

## THE INTERNET AND SEXUAL HEALTH

# Where can I find credible information about sexual health online?

KEY WORDS

trust | experts | credible information



The internet is a platform brimming with information about sexual health! However, not all of it is **credible** and created by those who really understand the topic, such as experts. Therefore, it's important to exercise caution and sensitivity when searching the internet for information on such matters. Here are some helpful tips:

- Make sure to use websites and digital tools that are **verified by experts**. They may be easier to find if their platforms contain fact-checked videos, posts, podcasts, and apps.
- To obtain relevant information, first check websites and other digital tools provided by **national health centers, national institutions, or non-governmental organisations** involved in youth sexual education in your country.



- Get acquainted with **online social movements** that are currently active, especially if they operate near you and are focused on improving sexual and reproductive health education.

Some examples are Black Lives Matter (a movement that has created a space not only for the voices of black and ethnic minority individuals, but also for those who identify as LGBT+ and experience discrimination based on both race and sexual orientation), Women's Marches (a movement that educates about tolerance and equality in sexual life, regardless of sexual orientation and gender), #MeToo (a movement that has become a tool against the humiliation and exploitation of women and discrimination related to gender in any form).

- You can also make use of **helplines** providing support for individuals in crisis, offering a confidential space for sexual health conversations with trained specialists.



Credible information is a powerful tool in making informed choices about your sexual health. Always approach online information with an observant eye, considering the credibility of the source, the recency of the information, and the inclusion of references or citations. Reliable websites will frequently **update their content** to reflect the latest developments in the field of sexual health.

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Remember to always be careful when seeking information online about sexual health and ensure its credibility through direct conversations with a trusted adult, healthcare professional or educator.



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