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The SOGC improves access to information on healthy sexuality ... just in time for World Sexual and Reproductive Health Awareness Day

Ottawa – The Society of Obstetricians and Gynaecologists of Canada (SOGC) is proud to announce that its www.SexualityandU.ca website is celebrating its 10th anniversary with a brand new look and content structure. The award-winning site has been redesigned to provide easier access for all Canadians to relevant, accurate, timely, unbiased, and evidence-based information on sexual health.

In anticipation of Sexual and Reproductive Health Awareness Day, on 12 February 2011, it is only fitting to draw the attention of Canadians to a website that has served as a top national and international online educational resource on contraception, sexually transmitted infections, relationships, and safer sex since 2001.

Although much progress has been made in terms of providing Canadians with credible information about sexuality to make informed decisions, there is still much to be done to reduce the number of unplanned pregnancies in Canada as well as the spread of sexually transmitted infections. As more and more people turn to the internet for information, the SOGC believes that it is important to provide a trustworthy venue for learning.

Real facts by real doctors

With content that has been written and reviewed by medical experts, this one-stop source of sexual health information was originally designed to meet the unique questions, concerns and needs of teens, adults, parents, educators or health-care professionals.

This original intent remains relevant today. However, we have also learned that people like to search for information by topic. As a result, now “U” can access the wealth of information on the website by key subject matter areas – Birth control, STIs-STDs, Sexual Health.

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Because sexuality is important for youth and adults alike, we've tried to demystify it as much as possible, with a huge section devoted to frequently asked questions (FAQs), quizzes, games, and videos. Sexuality can be an awkward topic to discuss, but a visit to the SexualityandU.ca website is as discreet, confidential, and credible as a trip to the doctor's office.

Having said that, we continue to recognize the important role parents, teachers and health-care professionals play as key advisors and counselors when it comes to sexual health. This is why the website still offers unique resources and tools to help initiate conversations with children, students and patients.

Think you know everything there is to know about sex? Think again.

As Sexual and Reproductive Health Awareness Day approaches, we invite all Canadians to remember that sexual health is an important part of overall health. Take the time to reflect on what's changed in your life over the last year or two ... or five, or 20. When was the last time you stopped to think about contraception and STIs?

We continue to grow and change throughout our lives, and our sexuality is no exception. As our lifestyles and desires evolve, we'll all run into questions about our sex lives and sexual health. So ... before you decide to "spice things up a little," don't forget to visit www.SexualityandU.ca.

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About the SOGC:

The Society of Obstetricians and Gynaecologists of Canada (SOGC) is one of Canada's oldest national specialty organizations. Established in 1944, the Society's mission is to promote excellence in the practice of obstetrics and gynaecology and to advance the health of women through leadership, advocacy, collaboration, outreach and education. The SOGC represents obstetricians/gynaecologists, family physicians, nurses, midwives and allied health professionals working in the field of sexual reproductive health. For more information, visit www.sogc.org