



**planned
parenthood
toronto**

**supporting newcomer
access project
presents**

PLAY! WITH Me

a journal of self-exploration*

***...*F*or newcomer youth, by newcomer youth**



WELCOME TO THE JOURNAL OF SELF-EXPLORATION




How to Use This Journal



SNAP created this journal of self-exploration as a sexual health resource for newcomer youth, by newcomer youth. This journal brings you on a journey of self-exploration and self-love, offering a variety of activities, resources, and more, to deliver sexual health education in a fun and engaging way. Armed with the knowledge and self-reflection offered by this journal, our hope is that you feel more informed, comfortable in your own skin, and uniquely YOU.

Please go through this journey on your own terms, at your own pace, and remember to enjoy the ride.



About SNAP

The Supporting Newcomer Access Project (SNAP) is a peer-led sexual health and healthy relationships education project for newcomer youth in the Greater Toronto Area. We deliver relevant educational workshops, activities and new media resources for newcomer youth communities. SNAP is a program run by Planned Parenthood Toronto (PPT).

About PPT

We are a community health centre serving the needs of youth aged 13-29 who are making Toronto their home. We provide accessible and inclusive programs and services that promote healthy sexuality and informed decision-making, as well as education, outreach, training and research for Toronto's diverse youth communities. You do not need to be a Permanent Resident or get anyone's permission to come to PPT.

LAND ACKNOWLEDGEMENT



As many of us here are newcomer settlers and guests on this land, we would like to acknowledge that we are living and working on traditional Anishnaabe, Haudenosaunee, and Huron-Wendat territories. Indigenous peoples have lived and cared for this land for more than 15,000 years. This territory is covered by the Dish with One Spoon Treaty. Today, Tkaronto is still the home to many Indigenous people from across Turtle Island. We acknowledge that, as settlers on this land, we directly benefit from the on-going process of colonization.

Remember that these acknowledgements must be followed with ongoing commitments to these same communities. Land Acknowledgements are a recognition of our responsibility to Indigenous land and peoples.

What does moving to this new place and onto this land mean to you?



SELF-LOVE REMINDERS

Moving to a new country can be challenging.

If you're having trouble adjusting to life in Canada, here are some things to remember. Keep in mind that some of these affirmations might not work for you, and that's okay. Cut out these reminders and carry them with you.

My adventure in Canada is full of opportunities

Every size is beautiful

***I have the freedom to practice my religion
and explore my sexuality***

My gender is not up for anyone's debate

All bodies are good bodies; my body is a good body

I am open to exploring new cultures

It is okay for my body to jiggle

***My language is beautiful and
I can speak it whenever I want***

Every body is a beach body

I deserve a partner who respects my culture

The sex I have alone is real

I am a valuable person; I have a lot to offer

It is okay if I do not love everything about my body

Being in a new place can be scary
but I am brave and will be safe

Taking care of my sexual health is important to me

I am queer because I say I am

I have the right to experiment and explore my interests

I can go to Planned Parenthood Toronto
for any of my health needs

My sexual orientation is not determined by
the sexual experiences I have or have not had

I belong here as much as anyone else does

My pronouns are not too complicated

I get to name my body parts however I want

A RECIPE FOR CONSENT

Mandatory Ingredients for Consent:*

** The following items cannot be substituted. They are the foundation that you need to build your own recipe for consent.*

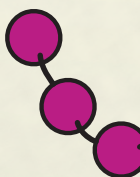
1. **Consent:** Consent for any activity (including sexual activities), must be given freely (i.e. without coercion or pressure).
It is very important to know that consent cannot be given by a person who is intoxicated, unconscious, and/or otherwise considered incapable of giving their consent freely.
2. **Consenting partners:** anyone who will participate in the sexual activities must consent verbally or through their body language, and must not be under the influence of drugs and/or alcohol.
3. **Unlimited “NO”s:** This is a non-negotiable. A consenting partner has the right to withdraw consent at any point. You might want to have a “safe word” that indicates that you or your partner(s) do not want to continue with that activity. A safe word should be a word that neither of you use very often in the context of sexual activity. Some examples of safe words are: “potato”, “tumbleweed”, “zebra”, “bubble gum”, etc., etc.
4. **A safe environment:** Always ensure that you are in a place where you feel safe before going ahead with any sexual activity.

Optional ingredients:

- Toys
- Extra consenting parties (more people)
- Food (whipped cream, chocolate covered strawberries, oranges, cucumbers, eggplant, peaches, etc.)
- Music

Instructions:

1. **Get consent!** You need to have consent before doing anything. No sexual activity is too small for consent to be needed!
2. **Communication is key.** Be aware of your body, emotions and your own boundaries, as well as your consenting partner(s) and their boundaries—what you feel comfortable with, what you could be interested in. Your boundaries deserve respect.
3. **Have fun and enjoy!**

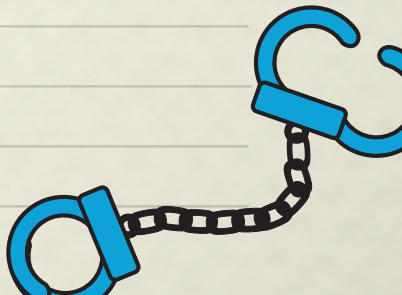
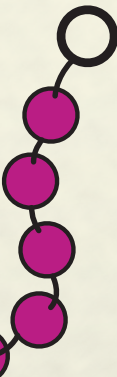




'S

(YOUR NAME)

RECIPE FOR CONSENT



CREATING YOUR OWN BOUNDARIES

Boundaries are crucial in any type of relationship. When you establish healthy boundaries, it allows everyone a chance to develop a sense of comfort around others. However, to establish boundaries, it is necessary to be clear with your partner(s) about who you are, what you want, things you value, and most importantly, your limits. Lastly, boundaries are not just about sexual needs, but emotional and mental needs too.

Some affirmations to use when setting boundaries:

I do not need to be healed to be in loving relationships

My relationships do not have to look the way I have been taught relationships should look

My sexuality is mine to name, explore and discover, how and when I want

I am not too much; I am exactly enough

It is okay to hold people accountable & expect others to do the same. It is a gift when I do this with grace and understanding

There is no shame in changing

5 Tips for Setting Boundaries

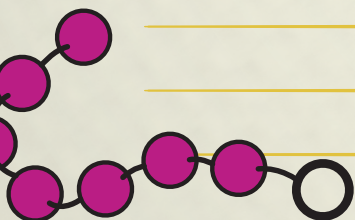
- 1. COMMUNICATE.** Be truthful, but respectful when sharing your thoughts and feelings. Example: using positive language such as “I need some time to myself” vs. “leave me alone”
- 2. DO NOT PLAY THE ASSUMPTION GAME.** Never assume you know what and how your partner(s) is feeling. Although you might know a lot about your partner(s), it is okay to ask how they are feeling.
- 3. FOLLOW THROUGH. BE ASSERTIVE. YOU ARE IN CHARGE.** Not following through with the boundaries you put in place may set you up for failure. Try not to compromise your boundaries. Once you begin to compromise, you may find yourself compromising all the time.
- 4. TAKE RESPONSIBILITY FOR YOUR ACTIONS.** Rather than putting the blame on your partner(s) for the situation or how you're feeling, remember to take a step back and reflect about the choices you made in the relationship. From there, see if your choices may have contributed to the situation. All partners involved should take responsibility for their actions.
- 5. KNOW WHEN IT'S TIME TO MOVE ON.** You only have control over your own desires and communicating how you want to be treated. You are not in control of, or responsible for your partner's feelings or communication. Everyone has the right to be treated with respect and fairness. If your partner(s) are not willing to respect your boundaries, then it may be time to end the relationship.

