

**DO**

**IT**

**YOURSELF**

**OR WITH SOMEONE ELSE ;)**

**A SEXUAL HEALTH  
ACTIVITY BOOK**



**planned  
parenthood  
toronto**

# Table of Contents

.....

Activity Book Introduction & Thank Yous .....	3
Spot the Difference .....	4
Connect the Dots .....	5
Safer Sex Picture Matching .....	7
Sex Toy Picture Matching .....	9
Identities Word Search .....	12
Gender Symbols .....	14
Sexy Slang Crossword .....	16
Self-care Colouring .....	18
“Letter to your Past Self” Writing Activity .....	20
Affirmations Bookmarks .....	22

# Activity Book

## Introduction & Thank Yous

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*This sexual health activity book was created as part of the Supporting Newcomer Access Project (SNAP) at Planned Parenthood Toronto (PPT). SNAP is a volunteer program that offers peer sexual health education by and for newcomer youth in Toronto. The ideas and images for this book were created and made by SNAP volunteers during our 2015-2016 cycle of the program. We wanted learning about sex and relationships to be fun, simple and accessible, and so came up with the idea for a sexual health activity book.*

This book is available to be downloaded and printed as individual pages or as an entire booklet from the PPT website: [www.ppt.on.ca](http://www.ppt.on.ca)

A big appreciation and **THANK YOU** to the SNAP volunteers who put so much thought, care and dedication into this project!

Thank you Avni, Daisy, Daniela, Jieun, Jimena, Raisha, Sonya, and Tyler.

Many thanks to Sheila Sampath, the staff at The Public and Coco Guzman for their support in the creation of this booklet through workshop and design.

This project has been made possible through the financial support of the Ontario Trillium Foundation. The Ontario Trillium Foundation is an agency of the Government of Ontario

# Spot the Difference

Can you spot the differences between these two rooms?

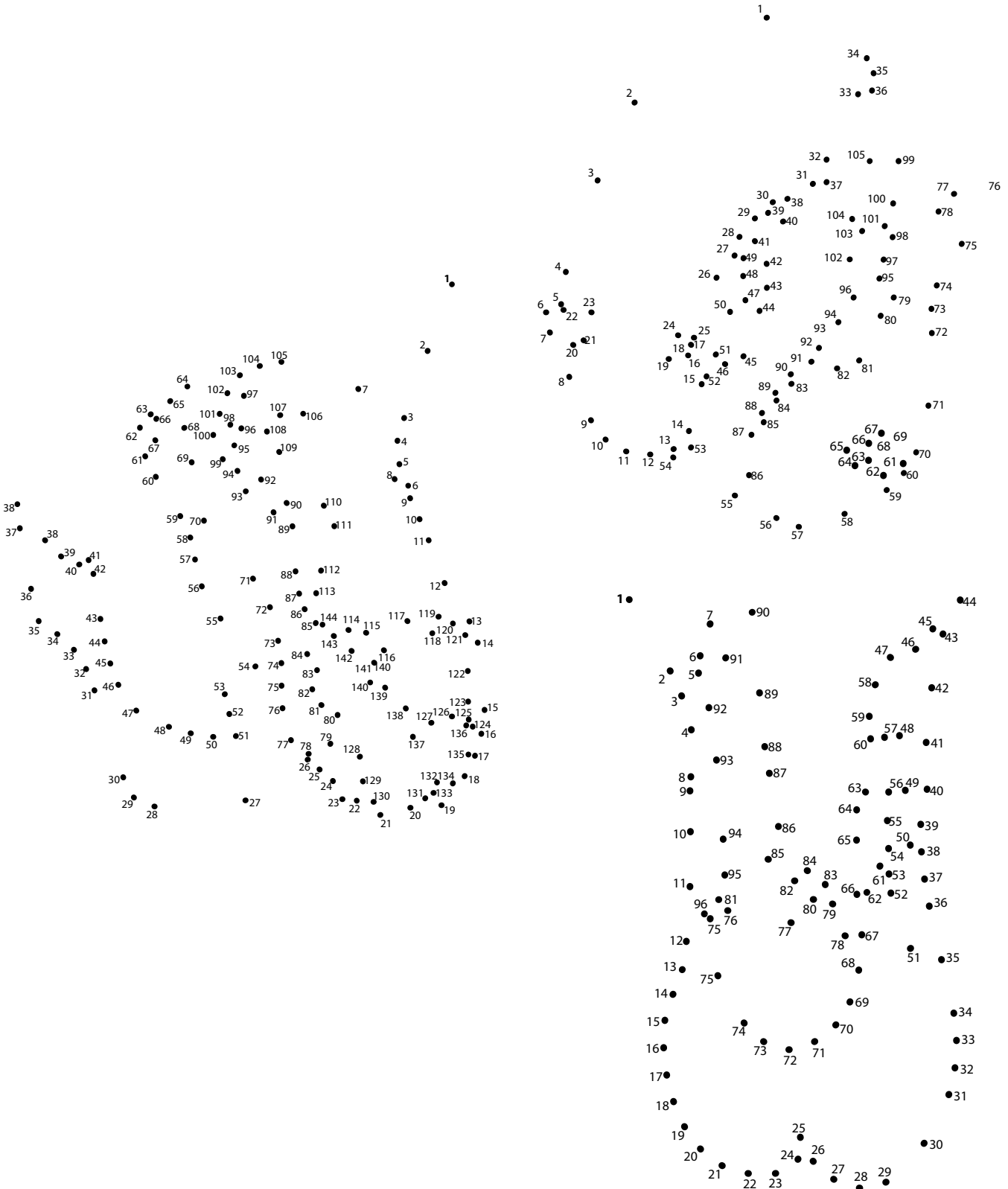
Circle all the sexy items that you can find! Go to the bottom of the page to see the answers



## HINTS

butt plug | lube | anal beads | bra | playboy magazine | fluffy handcuffs | vibrator | condom & wrapper | porn website | birth control pills | sexy poster

# Connect the Dots



# Connect the Dots

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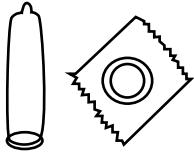


# Safer Sex Picture Matching

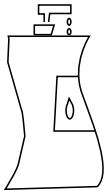
.....

