

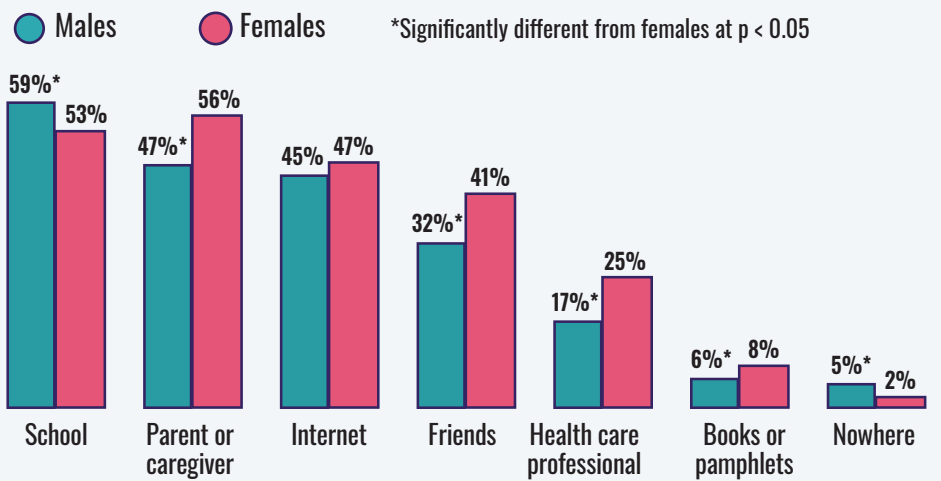
# WHERE DO YOUTH AGED 15 TO 17 GET THEIR SEXUAL HEALTH INFORMATION?



**Most youth (85%) said there was an adult they could talk to for help or advice on puberty, sexual development or sexual health.**

More than half of youth said that school (56%) or a parent or caregiver (51%) was a typical source of sexual health information.

Compared with males, a higher proportion of females typically got their sexual health information from parents or caregivers, friends, health care professionals, and books or pamphlets. School was a more common source for males.



**1 in 5 (18%) youth are sexually and gender diverse.<sup>1</sup>**

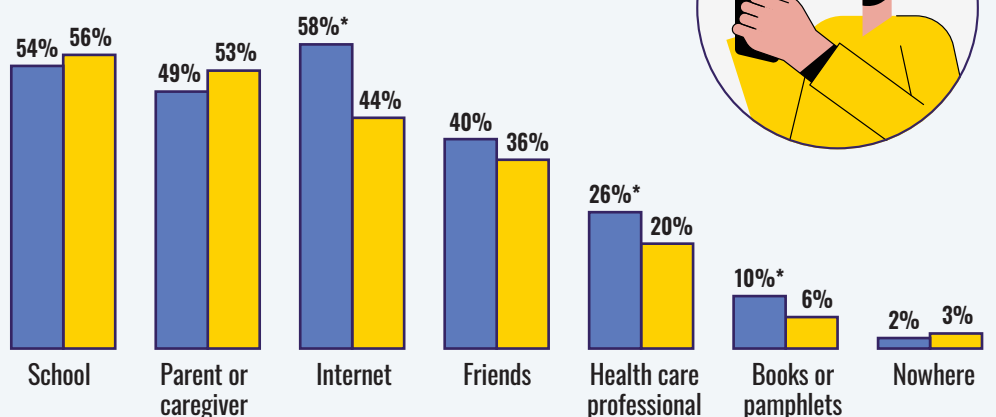
Compared with cisgender youth who are exclusively attracted to a different gender (87%), a lower proportion of sexually and gender diverse youth (82%) said they had an adult to talk to for sexual health information.



**A higher proportion of sexually and gender diverse youth reported the Internet, health care professionals, and books or pamphlets as typical sources of sexual health information. Only 2% reported not consulting any sources.**

● Sexually and gender diverse  
● Cisgender attracted exclusively to a different gender

\*Significantly different at  $p < 0.05$



1. "Sexually and gender diverse" refers to persons who are transgender or non-binary, or who reported having at least some same-gender sexual attraction. "Cisgender" refers to persons whose reported gender corresponds to their sex at birth.

Sources: Statistics Canada, Canadian Health Survey on Children and Youth, 2019; Rotermann, M. and A. McKay, 2024, "Where do 15- to 17-year-olds in Canada get their sexual health information?" *Health Reports*, 35 (1), <https://doi.org/10.25318/82-003-x202400100001-eng>.

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Catalogue number: 11-627-M  
ISBN: 978-0-660-70198-1