***Now you have everything you need
to create own rule book!***



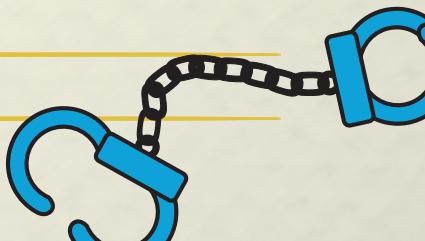
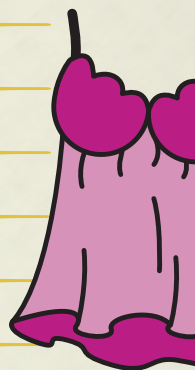
'S RULE BOOK

(YOUR NAME)



'S RULE BOOK

(YOUR NAME)



BE WHO YOU WANT TO BE!

How do you want to express yourself to the world?

In the frame below, take some time to explore your gender identity and how you would like to express it. YOU are the expert on yourself.

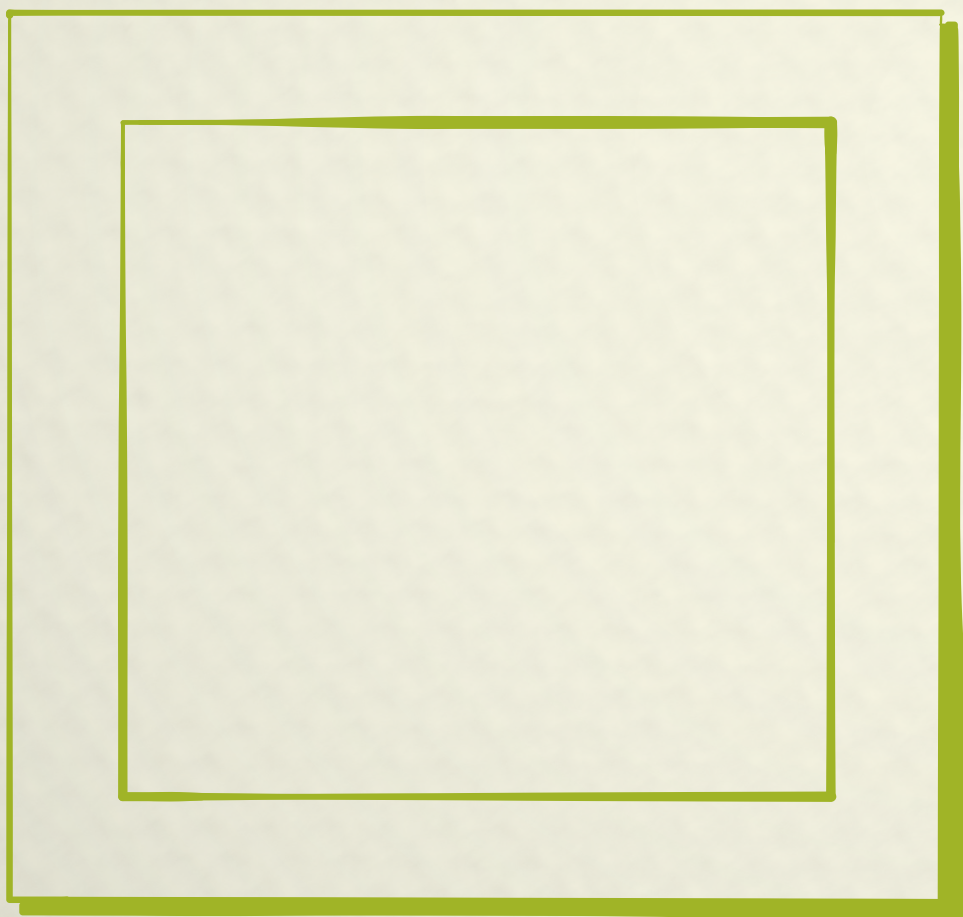
What are your values?

Your hobbies?

Your special qualities?

Inside the border of the frame,
write some words that describe
you and draw yourself!

LET ALL OF YOUR COLOURS SHINE!

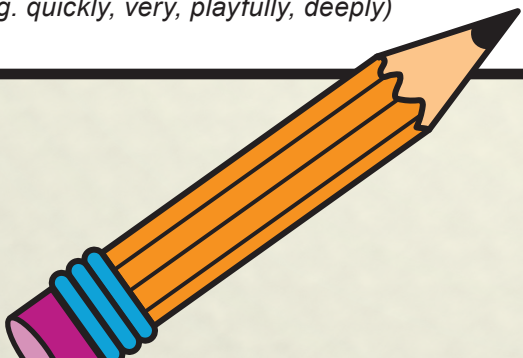
A large rectangular frame with a thick green border, intended for a drawing or self-portrait. The frame is empty and occupies the lower half of the page.



STORY CORNER: MAD LIBS

Here are a few definitions to help you get through the mad libs. Be creative, think outside of the box and have lots of fun!

- PRONOUN:** a word that replaces a noun to avoid repetition; also a word used to identify someone's gender identity. Gender identities are always self-identified.
(e.g. *me, he, she, they, we*)
- NOUN:** a word used to identify people, places, objects, etc. (e.g. *cat, park, child, chair*)
- VERB:** a word used to describe an action, state, or occurrences (e.g. *run, eat, be, have*)
- ADJECTIVE:** a word used to describe or modify a noun
(e.g. *blue, big, happy, funny*)
- ADVERB:** a word that modifies or qualifies an adjective or a verb
(e.g. *quickly, very, playfully, deeply*)



MY LOVE STORY

The first time I saw _____ , my heart couldn't stop
(NAME)
pounding. I stood there, stunned by that person's smile. I knew
that I had a crush, and that this love was real. It was the type of
love that made me feel _____ .
(POSITIVE ADJECTIVE)

I decided that it was high time I asked my crush out, whether it
would be a success or not. It was _____ for me to
(ADJECTIVE)
decide to talk to that person. I knew myself well and recognized
that, even if rejected, my love would never be a mistake. I knew
how important it was to acknowledge my feelings.

I approached that person. I looked at my crush _____ ,
(ADVERB)
waiting for _____ answer. My crush accepted my
(HER/HIS/THEIR)
offer and I had never felt so _____ in my life.
(ADJECTIVE)

We made plans with each other the next day. Before meeting up,
I checked in with myself one more time. I was wearing a
_____ with _____ .
(PIECE OF CLOTHING) (ACCESSORY)

I got a little nervous about my look, but then reassured myself
that even if I did not look perfect, showing the person the true
and best of me was enough.

We had a romantic rendezvous. We stood on the balcony and gazed into each other's eyes. I told my crush that I loved _____ and asked if I could kiss _____.
(HER/HIM/THEM) (HER/HIM/THEM)
Although I sensed that my crush had been interested in me during dinner, it was still important to ask if a kiss could happen between us. I realized it was a little awkward, but I still asked for _____ consent. My crush consented and we
(HER/HIS/THEIR)
kissed. It was a(n) _____ night.
(ADJECTIVE)

Once we got into the car, we started touching each other passionately. My crush said that _____ loved
(SHE/HE/THEY)
and wanted me and asked if we could spend the night together. I consented. We went to my house to share the night.

I knew how much I had been crushing on _____
(HER/HIM/THEM)
and I was eager to make love to my love. But before we had sex, I opened a conversation about what we each liked and/or didn't like in sex. I knew that people have different kinks, so although the conversation was a little bit awkward, it was important to have it so that we could have a pleasant night together. After finishing the discussion, I brought out a(n) _____,
(OBJECT)
together with a condom for protection. My crush brought out a(n) _____ for _____ pleasure. We
(OBJECT) (HER/HIS/THEIR)
made love to each other and I felt extremely _____.
(ADJECTIVE)

This is not the end of the story. The next chapters will continue to be written by the further experiences I have with my loved one. Whichever direction the story may lead, it should bring as much happiness into my life as possible because I deserve a happy ending.

THE SEX TALK

The first time my parents gave me the sex talk, we were at _____ . We were standing there admiring all the _____ , surrounded by _____ . All of a sudden, my parents turned to me and said, “ _____ , we want to talk to you about sex.” I gave them a _____ look. And then the _____ talk began.

