

# SD23 SEXUAL HEALTH helpful resources

Click an image below to access the website



**CyberTip**

Tipline for reporting online abuse



**Emergency IUD**

Information about local doctors who can insert an IUD quickly for emergency contraception



**Elizabeth Fry**

Support for survivors of intimate partner violence, child abuse, and sexual assault



**erase - Report It Tool**

Link to anonymously report bullying or harassment to your school



**Etcetera**

2SLGBTQIA+ Youth Group



**Foundry Kelowna**

Youth mental wellness center



**GQIC**

Patient information about heavy periods and endometriosis



**It's a Plan**

Birth control decision guide



**KGH Gynaecology Services Clinic**

Abortion services in Kelowna



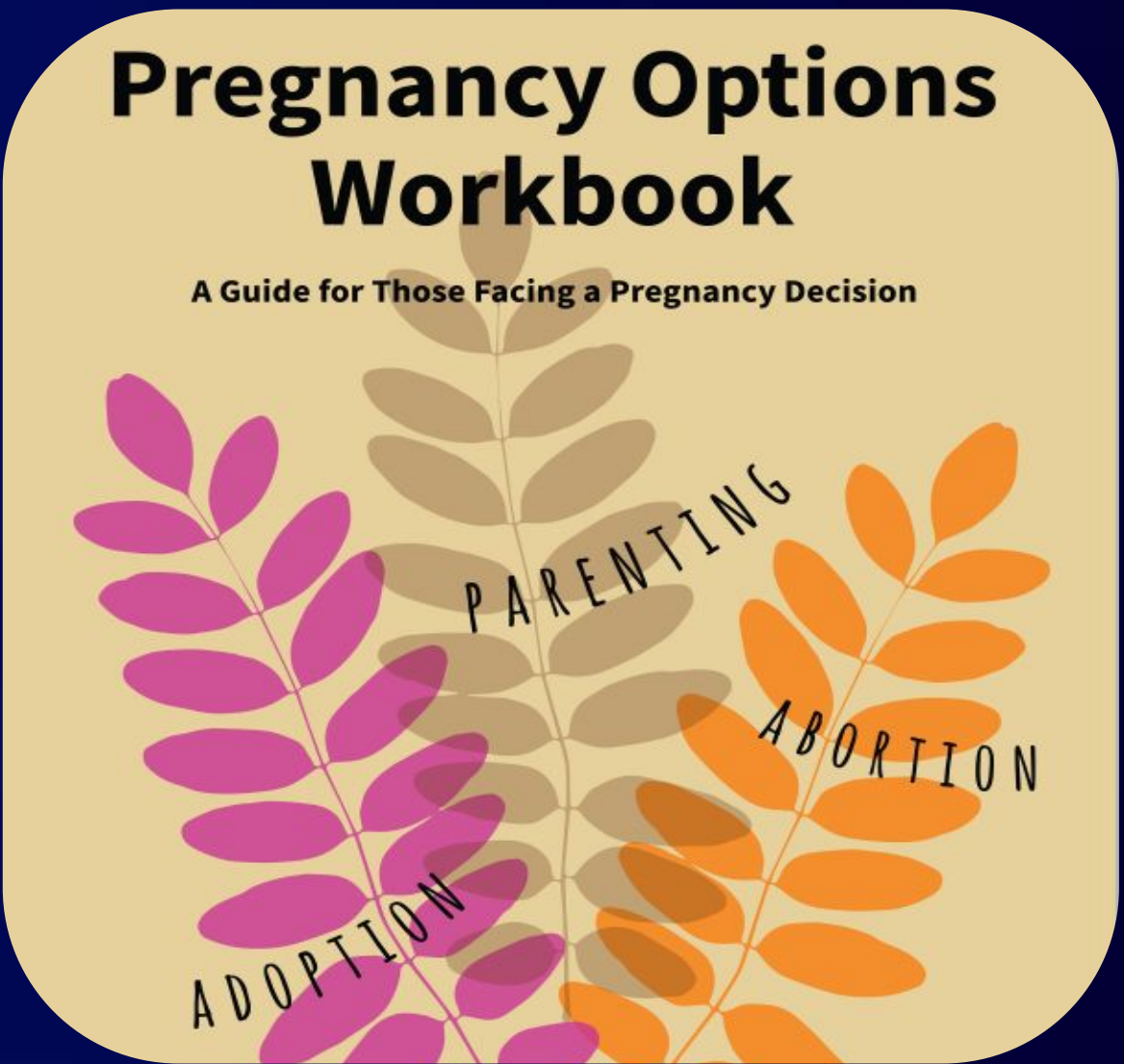
**Need Help Now**

Help removing sexual images from the internet and knowing your rights



**Options for Sexual Health**

Reliable, factual information about sexual health and contact information for the Kelowna Clinic



**Pregnancy Options Workbook**

A workbook to help you learn about all pregnancy options available



**Scarleteen**

Inclusive, comprehensive, and supportive sexuality and relationships info for teens and emerging adults



**Telus Health**

Access to telehealth (online) appointments with a doctor



**Trans Care BC**

Equitable and accessible care and information for trans people across BC



**Young Men's Health**

Carefully researched health information for young men

Helpful Phone Numbers

**Health Info and Advice**  
8-1-1

**LGBTQ Youth Line**  
1-800-268-9688 (call/text)

**Options for Sexual Health  
Sex Sense Line**  
1-800-739-7367

**Kids Help Phone**  
1-800-668-6868 (call)  
or 686868 (text)

**Pregnancy Options Line**  
1-888-875-3163

Sexual Health Clinics

**Kelowna Options for Sexual  
Health Clinic**

Rutland Aurora Health Centre  
102-285 Aurora Crescent

1-800-739-7367  
(call for appt or drop-in)

Hours: Thursday 6-9pm

Sexual Assault Support

**Elizabeth Fry Okanagan**  
Victim Services

Support line & general inquiries  
250-763-4613 (M-F 8:30-4:30)

email: [info.efry@coefs.ca](mailto:info.efry@coefs.ca)  
website: [www.efryokanagan.com](http://www.efryokanagan.com)