How many of these safer sex tools do you know?

Match the images below by drawing a line from an image on the left to the correct name on the right



INTERNAL CONDOM



DENTAL DAM



EXTERNAL CONDOM



LUBRICANT



GLOVES



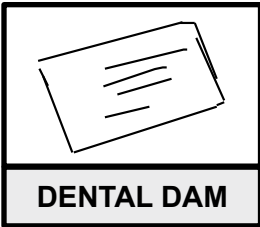
COMMUNICATION

Flip to the next page for the answers and to learn more about these safer sex items!

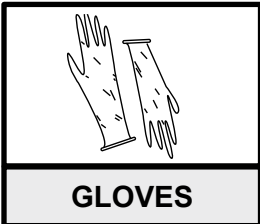


# Safer Sex Descriptions

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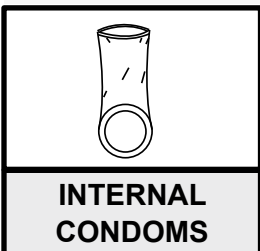
A dental dam, sometimes just called a “dam”, is a thin sheet of latex that is used to cover the vulva/vagina area or butt/anus area. These can be used when having oral sex to prevent sexually transmitted infections (STIs) that can be passed orally. Dams can come in different flavours and colours. While using the dam, try a bit of lube on the person being licked for some extra pleasure.



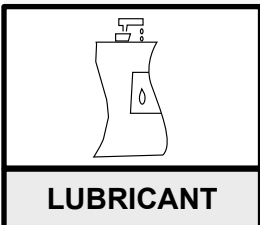
When having sex with your hands, gloves can be used as a safer sex tool to prevent passing on of sexually transmitted infections (STIs). Gloves are usually made of either latex or nitrile. They can come in all sorts of different colours and sizes.



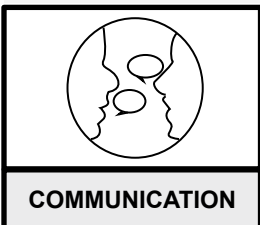
External condoms, sometimes referred to as the “male condom”, are a safer sex tool that is shaped to cover the entire penis. External condoms prevent cum and pre-cum from entering someone else’s body. They can be made of latex and non-latex materials like polyurethane, and can come in different colours, sizes, and flavours. Using lubricated condoms or adding lube can feel good and help keep the condom from breaking (though remember not to use oil-based lube with latex condoms, that can cause them to break!).



Internal condoms, sometimes referred to as the “female condom”, are a non-latex safer sex tool that is soft and shaped like a loose-fitting pouch. It goes inside the vagina or butt before having sex and stops cum and pre-cum from entering the body of the person wearing it, which can prevent pregnancy and sexually transmitted infections (STIs).



Lubricant is a wet substance that can be used to prevent discomfort and irritation during sex. Sometimes during sex you can get little tears inside the vagina or butt which can increase the chance of sexually transmitted infections (STIs), lube helps stop these little tears from happening. Lube is also great to put on condoms to help keep them from breaking.



Talking about safer sex with your sexual partner can be hard, but it is one of the best ways to reduce your risk of getting a sexually transmitted infection (STIs) or an unplanned pregnancy. Everyone is responsible for their own sexual health, and the first step to getting there is talking about it!

To Learn More About Safer Sex And STI Testing, Check Out These Links:



[www.teenhealthsource.com/sex/safer-sex](http://www.teenhealthsource.com/sex/safer-sex)  
[www.teenhealthsource.com/stisetc/sti-testing](http://www.teenhealthsource.com/stisetc/sti-testing)  
[www.ppt.on.ca/resources/fact-sheets](http://www.ppt.on.ca/resources/fact-sheets)





# Sex Toy Picture Matching

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**Sex toys can be a healthy and fun way to spice up your sex life!**

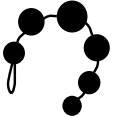
Match the pictures below by drawing a line from an image on the left to the correct name on the right. Were there any you hadn't heard of before?



FLESHLIGHT



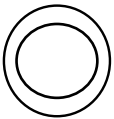
LUBRICANT



VIBRATOR



ANAL BEADS



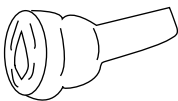
HANDCUFFS



DILDO



STRAP-ON



SHOWER HEAD



PENIS RING

Flip over to the next page for the answers and to learn more about these toys!



# Sex Toy Descriptions

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**VIBRATOR**

A **VIBRATOR** is a device that vibrates or causes vibration for sexual pleasure. Vibrators can be used on the genitals, breasts/chest or any other part of the body where it feels good! There are many types of vibrators which you can purchase at a sex toy store or online. You can also use things at home that vibrate such as a vibrating toothbrush or massager.



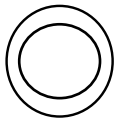
**DILDO**

A **DILDO** is an object that is shaped like an erect penis that can be used for sexual pleasure alone or in partnered sexual play. Some dildos look very “realistic” and can come in different skin tones, while some dildos don’t look realistic at all... there are many different kinds! They can be made of silicone, glass, wood and more. Dildos can also be used in a strap-on harness (more info on those below).



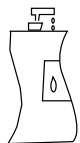
**STRAP-ON**

A **STRAP-ON** (sometimes called a “strap-on harness” or “dildo harness”) lets you play with a dildo without using your hands. You can choose a dildo that you like and put it in the strap-on, wear it and you’re ready to go. Strap-ons can be made from leather, rubber and other materials and can come in different styles (g-string, jock-strap, thigh harnesses and more). Strap-ons can be used by people of all genders and sexual orientations.



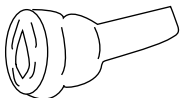
**PENIS RING**

A **PENIS RING** (sometimes called a “cock ring”) is a ring that can be worn on the base of the penis and/or balls to help an erection last longer, delay ejaculation or increase hardness and sensation. Vibrating penis rings can be used to stimulate the wearer and the partner.