(PLACE)

(PLURAL NOUN)

(PLURAL NOUN)

(YOUR NAME)

(EMOTION)

(ADJECTIVE)

“When two people like each other very much, sometimes they want to _____ together. Other times they might want to go to _____ together. Sometimes they like each other so much they want to kiss each other; other times they might want to touch _____ .

(ACTIVITY)

(PLACE)

(PLURAL BODY PART)

Touching _____ can bring a lot of pleasure and make both partners feel _____ . To spice things up, they may use a _____ . Even if they do use a _____ , they should still use protection.

(PLURAL BODY PART)

(EMOTION)

(NOUN)

(NOUN)

Or, they may not touch at all and still feel _____ .

(EMOTION)

In order to have the most _____ fun, the partners should communicate with each other about what they like and don't like. Communication is _____ for any healthy relationship.”

(ADJECTIVE)

(POSITIVE ADJECTIVE)

Once I realized we were still at _____ , and the _____ were listening to our conversation, I turned _____ . I quickly grabbed my things and _____ out of there!

(PLACE)

(PLURAL NOUN)

(COLOUR)

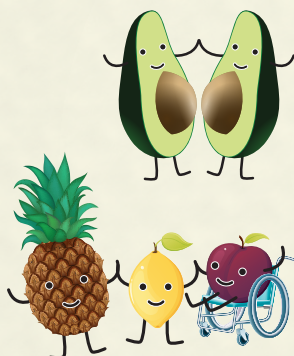
(PAST TENSE VERB)

SALT, FAT, ACID, HEAT UP YOUR BEDROOM

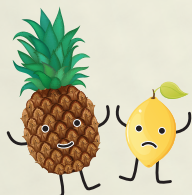
FRUIT SALAD

1. Not all romantic relationships are sexual and not all sexual relationships are romantic.
2. It doesn't matter if you and your partner(s) look different, or if you're from different backgrounds. Having common ground and respect for each other's cultures are more important factors.

3. People express and experience love in different ways. Some people may be in monogamous (having one exclusive partner at a time) or polyamorous (having multiple partners at a time) relationships. Whatever the case, consent is key – as long as everyone involved is on the same page about the relationship(s).



4. The success of any type of relationship depends on partners accepting and respecting each other as individuals with different emotional needs.



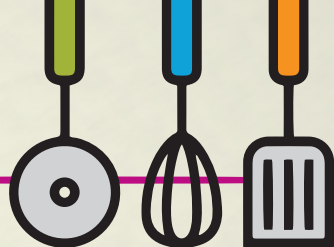
5. Jealousy comes from a fear of losing a partner and you can feel it in any relationship. What matters the most is how you react to it.



6. Relationships, people, and dynamics change. Communication will always help you understand where you're at with your partner(s).



MAIN COURSES



AREPA

RECIPE ADAPTED FROM WWW.BONAPPETIT.COM/RECIPE/AREPAS

The arepa is a Latin American food, most notably found in regions of Colombia and Venezuela. Made with maize (corn) dough, the arepa can be stuffed with meat, cheese, salad (reina pepiada), seafood – basically, whatever you want or are in the mood for, you can put into an arepa. Just like when it comes to sex or relationships, there are many different ways people can have sex with each other and want to express their affection for others in different ways.

Ingredients:

- 3 cups warm water or milk
- 2 cups arepa flour (precooked cornmeal)
- 1 tsp salt
- 1 tbsp canola oil

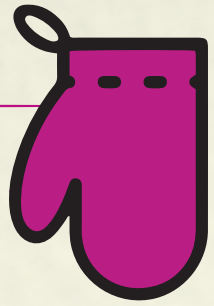


Instructions:

Combine arepa flour and salt in a medium bowl. Make a well in the center and add 2½ cups warm water. Using a wooden spoon, gradually incorporate dry ingredients, stirring until no dry lumps remain. Let rest 5 minutes. Knead dough a few times in bowl, then divide into 8 pieces.

Roll each piece into a ball and gently flatten to 1/2" thick. Heat oil in a large nonstick skillet over medium heat. Add 4 arepas, cover and cook until golden brown, (6–8 minutes). Uncover, flip, and cook uncovered until other side is golden brown, 6–8 minutes. Transfer to a rack or plate to cool. Repeat with remaining dough.

Split arepas down the middle and stuff with whatever you'd like!



Optional fillings: (pick and choose what you like!)

Mozzarella cheese

Be “cheesy” with your partner(s), however that looks like for you. Show them you care for and appreciate them, whether that’s through physical intimacy, bringing them food, sharing encouraging words, or by simply telling them you love them.

Avocado salad

Always remember to wash your hands and your vegetables before food preparation. The same applies to sex! Make it a habit to protect yourself and your partner(s) from sexually transmitted infections (STIs) by using barriers, such as condoms or dental dams.

Hot sauce

Arepas can be served with a side of hot sauce to drizzle over. Are your partners okay with the level of “spice” you’re introducing to your food, or into your bedroom? Introducing new things to try is exciting, but only if everyone’s on board!

Last but not least:

Ask about allergies! From nuts to latex condoms, remember that an ounce of prevention is better than a pound of cure.

DUMPLING SOUP FOR THE LOVER'S SOUL

RECIPE ADAPTED FROM THEWOKSOFLIFE.COM/WONTON-SOUP-RECIPE

Almost every culture has their own version of a dumpling. For this recipe, we are using a Chinese wonton soup variation. The process of dumpling making – from creating the filling to folding the dumplings – is one that is shared between family and loved ones, and are served for everyday or special occasions, such as the Winter Solstice or Lunar New Year. Food can be a powerful vehicle to connect and heal with your loved ones. In this recipe, we discuss some healing and safe practices to consider in your relationships.

Ingredients:

Wonton wrappers
(sold at Asian grocery stores)

Filling –

230g ground pork*, minced

280g baby bok choy, finely
chopped

2 ½ tbsp sesame oil

1 tbsp light soy sauce

2 tbsp Chinese cooking
(Shaoxing) wine**

⅛ tsp white pepper
(or to taste)

½ tsp salt (or to taste)

** Substitute with minced shiitake
mushrooms for vegetarian/
Halal/Kosher version*

*** Can be left out according to
taste/dietary needs*

Soup –

6 cups of chicken (or
vegetable) broth/stock

2-3 tsp sesame oil

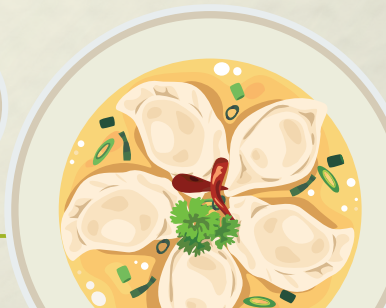
1 tbsp light soy sauce (or to
taste)

White pepper (to taste)

Salt (to taste)

To serve –

1 scallion, chopped

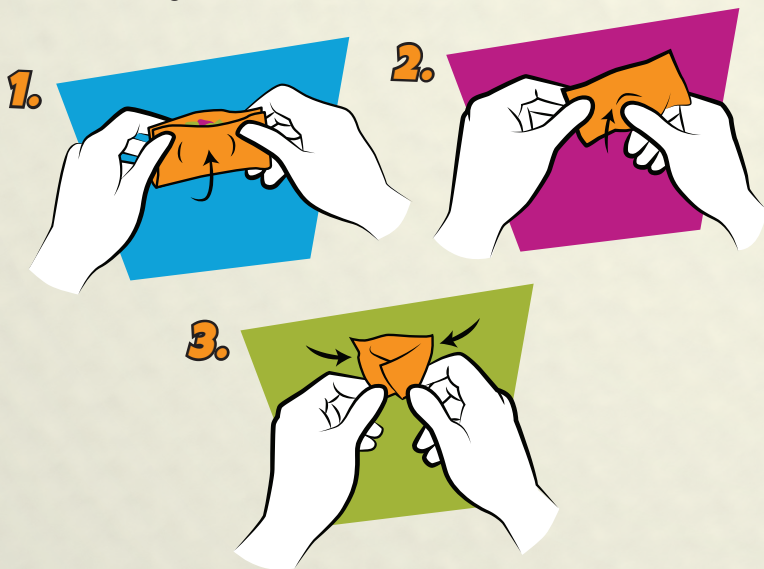


Instructions:

In a medium bowl, add all the FILLING ingredients. Mix thoroughly until the mixture becomes similar to a paste.

