Sexual Health Week

February 8th to February 14th, 2026

Sexual Health is a key component affecting us from birth to end of life. It's fundamental to overall well-being, impacting physical, emotional, and mental health by enabling pleasurable and safe sexual experiences. While preventing diseases like sexually transmitted infections, facilitating healthy relationships, supporting reproductive choices, and empowering individuals to make informed decisions about their bodies and futures, free from coercion or violence. It fosters self-awareness, positive body image, and healthy connections, contributing to stronger communities and personal fulfillment across the lifespan.

Our sexual health is fundamental to the overall health and well-being of individuals, couples, and families, and to the social and economic development of communities and countries. Sexual health, when viewed affirmatively, requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination, and violence.

Our ability to achieve sexual health and well-being depends on access to comprehensive, good-quality information about sex and sexuality. Having knowledge about the risks we may face and vulnerability to adverse consequences of unprotected sexual activity, as well as the ability to access sexual health care is imperative, in an environment that affirms and promotes sexual health.

Sexual health-related issues are wide-ranging, and encompass sexual orientation and gender identity, sexual expression, relationships, and pleasure. They also may include negative consequences or conditions such as, infections with human immunodeficiency virus (HIV), sexually transmitted infections (STIs) and reproductive tract infections (RTIs) and their adverse outcomes (such as cancer and infertility), unintended pregnancy, sexual dysfunction, sexual violence and harmful practices (such as female genital mutilation, FGM).

There are many resources available to assist with our sexual health.

Action Canada for Sexual Health & Rights

We are an organization that works in Canada and around the world to promote health, wellbeing, and rights related to sexuality and reproduction. Building on the 50-year legacy of the organizations that formed. Action Canada, we provide direct

support, referrals, and information to the people who need it most, partner with groups and organizations on a range of campaigns using a collaborative, movement-building approach, and work with decision-makers to advance progressive policies on access to abortion, stigma-free healthcare, gender equality, LGBTQ rights, and inclusive sex-ed. https://www.actioncanadashr.org/about/who-we-are

Action Canada's Sexual Health Hub. The Hub is here to give you reliable, sex-positive, inclusive, pro-choice information about sexual health to support you in making informed decisions about your sexual health and help you to get the best care for you. Sexual Health Information Hub https://www.actioncanadashr.org/resources/sexual-health-hub

The World Health Organization (WHO) • https://www.who.int/health-topics/sexual-health#tab=tab_1

What is SRHR? Video https://www.youtube.com/watch?v=jsnusO0T2-0

What we do https://www.actioncanadashr.org/about/what-we-do

World Health Organization https://www.who.int/health-topics/sexual-health#tab=tab_1

Contributor

Bonnie Peloski c.s.d.w.

Community Wellness Facilitator

Interlake-Eastern Regional Health Authority