**LUBRICANT**

Whether you’re having sex alone or with someone else, **LUBRICANT** (or just “lube”) is an amazing way to help make it feel better. The slippery and wet feeling can increase sensation and reduce friction, which can help sex feel better. When using a condom, lube can help keep it from breaking. Lube is usually water or silicone-based. Feel free to grab the lube to increase your pleasure!

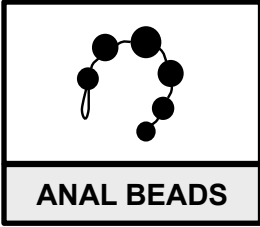


**FLESHLIGHT**

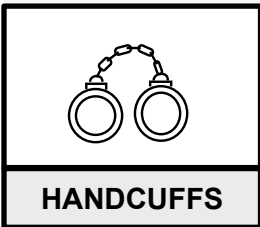
The **FLESHLIGHT** is a popular type of masturbation sleeve (sometimes referred to as a “male masturbator”) that is often made to look like a vulva/vagina, butt or mouth. The penis can be inserted inside to increase sensation and pleasure during masturbation. Masturbation sleeves can look “realistic” but they can also not look realistic at all... there are many different kinds! Some vibrate, have extra suction and have different bumps and grooves inside.

# Sex Toy Descriptions cont'd

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**ANAL BEADS** are one type of toy that can be used for anal sex or “butt play”. There are many nerve endings in and around the butt, so it can feel really good to play with this area. Anal beads can be used by slowly inserting and withdrawing them from the butt, or as a way to enhance orgasm during other types of sexual play. They can be used alone or in partnered sex, and by people of all genders and sexual orientations. It is recommended to use lubricant when having anal sex.



**HANDCUFFS** are used to restrain someone during sex, which is why they may also be called “restraints”. Restraints are a type of sex toy that can be used when engaging in bondage, which is the consensual tying-up or restraining of someone for pleasure. Restraints can be made from leather, rope or other materials. When using restraints, it is important to communicate before, during and after to make sure all partners involved are feeling good and safe.



A **SHOWER HEAD** is an example of something at home that can be used as a sex toy. For some, the pressure of the water coming out of a shower head can feel really good on the genitals or other parts of the body. Electric toothbrushes and back massagers are some examples of other household items that could be used for sexy times. Take a look around your home and see what you find!

Check out these links to learn more about sex toys!



[www.Teenhealthsource.Com/sex/sex-toys](http://www.Teenhealthsource.Com/sex/sex-toys)  
[www.Comeasyouare.Com](http://www.Comeasyouare.Com)  
[www.Goodforher.Com](http://www.Goodforher.Com)



# Identities Word Search

Find the words in the puzzle below! Words can go **ACROSS**, **UP AND DOWN**, and **DIAGONALLY**.

Z H Y W I L L S H K M L N C Z F R E J O A U C  
 J A H Z C B I S E X U A L O A R P G A E T G I  
 Q B K I F T A L T E O P D F X A O R I F Z M S  
 U P O M G E N D E R F L U I D N L K T H R T G  
 E X J T S U F O R S A B C X F K Y I P O P Y E  
 S F M Z E G O D O T B G Q U U T A O R Z X F N  
 T R A B L A R P S G D I C F J R M F I N R S D  
 I O P S P G D U E O T F A I K R O I E O R T E  
 O P A C E B A N X Q K W I N P Y R E T N A F R  
 N G N G C P J F U G O B X T O E O J S B F E D  
 I H S T N R X E S B D I U E U H U C H I K I T  
 N T E A Y O E Y L T C P T R A N S G E N D E R  
 G P X E C R Z E Y D F K L S Q Y J W P A P Q F  
 S H U U T J K F C N G D R E C Z F X G R X A I  
 F O A W A S E X U A L C I X P K T Z K Y J Z A  
 X E L Z D K M A D C J F P W N O U Y I O B C E

## WORDS

**LESBIAN:** A woman who is attracted emotionally, physically and/or sexually to other women.

**HETEROSEXUAL:** Also known as being “straight” - this is someone who is sexually and romantically attracted to people of a different sex.

**GAY:** Can be a term to mean someone of any sex being attracted to someone of the same sex as themselves, but in the LGBTQ+ acronym, it usually refers to men who are attracted to other men.

**NON BINARY:** This term refers to someone who identifies outside of the gender binary of “man” or “woman” or “boy” or “girl”

**BISEXUAL:** Someone who can be emotionally, physically and/or sexually attracted to people of their own gender as well as other genders. For some bisexual people their attraction adheres to the gender binary, while for other bisexual people it does not.

**ASEXUAL:** Someone who does not experience, or experiences low levels of, sexual attraction to others.

**TRANSGENDER:** Someone whose gender identity is different to the sex they were assigned at birth.

**CISGENDER:** Someone whose gender identity aligns with the sex they were assigned at birth.

**QUEER:** This can be an “umbrella” or broad term to refer to the LGBTQ+ community, but it is a reclaimed term used by that community. It can also be a term used by a person to describe themselves if they are not “straight”, and who may reject other labels e.g. lesbian, gay, bisexual etc.

**GENDER FLUID:** A gender identity where someone may change the way they identify over time, identifying at different points as man, woman, both, neither or another gender entirely.

**QUESTIONING:** Someone who is exploring their own sexual orientation and/or gender identity and is unsure how to identify.

**POLYAMOROUS:** Someone who wants to, or who practices, having honest and consensual romantic and/or sexual relationships with multiple partners.