Fill a small bowl with water. Grab a wrapper and use your finger to moisten the edges of the wrapper. Add a little over a teaspoon of filling to the middle. Fold the wrapper in half and press the two sides together so you get a firm seal. Hold the bottom two corners of the little rectangle you just made (the side where the filling is) and bring the two corners together. You can use a bit of water to make sure they stick. Assemble with remaining filling and wrappers. Place the wontons on a baking sheet or plate lined with parchment paper, and make sure they are not touching to prevent sticking.

To make the soup, heat your SOUP ingredients in a pot. Bring a separate pot of water to a boil. Gently add the wontons one at a time to the pot. Carefully pick up the pot and use a swirling, twisting motion to keep the pot moving and prevent the wontons from sticking to the bottom. Once they're floating, boil them for another 1-2 minutes. Remove the wontons with a slotted spoon and put them in bowls. Pour the soup over the wontons and garnish with scallions.



Things to Consider:

Boiling:

Don't over-boil your dumplings and don't let problems with your partner(s) sit and stew! Get in the habit of being open about problems – otherwise, things will tend to spill over and fall apart.

Variety:

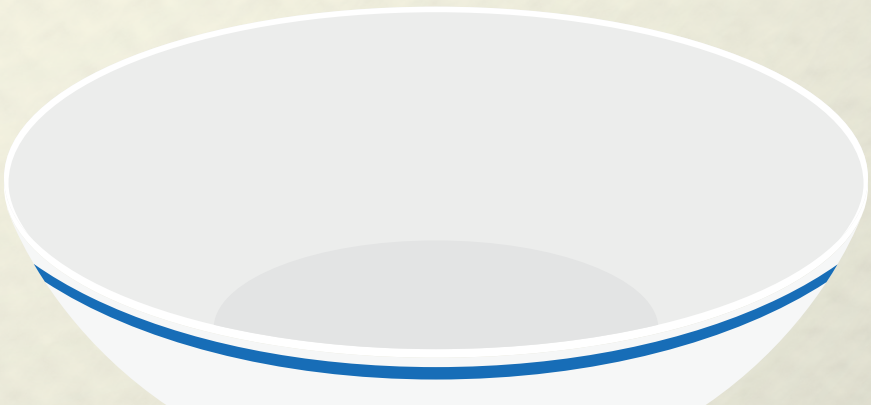
Dumplings can be prepared in a variety of methods and combinations of fillings. All relationships have different requirements to work – there is no “one size fits all” when it comes to relationships. Communication is the foundation of finding out your partner's needs and letting your partner(s) know what you need as well.

Portions:

How many dumplings is too much? In some of our cultures, refusing food is frowned upon and is viewed as a rude gesture. However, people should be able to choose how much they want to eat at a time, as long as they feel comfortable. For more about Consent and Boundaries, have a look at the Consent section of this journal.

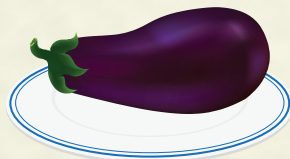
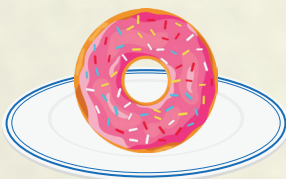
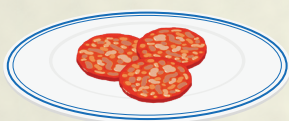
Things come to an end:

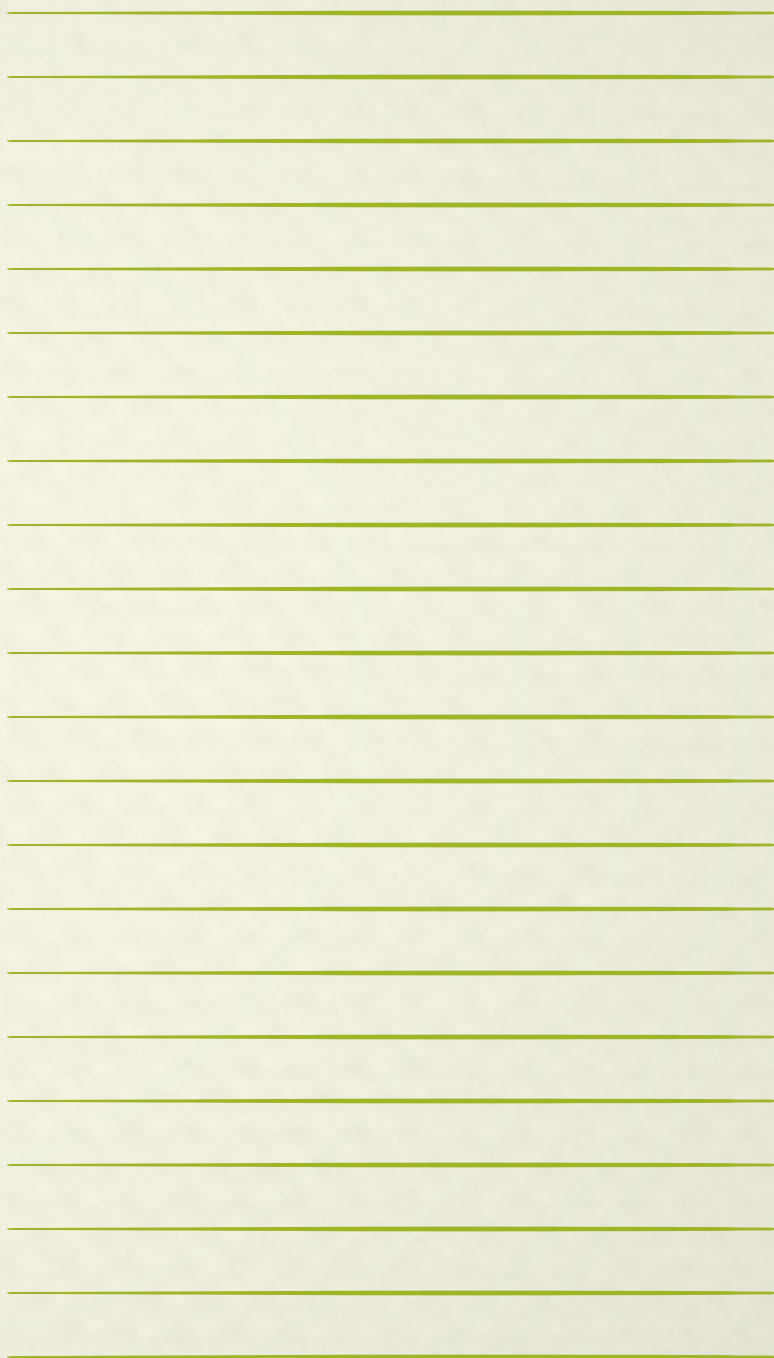
Sometimes, the healthiest decision is to end a relationship. Relationship endings are inevitable in dating, and a partnership doesn't need to last forever to be meaningful and worthwhile.



JUNK FOOD

Everyone's relationship with their genitals is personal. Here are some foods you can call your "junk" that are commonly used in some cultures and may be used to refer to your genitals in playful and gender-neutral ways.





HAIRSTYLES FOR “DOWN THERE”

Wanna spice things up “down there”? We’ve picked out three fun hairstyles for you to try. While you’re at it, why not design your own? Your body. Your choice.

