the trauma of what happened to them, by being sexually risky e.g. having unprotected sex with multiple partners.

3. Intimate Partner Violence (IPV)

This is also known as domestic violence but you don't have to live with your partner to experience it. It can take the form

of emotional, mental, physical, financial, or sexual abuse; no matter what it looks like, ITS ILLEGAL!

If your partner is being abusive to you, this means your power to make choices is limited, including when you have sex and if condoms are used; this places you at risk for HIV/AIDS.

Condom Negotiation and Sexual Assault

In some cases it is impossible for some women to negotiate condom use with their male partner, and bringing up the topic can place some women in physical danger. Whenever this situation occurs, it is advised that the woman seek regular testing for HIV and STIs. Thus, if she has been infected, she can seek treatment early on.



How do I help a friend who's been sexually assaulted?

(The following information was accessed & edited from the Toronto Rape Crisis Centre's website)

- Listen to her in an empathetic, non-judgmental manner
- Ask her what she needs from you and respond accordingly. Let her know that you care and that you want to listen. She may just want you to listen, or she may not want to talk about it. Don't assume anything.
- Believe her: Many people never tell anyone about sexual assault because they are afraid that they will not be believed.
- Reinforce that the violence was NOT her fault. NO ONE asks to be assaulted. Validate her experience
- Respect her right to privacy
- Let her decide whom she wants to tell. Do not repeat her story to anyone unless she asks you to. Remember, she is the expert of her own life
- A survivor of sexual violence must be given the space to reclaim some of her power and control. This means supporting her in whatever she decides (even if you would not make the same decisions).



RESOURCES

Testing sites for HIV/AIDS & STIs
(All sites anonymous except where noted)
See the website for a more comprehensive
listing of sites

EAST TORONTO

West Hill Community Services – The Works
3545 Kingston Road,
Phone: (416) 492-2672

Scarborough Sexual Health Clinic (Not anonymous)
160 Borough Drive
Phone: (416) 338-7438

WEST TORONTO

Rexdale Community Health Centre
8 Taber Rd.
Phone: (416) 744-0066,

NORTH TORONTO

Birth Control and STD Information Centre
2828 Bathurst St, Ste 501
Phone: (416) 789-4541
<http://www.birthcontrolvd.org>

Centre Francophone de Toronto
5 Fairview Mall Drive, Suite 208,
Phone: (416) 492-2672



CENTRAL TORONTO

Hassle Free Clinic

www.hasslefreeclinic.org

66 Gerrard St E, 2nd Floor

Phone: (416) 922-0603

*No health card required

Planned Parenthood of Toronto: The House

36B Prince Arthur Avenue

www.ppt.on.ca

*Serves youth between 13-25 years

Shout Clinic

467 Jarvis Street,

Phone: (416) 927-8553

*Serves youth up to 25yrs

Support services for young mothers

"Time Out"

Planned Parenthood of Toronto (PPT)

Phone: 416-961-0113

Drop In held at 486 Shaw St. (at College and Ossington)

Wednesdays 5-7pm

Massey Centre for Young Women:

1102 Broadview Avenue

Phone: (416) 425-6348

<http://www.massey.ca/>

Jessie's Place:

205 Parliament Street,

Phone: (416) 365-1888

<http://www.jessiescentre.org/>



Abortion Clinics (Pro-Choice):

Scott Clinic

157 Gerrard Street East

Phone: (416) 962-4108 OR (416) 962-5771

Cabbagetown Clinic

302 Gerrard Street East

Phone: (416) 323-0642

Choice In Health

1678 Bloor St. West, Suite 301

(416) 975-9300 ext 230

<http://www.choiceinhealth.ca/>

(No admin fee)

Women's Care Clinic

(416) 256-4139 or 416-256-7149

<http://womenscareclinic.ca>

(Admin fee: \$60 to \$200)

Sexual Assault Resources

Toronto Rape Crisis Centre (Multicultural Women Against Rape)

Phone (416) 597-8808 lines open 24 hours

<http://www.trccmwar.ca/crisis.html>

The Scarborough Hospital

Grace Division, Sexual Assault / Domestic Violence Care Centre

3030 Birchmount Road,

Phone: 416-495-2555

Sunnybrook & Women's College Health Sciences Centre

Sexual Assault / Domestic Violence Care Centre

76 Grenville Street

Phone: 416-323-6012

choice ~ take control ~ your choice ~ take control ~ your



Graphic Design and Art Direction by Seedlings Design (Danilo McCallum)
Photography by Moses
Research and Development by Shani Robertson



B L A C K



C • A • P

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for AIDS Prevention**