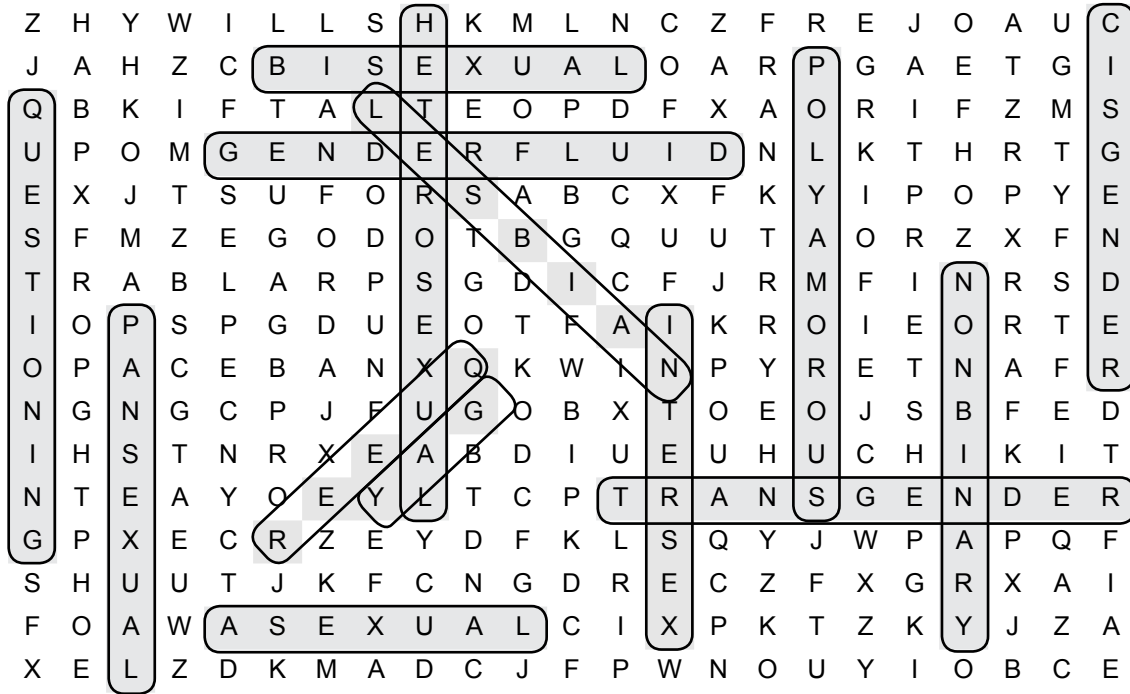
**INTERSEX:** A term for individuals who are biologically and/or physically not strictly male or female. This can occur due to one of the over 30 natural differences that can happen during sex development before you are born.

**PANSEXUAL:** Someone who can be emotionally, physically and/or sexually attracted to people of all gender identities.

To learn more about sexual and gender identities, check out this link: [www.teenhealthsource.com/giso/sex-gender-sexual-identity/](http://www.teenhealthsource.com/giso/sex-gender-sexual-identity/)

# Word Search Answers

Find the words in the puzzle below! Words can go ACROSS, UP AND DOWN, and DIAGONALLY.



## WORDS

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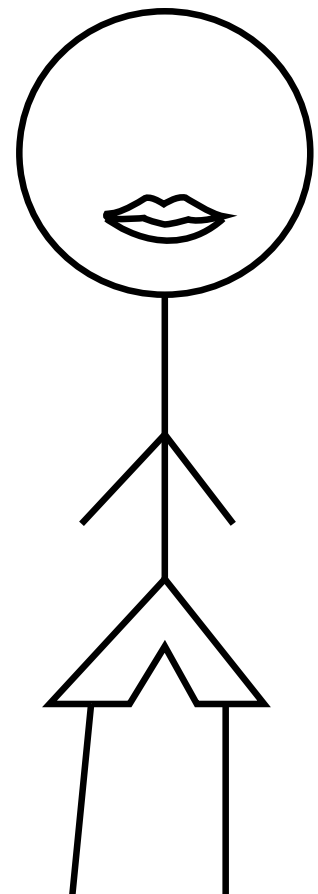
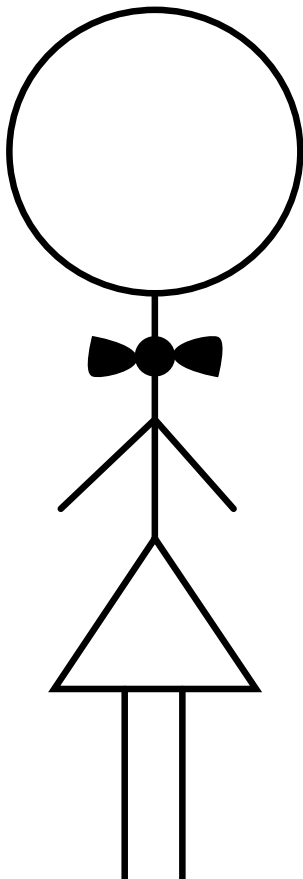
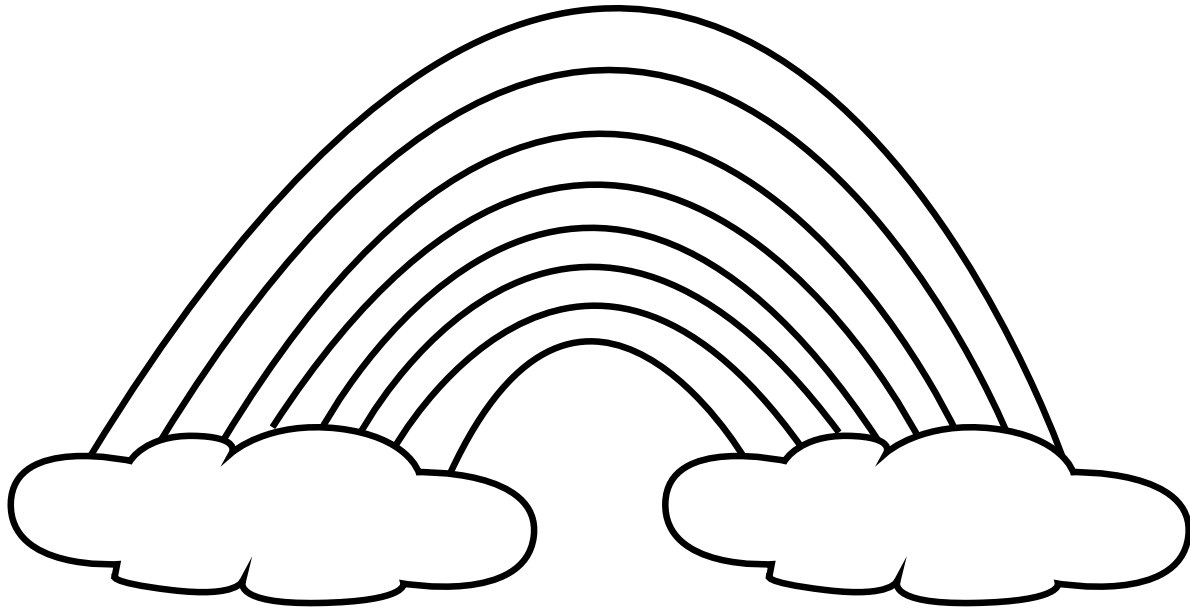
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# Gender Symbols