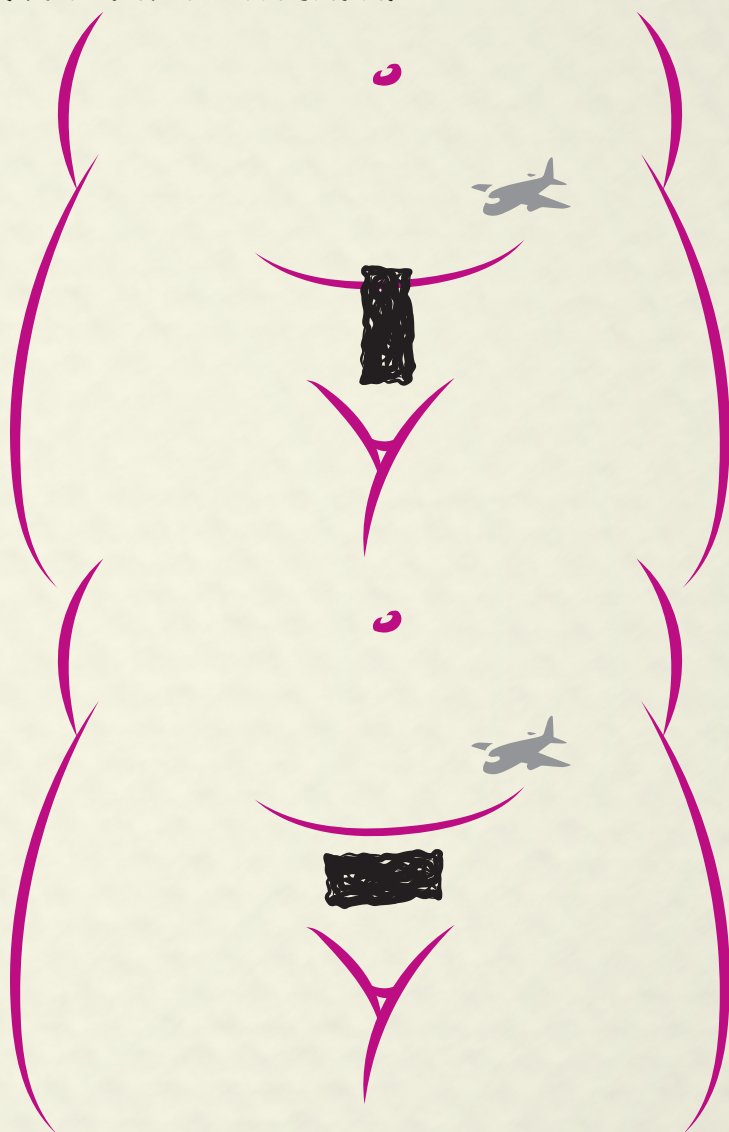
Remember that not everyone uses “penis” or “vagina” to identify their genitals, and that’s okay. You decide what names you want to give your genitals. Have fun with it and get creative.

THE SAMOSA



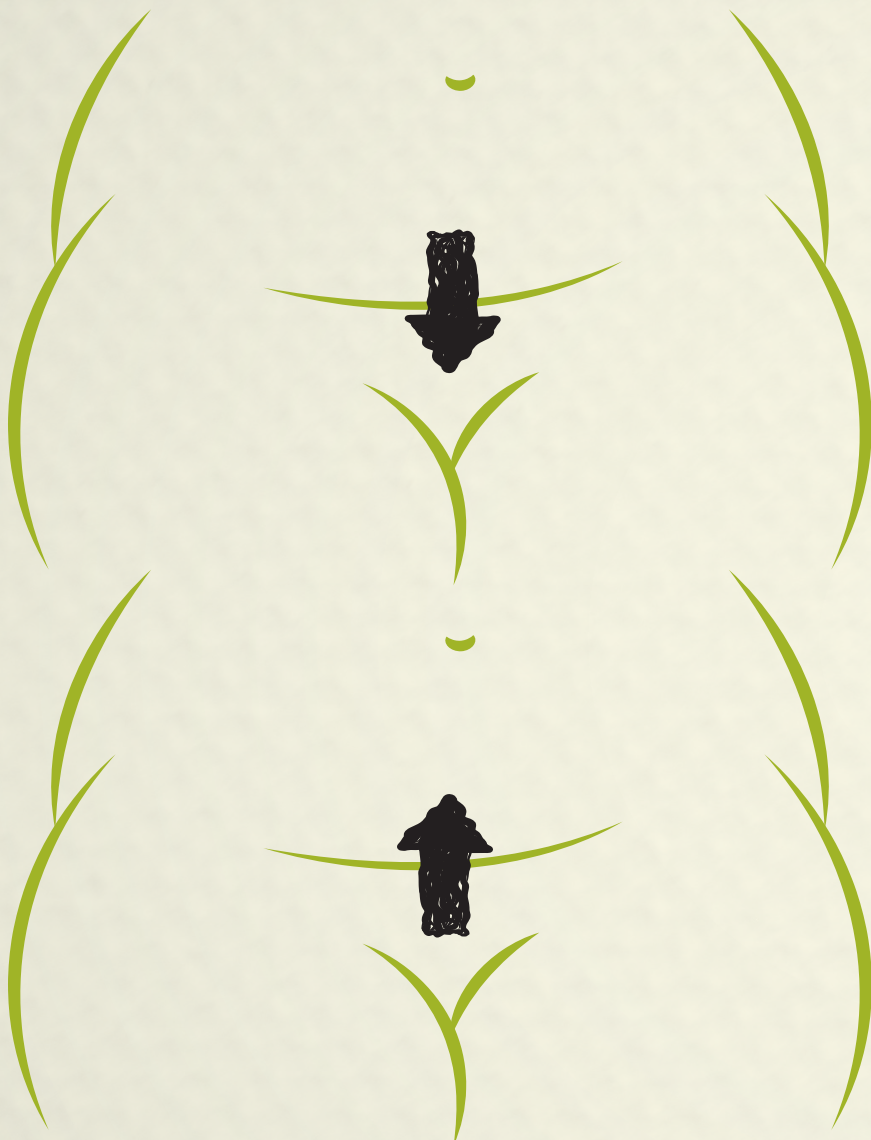
Spice up your life with a samosa! You will want to trim a triangle pointing downwards. Carefully shave a horizontal line at the top, and two lines pointing downwards. How stuffed do you want your samosa? Trim the hairs of the triangle as low as you want, or just let them grow wild!

WELCOME TO CANADA!



Quick! The plane needs a place to land! For this fun and simple hairstyle, you'll want to trim your hair into a rectangular shape. Vertical or horizontal, thin or wide it's up to you! Simply trim down the hair on all four sides until you achieve the perfect landing strip.

THIS WAY TO PLEASURE!



Two hairstyles in one! To achieve the arrow look, start off by trimming a vertical rectangle. On the bottom end of the rectangle, carve out a downward facing triangle. Tired of going south? Switch things up and direct your passengers north with an upward pointing arrow!

DESIGN YOUR OWN HAIRSTYLE!



Use the space below to describe your own hairstyle for “down there.”

THIS OR THAT, YOU CHOOSE!

Read through each of the statements and choose the answer that feels right for you. When you're done, check out the next page for some insight on each choice.

1

If you run out of birth control pills:

You should borrow some from a friend

- OR -

Get a new prescription from a doctor

2

If you find a new wart on your inner thigh:

It will probably go away on it's own

- OR -

Get it checked out by a doctor

3

You have a new partner and are thinking about engaging in sex:

They probably don't have a sexually transmitted infection (STI); the convo is too awkward anyways...it's fine!

- OR -

Talk to them about it beforehand and use protection!

