



Precursors
of youth's sexual
and romantic
relationships



Gynecologic pain



➤ In adolescents in secondary 5 Grade 11 who participated in the PRESAJ Study.

Pain when inserting a tampon

16.8% of individuals who had previously used a tampon reported experiencing pain when inserting it (intensity $\geq 4/10$).

98.8% identified themselves as female, and **1.2%** as male.

Pain during sexual activities

14.2% of individuals who had engaged in sexual activities with penetration (penetrative sex) reported experiencing pain in their genitals (intensity $\geq 4/10$).

86.8% identified as female, **10.5%** as male, and **2.6%** identified as non-binary or gender fluid.



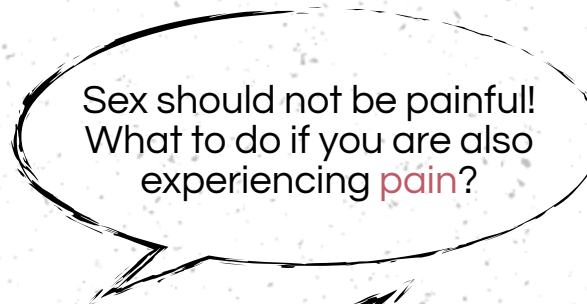
Average pain duration

On average, this pain during sexual activities was present for

10.1 months for those who identified as male

12.3 months for those who identified as female

19 months for those who identified as non-binary or gender fluid



What to do?

- Talk to a **health care professional** (doctor, nurse, sex therapist, etc.)
- Share** with your **partner** what you are experiencing
- Consult **online resources** such as <https://teenhealthsource.com/blog/issex-supposed-to-hurt-going-to-the-doctor/>

The data in this infographic are derived from the third phase of the study on precursors of youth's sexual and romantic relationships (PRESAJ) conducted in Quebec in 2020-2022 among 2,800 adolescents in secondary five (grade 11). Only adolescents who reported that they had previously used a tampon (N=995) or engaged in a sexual activity with penetration (N=1084) were included here.

This study is led by Sophie Bergeron, Ph.D., from the Université de Montréal and Jacinthe Dion, Ph.D., from the Université du Québec à Chicoutimi and is funded by the Canadian Institutes of Health Research (CIHR).

To cite this document:

Girouard, A., Dion, J., Paquette, M-M., Desrosiers, M., Bergeron, S. (2022). *Gynecologic pain*. Information sheet: Knowledge transfer campaign of the PRESAJ Study. Université de Montréal and Université du Québec à Chicoutimi.

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