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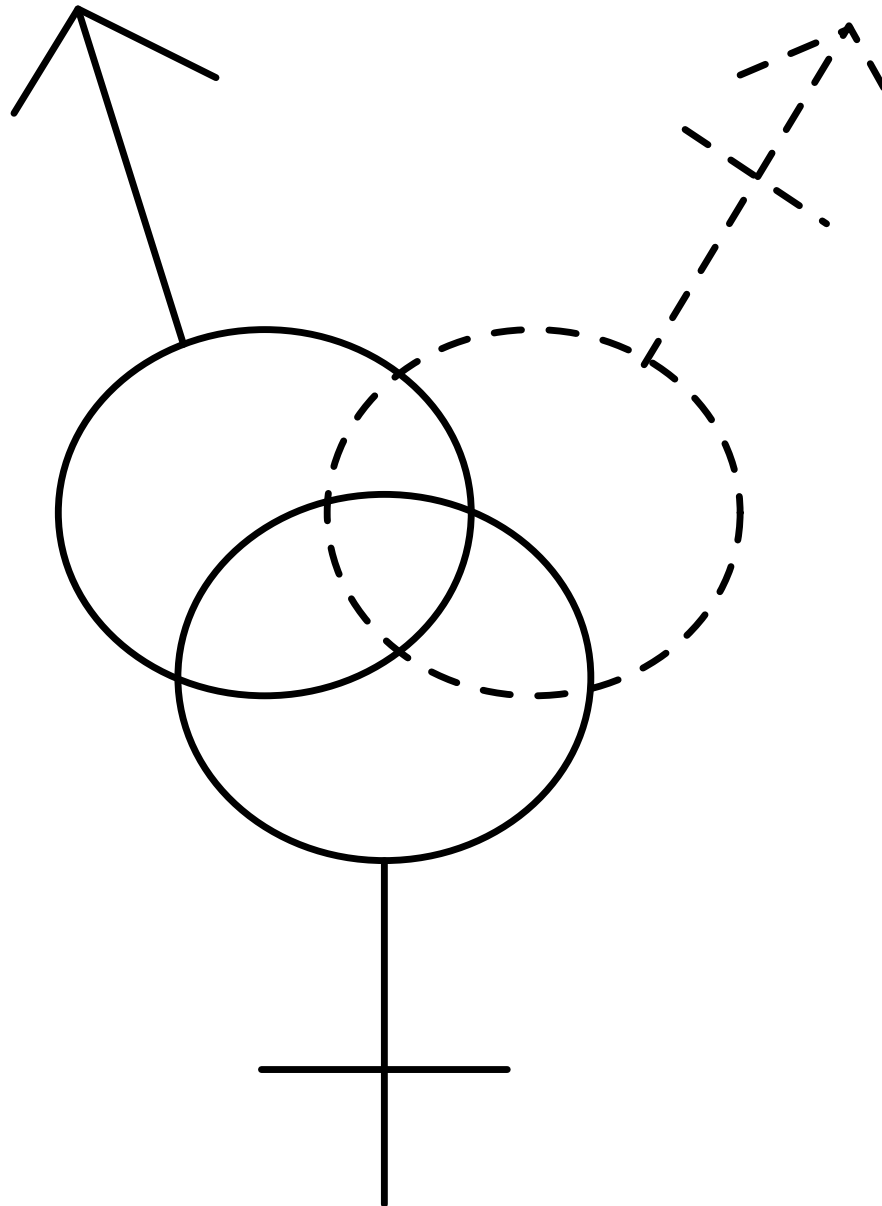


There are many  
points on the gender  
spectrum rainbow.  
Where do you lie?

# Gender Symbols

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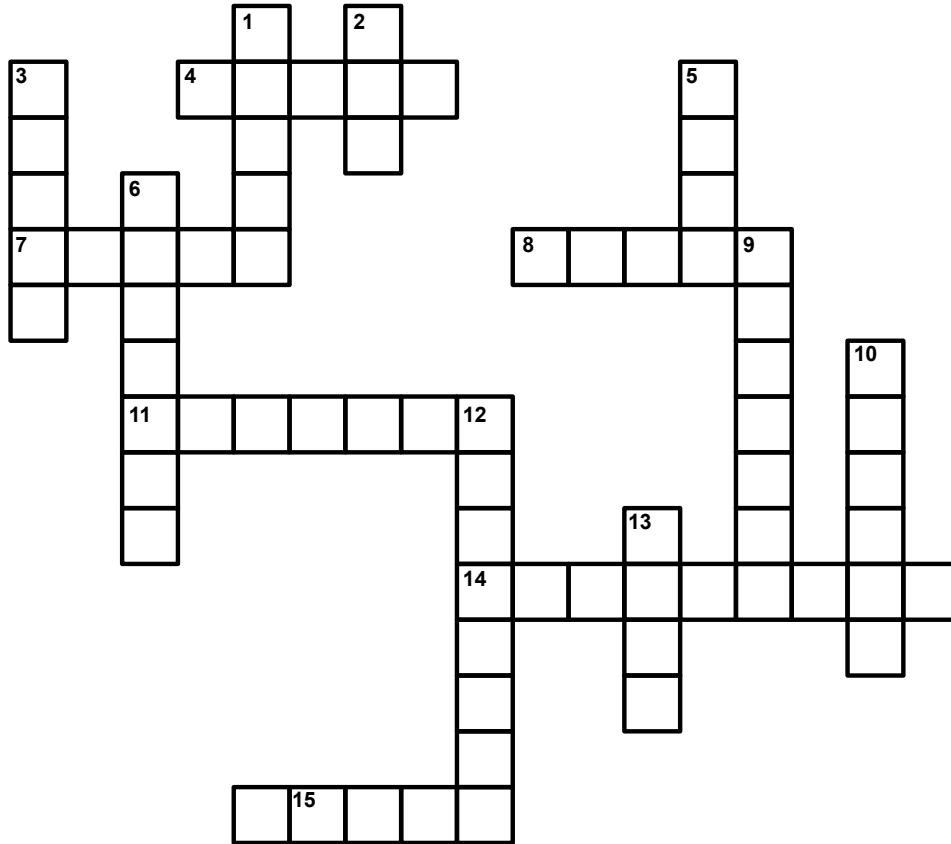
When it comes to your gender, there are many ways to identify...