4) *Your partner is asleep but you're feeling turned on and want to have sex:*

Leave them alone. Someone who cannot enthusiastically say 'Yes' or 'No' is not able to have sex.	- OR -	They're asleep... they would never know...
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5) *Your friend thinks they might be pregnant:*

Go to a clinic (like Planned Parenthood Toronto) to get tested and talk about options	- OR -	Ignore it because they're probably okay...
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6) *A person in your class keeps making uncomfortable comments about your body:*

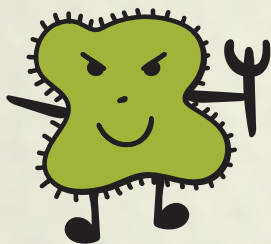
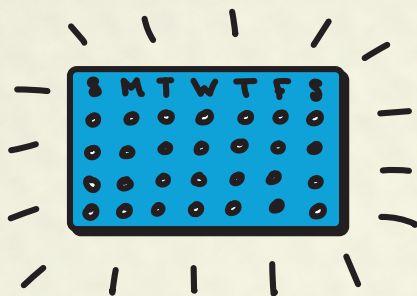
They're probably just flirting. Just ignore it! It's flattering!	- OR -	Talk to them or an adult about how you don't like the unwanted attention.
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7) *You just got rejected by someone you really like:*

It's okay if someone doesn't like you. There are other people who will! It's best to move on.	- OR -	Keep asking them out until they say "yes".
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ANSWERS:

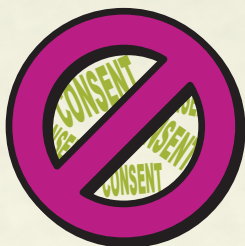
1) Different pills have different amounts of hormones (what makes them work in preventing pregnancy). The type your friend is taking might not be the type you are taking and could affect your body differently. It may also end up harming you or may not work at all. Check out our resource section to see where you can go for birth control prescriptions if you're interested.



2) If you find a bump anywhere on your body (especially near your genitals) it's a good idea to go to a clinic/community health centre (like PPT) to check it out. Sometimes it's nothing, but you should always be careful and make sure you stay healthy. In case it's an STI, remember that bacterial infections can be cured and viral infections can be treated.

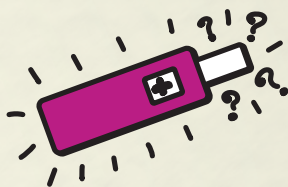
3) If you feel safe, it's important to talk about your current STI status and when you and your partner each got tested last. This is also a good chance to talk about what you are comfortable doing and giving them the chance to talk about this too.





4) If someone cannot happily say “yes” or “no” because they are asleep, passed out, drunk or on drugs, they cannot consent to sex.

5) Going to a clinic to take a pregnancy test will make it easier to know what to do next. This is a good chance for your friend to learn about their options if they are pregnant.

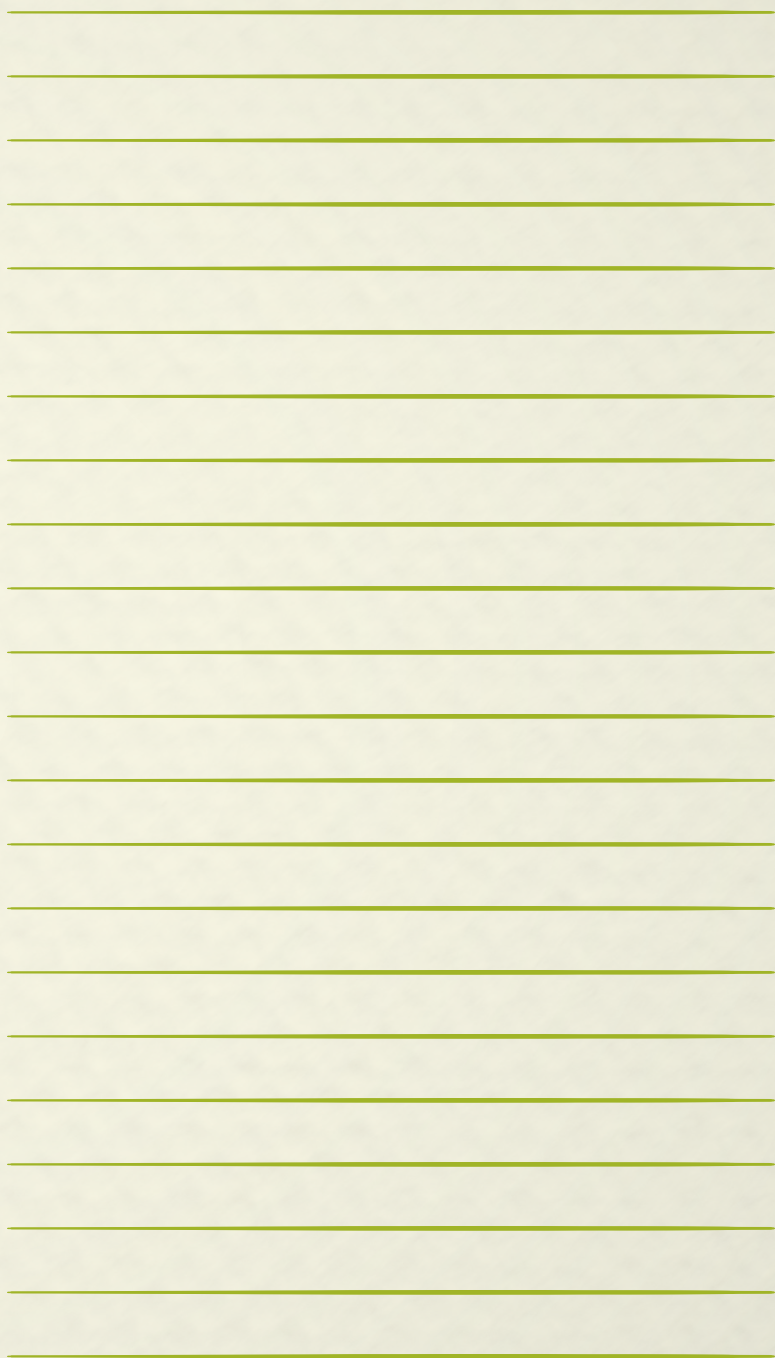


6) You have a right to not have unwanted attention. If you feel safe, speak to them or a teacher/parent/guardian so you can set boundaries with the person about what type of attention you are or are not okay with receiving.

7) If someone says “no” to you, it’s okay. Rejection is one part of dating and liking someone. But, it doesn’t mean that someone else won’t like you back. It’s better to move on so you can meet someone who likes you in return and makes you feel special.







HOROSCOPES

Astrology (the study of planets and stars' impact on human life) can be traced back to ancient Babylonian, Indian, Chinese, and Mayan thought systems. Today, Western astrology is widely used and referenced throughout popular culture. Many of our cultures have very similar belief systems that contributed to Western astrology over time.

Some newcomers come from cultures with Western astrology and may not notice any differences. However, if your culture has a different astrology, can you find similarities and differences between Western astrology and astrology in your culture?

Horoscopes (a life forecast based on where the planets and stars were at the time of birth) are a subsection of astrology that explain people's behaviours and personalities based on a zodiac. A zodiac is 12 different signs that are divided based on our solar system – everyone is assigned a zodiac sign based on their birthday.

Each zodiac sign has its own set of strengths and weaknesses, unique traits, desires and attitudes towards life. Remember that zodiac signs are just broad assumptions about people – we are much more complicated than 12 categories can fit into! However you feel about horoscopes, they can be a fun and interesting tool for self-reflection, as well as interpreting other people's actions.

ARIES

(MARCH 21 - APRIL 19)

DETERMINED, COURAGEOUS, ENTHUSIASTIC

Things to do with an Aries partner:

Attend a Nowruz (Persian New Year)
fire jumping ceremony

Strap-on:

As a sign that likes to assert its dominance and be on top, a strap-on is the perfect Aries accessory in bed.



TAURUS

(APRIL 20 - MAY 20)

PRACTICAL, LOYAL, RELIABLE

Things to do with a Taurus partner:

Join their family for a home-cooked iftar
during Ramadan (month of fasting for Muslims)

Chocolate covered strawberries/whipped cream:

Sensual, sweet, and always snacking, finding ways
to incorporate indulgent food into sex is the bougie
Taurus' dream.



