

MANITOBA CHAMPIONS

THIS JOURNAL CONTAINS MEMORABLE
EXPERIENCES FROM THE MANITOBA
CHAMPIONS TRAINING COURSE IN 2023



National Collaborating Centre
for Infectious Diseases
Centre de collaboration nationale
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TOPIC OF THE DAY Everyday Sexual Health

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DATE June 21, 2023

THE REASON WHY

We wanted to learn about sexual health and how we can challenge stigma about sex and STBBI's to make it easier to talk openly about sex and keep ourselves safe

HOW WE DID IT

Sri Maddur shared a presentation about sexual health. As a group we defined "what is sex" and we reviewed the Safer Sex booklet which described which STBBI's are transmitted through different sexual practices

WHAT WE LEARNED

We learned about the different ways to take care of our sexual health and where to access sexual health testing and supplies in Winnipeg. We also learned about the stigma surrounding talking about sex and why it's important to talk openly about sexual health and ways to prevent STBBI's (while still having fun)!

THE FACILITATOR

Srinath Maddur

THE EXPERIENCE





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