...Draw your own gender symbol :)

# Sexy Slang Crossword

We often hear people use “slang”, or casual words or terms, to refer to sex and bodies. Using the clues below, see how many of these “sexy slang” words you can get!



## ACROSS

4. the sound when air comes out of a vagina
7. another word for testicles
8. another word for an erect penis
11. touching genitals (your own or someone else's), another word for “masturbate”
14. kiss, lick or suck a vulva
15. another word for vulva, vagina or both

## DOWN

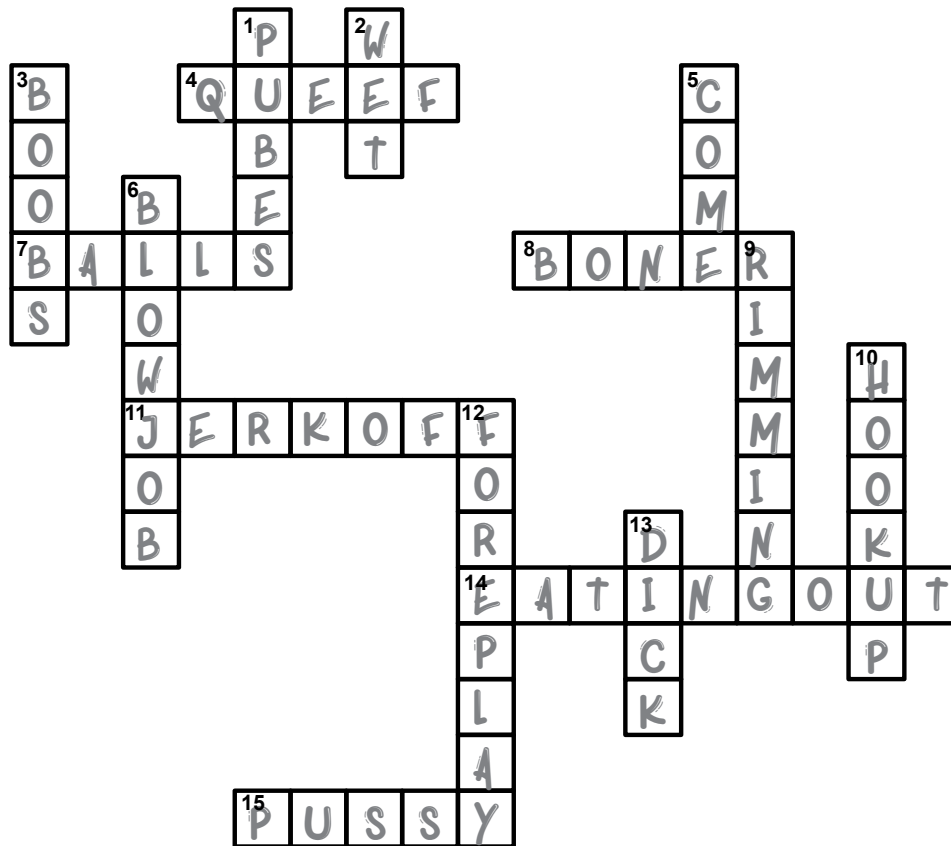
1. hair that grows around the genitals
2. this can happen when your vagina is sexually aroused
3. another word for breasts
5. having an orgasm
6. lick or suck a penis, “giving head”
9. kissing, licking or sucking someone's asshole
10. a common term for when you kiss, date or have sex with someone
12. physical and emotional activity you do with someone before having sex
13. slang word for penis

Flip over to the next page to see the answers





# Crossword Answers



## ACROSS

4. the sound when air comes out of a vagina
7. another word for testicles
8. another word for an erect penis
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14. kiss, lick or suck a vulva
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## DOWN