GEMINI

(MAY 21 - JUNE 20)

CHARISMATIC, EASYGOING, ADAPTABLE

Things to do with a Gemini partner:

Participating in Holi (Hindu Festival of Joy) on the
street with strangers

Arousal lube:

Constant stimulation - both physical and mental - is key
for a Gemini. A tingly arousal lube that can be used all
over will keep the party going all night (or day) long.



CANCER

(JUNE 21 - JULY 22)

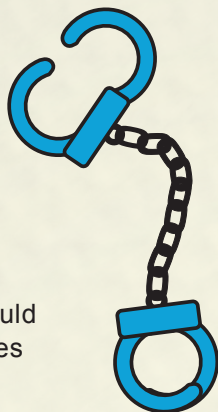
PROTECTIVE, CARING, TENACIOUS

Things to do with a Cancer partner:

Attend a queer spoken word and slam poetry night

Handcuffs:

Handcuffing someone so they're tied down can be super romantic, sexy and exciting. Handcuffing could be exactly what's needed for the Cancer that craves intimacy and closeness.



LEO

(JULY 23 - AUGUST 22)

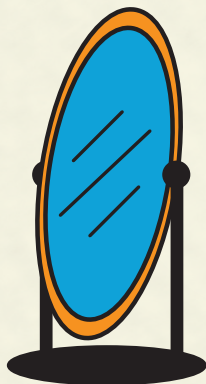
CONFIDENT, OUTGOING, GENEROUS

Things to do with a Leo partner:

Play mas for the Caribana parade

Full-length mirror:

Confident and spotlight-loving Leos will get a real kick out of watching themselves in a full-length ceiling mirror, getting undivided attention from their partners.



VIRGO

(AUGUST 23 - SEPTEMBER 22)

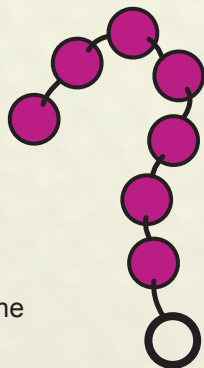
OBSERVANT, PERFECTIONIST, PATIENT

Things to do with a Virgo partner:

Signing up for a restorative Brown Girls Yoga class

Anal beads:

Detail-oriented and discrete, Virgos will appreciate the easy to control and no-fuss nature of anal beads.



LIBRA

(SEPTEMBER 23 - OCTOBER 22)

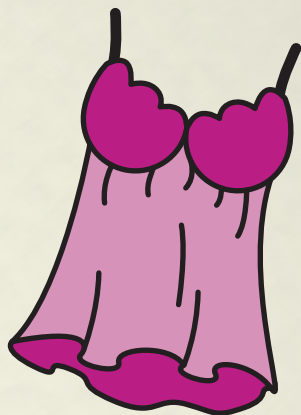
CHARMING, BALANCED, HARMONIOUS

Things to do with a Libra partner:

Dressing up and attending a Toronto International Film Festival (TIFF) movie premiere

Satin and lace lingerie:

Libras are all about beauty and effortless charm – and will look for any excuse to please their partner, especially if it means dressing up in expensive lingerie.



SCORPIO

(OCTOBER 23 - NOVEMBER 21)

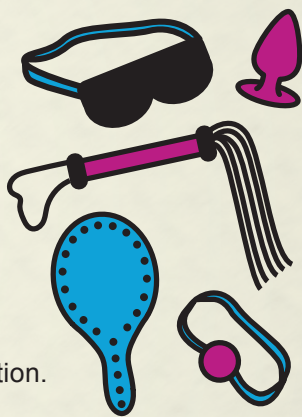
PASSIONATE, AMBITIOUS, COMMITTED

Things to do with a Scorpio partner:

Go to a body positive late-night burlesque show

BDSM kit:

Playing with power? Any Scorpio would love the intensity and mystery that comes with BDSM (dominance and submission roleplay) experimentation.



SAGITTARIUS

(NOVEMBER 22 - DECEMBER 21)

ADVENTUROUS, GO-GETTER, OPTIMISTIC

Things to do with a Sagittarius partner:

Attend (and sample everything at) an international street food festival

Vibrating butt plug:

The adventurous Sagittarius is always looking for a surprise anywhere, and a vibrating butt plug will definitely deliver.



CAPRICORN

(DECEMBER 22 - JANUARY 19)

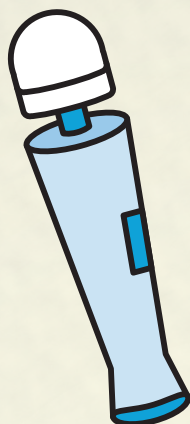
HARDWORKING, PERSEVERING, SUPPORTIVE

Things to do with a Capricorn partner:

Have a picnic in High Park for hanami (watching the cherry blossoms bloom)

Hitachi Magic Wand:

Practical and dependable, there's a reason why people turn to a Capricorn – and the Hitachi Magic Wand, a classic vibrator – when they want to get the job done.



AQUARIUS

(JANUARY 19 - FEBRUARY 18)

INDEPENDENT, VISIONARY, THOUGHTFUL

Things to do with an Aquarius partner:

Take a walk and shop local at a community-run garden

Nipple teasers/suckers:

Unique and kinky, your typical Aquarius is drawn to the unconventional in life, and sex is no exception. Nipple teasers are sure to puzzle and excite their body and mind.



PISCES

(FEBRUARY 19 - MARCH 20)

CREATIVE, EMPATHETIC, INTUITIVE

Things to do with a Pisces partner:

Lighting a lantern and sharing mooncakes under the full moon for Mid-Autumn Festival

A book of romantic poems:

Poetry about love will touch on a dreamy and emotional Pisces' biggest turn-ons: having feelings, and sharing feelings.





RESOURCES

Here is a list of services that may be helpful during your time in Toronto.

Many of the resources are offered in different languages or provide interpretation services as needed.

Sexual health services

These resources provide STI testing, anonymous HIV testing, pregnancy/abortion counseling, other sexual health related counseling, birth control prescriptions/pills/information, pap tests, and information about STIs and sexual health. Look them up online for a full description of hours and services along with helpful links and FAQs about STI and sexual health information.

Planned Parenthood Toronto

Planned Parenthood Toronto is a community-based, pro-choice agency committed to the principles of equity and to providing accessible and inclusive services which promote healthy sexuality and informed decision-making to youth ages 13-29 in the City of Toronto.

36B Prince Arthur Ave., M5R 1A9

416-961-0113

www.ppt.on.ca

Teen Health Source

Teen Health Source is brought to you by Planned Parenthood Toronto. It is a sexual health information service run for and by youth.

Text: 647-933-5399

Phone: 416-961-3200

Email: teenhealthsource@ppt.on.ca

A further list of sexual health clinics in and around Toronto can be found on the Toronto City Website under the Healthy Living and Sexual Health tab.

○ Sexual Health Infoline Ontario & eChat

Sexual Health Info Line was created for folks to get support and connect to services related to sexual health.

Toll-free: 1-800-668-2437

Local: 416-392-2437

eChat: <https://sexualhealthontario.ca/en/chat>

○ Hassle Free Clinic

Free medical and counselling services related to sexual health, located downtown Toronto.

66 Gerrard St. E., M5B 1G3

416-922-0566

hasslefreeclinic.org

○ Birth Control and Sexual Health Centre

Sexual health clinic providing a variety of services. No age limit, Ontario health cards are not required and people of all genders are welcome.

960 Lawrence Ave. W., M6A 3B5

416-789-4541

birthcontrolsexualhealth.ca

○ Bay Centre for Birth Control (BCBC)

The Bay Centre for Birth Control clinic offers comprehensive sexual and reproductive health care for women in Ontario. Our confidential services include physical examination, counselling, information and referrals.

