

## TEEN HEALTH SOURCE CELEBRATES 25 YEARS

### NEWS

For Immediate Release

Planned Parenthood Toronto's Teen Health Source is proud to celebrate 25 years of offering sexual health information to youth across the GTA. When teens don't feel comfortable talking to their parents, family doctor, or even a friend, they can find an unbiased sounding board in one of Teen Health Source's peer volunteers. Since its start as the Teen Sex Infoline in 1993, Teen Health Source has been trusted by youth to deliver non-judgemental, confidential and accurate sexual health information. As one of the first peer education services to implement texting and online messaging, Teen Health Source has led the way in maximizing use of technology in delivering health information to youth.

### QUOTES

"If a young person has a question, is dealing with a major issue or is simply curious, Teen Health Source is there to provide accurate information without judgement, shame or stigma. We are proud that this vital program continues to be as relevant today as it was 25 years ago."  
— Sarah Hobbs Blyth, Executive Director Planned Parenthood Toronto

"The resources on TeenHealthSource.com are really there for everyone. Not only do we hear from teens who are relieved to find info they're not getting in school or at home, but also from health care providers and youth workers who are looking to connect with the young people in their communities. Having teens talk to teens really makes a difference."  
— Andrew Townsend, Teen Programming Coordinator

"Volunteering at Teen Health Source has always been consistent proof for me that youth are the best resources for each other. It has also taught me a ton about being kinder, non-judgmental, mindful of my language, and actively challenging yourself to keep learning."  
— Jackie Mlotek, former Teen Health Source Volunteer

"I was very worried, scared and confused and the peer educator made me feel a lot more safe and informed by answering all my questions. Peer educator was very knowledgeable and caring. I felt safe asking questions. Thank you so much for your help."  
— Client Feedback (Anonymous)

### QUICK FACTS

- Teen Health Source is staffed by peer educators 5 days a week, contributing over 5500 volunteer hours since 2013.
- Teen Health Source volunteers have helped an average of 1700+ teens per year since 2003. In the past two years, the website has had over 4.5 million hits.

### LEARN MORE

Teen Health Source Website: <http://teenhealthsource.com/>

Interviews with past volunteers: <http://teenhealthsource.com/tag/25-years/>

For more information or to set up an interview with  
**Sarah Hobbs Blyth, Executive Director**  
please contact Chelsea Barnett, Communications Coordinator at  
e. [cbarnett@ppt.on.ca](mailto:cbarnett@ppt.on.ca) | p. 416-961-1931