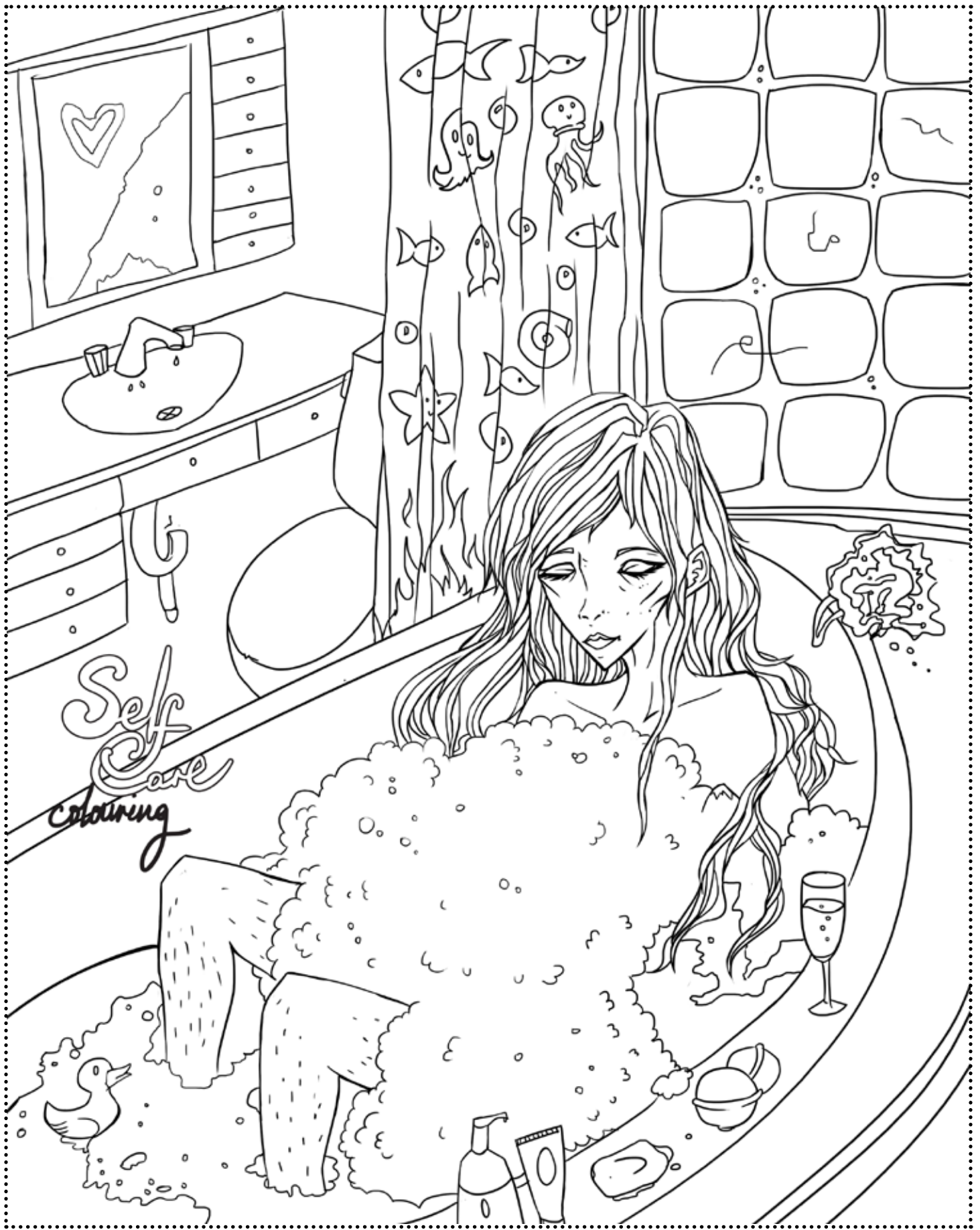
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# Self-care Colouring

## Colour Me!

Practice self-care everyday!