76 Grenville St., M5S 1B2

416-351-3700

**[www.womenscollegehospital.ca/
programs-and-services/bcbc/](http://www.womenscollegehospital.ca/programs-and-services/bcbc/)**

Mental health services

○ Planned Parenthood Toronto

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36B Prince Arthur Ave., M5R 1A9

416-961-0113

www.ppt.on.ca

○ Mental Health Service Information Helpline by ConnexOntario

ConnexOntario provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness and/or gambling. Services are 24 hours a day, 7 days a week.

1-866-531-2600

www.connexontario.ca (chat)

○ Across Boundaries

Across Boundaries provides mental health support and services for racialized communities and works within Anti-Racism/Anti-Black racism and Anti-Oppression frameworks.

51 Clarkson Ave., M6E 2T5

416-787-3007

www.acrossboundaries.ca

Domestic violence and legal advice on divorce

What you should know about Family Law in Ontario (available in 9 languages) can be found at the following link: **<https://www.attorneygeneral.jus.gov.on.ca/english/family/divorce/>**.

Barbara Schlifer Clinic

The Schlifer Clinic offers legal representation, professional counselling and multilingual interpretation to womxn who have experienced abuse.

489 College St, Toronto, ON M6G 1A5
416-323-9149
schliferclinic.com

Ontario Network of Sexual Assault/Domestic Violence Treatment

Sexual Assault and Domestic Violence Care Centers throughout Ontario. A nurse is available 24 hours a day, 7 days a week.

76 Grenville St, M5S 1B2
416-323-7327
www.sadvttreatmentcentres.ca

Shelters

Shelters provide temporary accommodation and related support services that assist people to move into housing.

To access a shelter call 311.

More info on: www.toronto.ca/community-people/housing-shelter/homeless-help

○ Streets to Homes Assessment and Referral Centre

Youth and adults can get a walk-in referral:

129 Peter St., M5V 1X1

Shelter intake/Central Intake Line:

416-338-4766/ 1-877-338-3398

www.toronto.ca/housing/index.htm

○ Nisa Homes

Nisa Homes is the first group of transitional homes (long-term shelters) for Immigrant, Refugee and Muslim women who are homeless or at risk of becoming homeless.

1-888-456-8043

ext. 401 (Mississauga)

ext. 403 (Windsor)

www.nisahomes.com

Survivors of human trafficking

Human trafficking is defined as “the recruitment, transportation, harboring and/or exercising control, direction or influence over the movements of a person in order to exploit that person, typically through sexual exploitation or forced labour”.

Covenant House

Covenant House is here 24/7 for youth in crisis and homeless youth, 16 to 24. If you have no safe place to stay, we are here for you.

Gerrard St E, Toronto, ON M5B 2P3

416-598-4898

www.covenanthousetoronto.ca

If you are a youth who is being sexually exploited or trafficked, or a concerned parent,
email **endht@covenanthouse.ca**

Canadian Centre to End Human Trafficking

If you or someone you know is a victim/survivor of human trafficking, or you think someone might be, we can help.

437-993-STOP (7867) / 1-833-900-1010

www.canadiancentretoendhumantrafficking.ca

Chrysalis Anti-Human Trafficking Hotline

Chrysalis runs Canada's only national human trafficking hotline, which provides trauma counselling, referrals, and safety planning to workers in the commercial sex industry.

1-866-528-7109

www.chrysalisnetwork.org

Working in Canada

○ Migrant Workers Alliance for Change

This organization can provide information for undocumented workers, Live-In Caregivers and Caregivers.

720 Spadina Avenue, Suite 223, M5S 2T9

migrantworkersalliance.org

General email: info@migrantworkersalliance.org

Sex Work Resources

○ Butterfly

Migrant Sex Workers' Rights are Human Rights.

416-906-3098

www.butterflysw.org

cswbutterfly@gmail.com

○ Maggie's: The Toronto Sex Workers Action Project

Maggie's is an organization run for and by local sex workers. Our mission is to assist sex workers in our efforts to live and work with safety and dignity.

526 Richmond Street East, 1st Floor, M5A 1R3

416-964-0150

maggiestoronto.ca

maggiesinformation@gmail.com

Status in Canada

No One Is Illegal

If you're an undocumented person needing support in your fight against deportations, or because you need to access services please contact:

**toronto.nooneisillegal.org
nooneisillegal@riseup.net**

No One Is Illegal Toronto does not have an office or a central phone number.

General information services in Ontario

One great resource for Toronto and Ontario is 211 for general information and services. Both have comprehensive lists of resources and services that are available.

Toronto

www.211toronto.ca

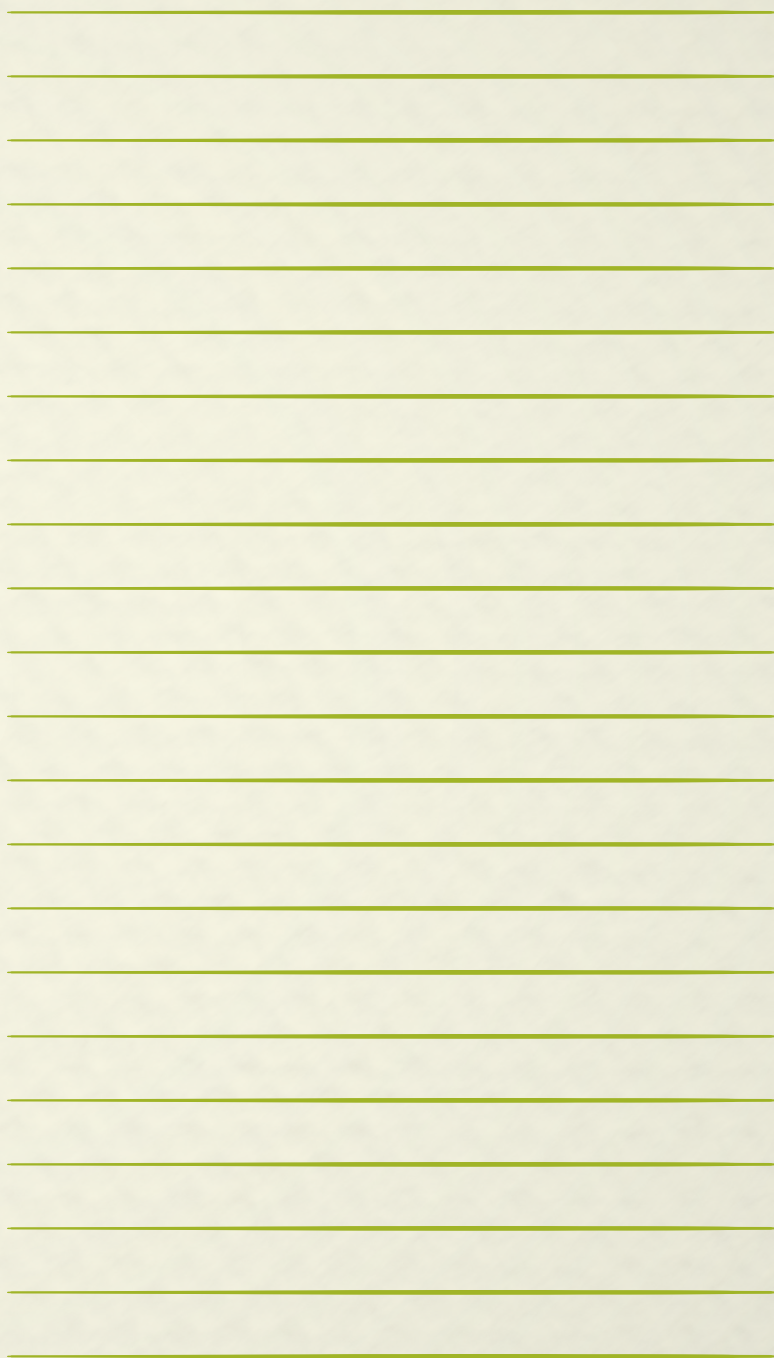
Ontario

211ontario.ca









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Salt, Fat, Acid Heat Up Your Bedroom by:	Katrina C and Fernanda PG
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Warda S



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Farjad A



Amanda C



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