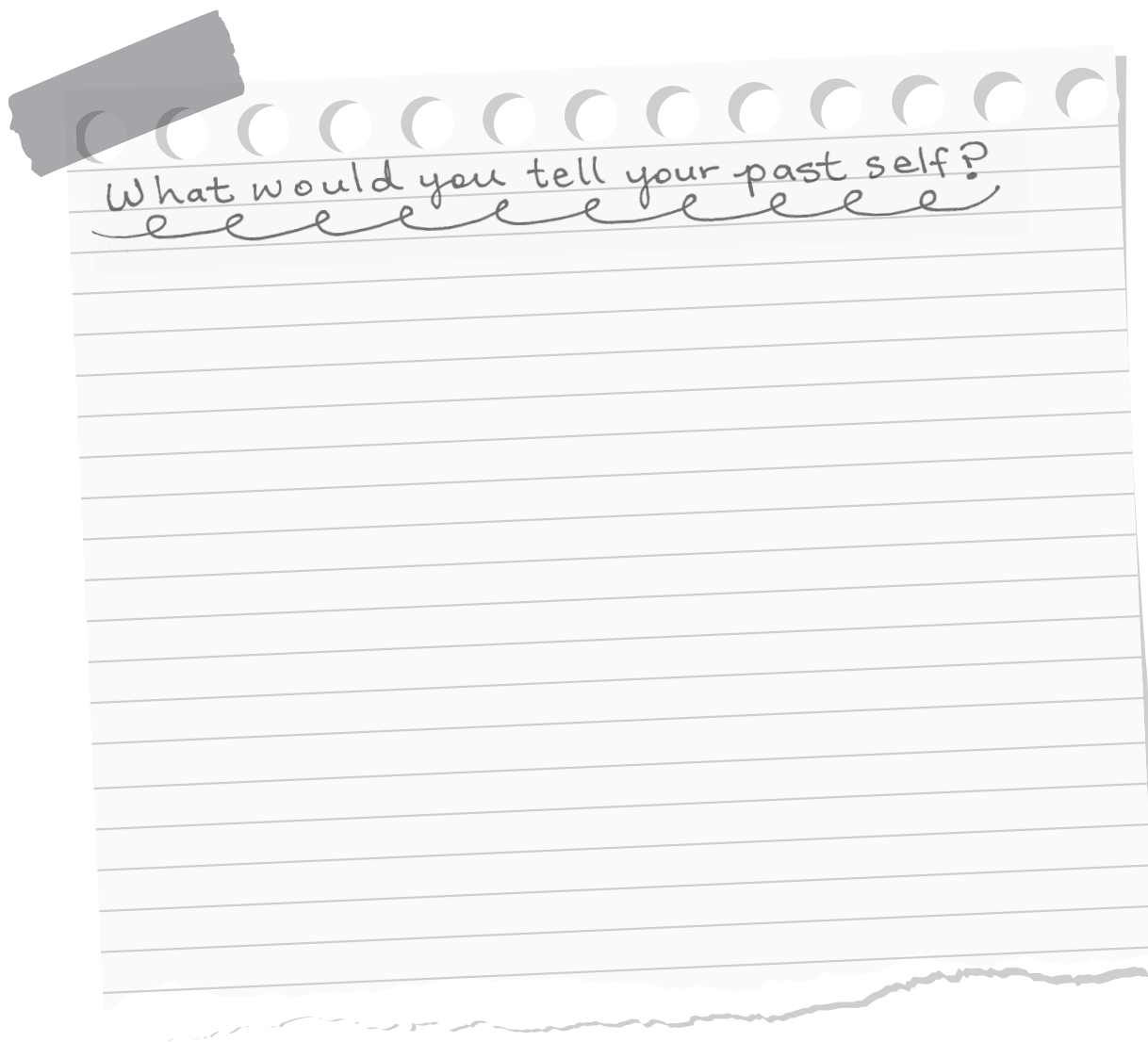


# “Letters to your Past Self” Writing Activity

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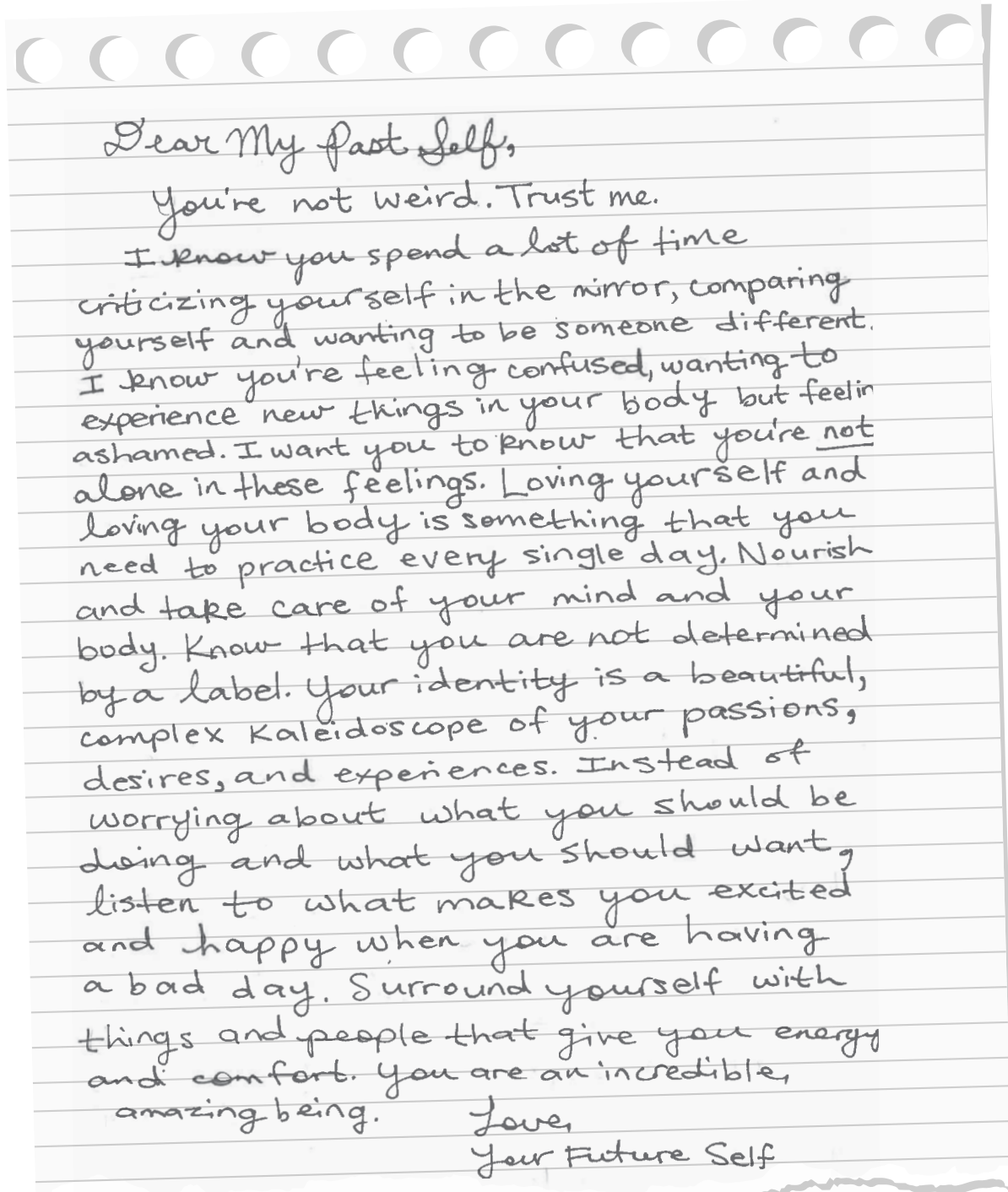
Our bodies are often bombarded with confusing and conflicting messages from the media, but also from ourselves. We hold a lot of these worries and insecurities, and we are not always the kindest to our bodies. The relationship we have with our bodies can be challenging and is always changing.

If you could give advice to your past self, what kinds of things would you tell yourself to make your relationship with your body a more healthy and supportive one? What would you say to yourself to help you better nourish and love your body in the future? You can do this activity alone, with friends or with anyone else you trust. When you're done your letter feel free to keep it in a safe place, read it over later, or put it up somewhere as a reminder.



# “Letters to your Past Self” Writing Activity

Not sure what to write yet? Check out this sample letter that one of our SNAP volunteers wrote.



# Affirmations Bookmarks

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**Sometimes we all need something to empower us. Like these bookmarks!**

Colour them in however you like and cut them out when you need them!

Only I  
have  
the right  
to say  
what  
happens  
to my  
body.

My voice,  
feelings  
and  
desires  
are real,  
valid  
and  
important.

My  
sexuality  
and  
gender  
are not a  
phase,  
and  
neither is  
how I  
choose  
to  
identify.



# Affirmations Bookmarks

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The last one is blank. Write in your own affirmation, in whatever language you need, colour it in and cut it out!

I do not  
need to  
be  
"fixed".  
If I  
change,  
it is  
because  
I chose  
to  
change  
for me.

I am  
powerful,  
magical  
and  
made  
of  
stardust.

Blank space for writing a personal affirmation.

