

# YOUTH RIGHTS

## I HAVE THE RIGHT TO...

have a **HEALTHY** relationship

be **LISTENED TO** and to decide what is best for **MY BODY**

say **YES** to what **I AM READY** for

an **EDUCATION** that will help me make healthy choices

have my gender, sexuality, body, and age **RESPECTED**

**ACCESS** health services that are youth friendly

have my own **OPINION** and use my **VOICE**

... **AND SO MUCH MORE!**



## RESOURCES

### **Rainbow Resource Centre (LGBTQ\*)**

[www.rainbowresourcecentre.org](http://www.rainbowresourcecentre.org)

170 Scott St. (204.474.0212)

Counselling, library, safer-sex supplies, youth groups, drop-in.

### **GDAAY Clinic**

[www.gdaay.ca](http://www.gdaay.ca)

FE 307 685 William Ave. (204.787.2490

leave a message)

Manitoba program for transgender youth up to age 17. Youth or family can call.

## WEBSITES

**teentalk.ca** - Sexual and mental health information.

Follow us on   (@TeenTalkMB)

Like us on  ([facebook.com/teentalkMB](https://facebook.com/teentalkMB))

**sexualityandu.ca** - Sexual health information.

**scarleteen.com** - Sexual health information.

**nativeyouthsexualhealth.com**

Healthy sexuality info by and for Indigenous Youth.

**sexetc.org** -Wide range of sexual health info.

# AM I READY FOR SEX?

# HOW DO I KNOW IF I'M READY?

Here are some lists that might help you decide if you are or aren't ready for sex.

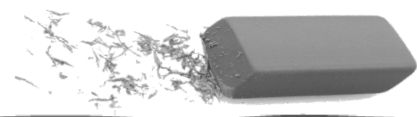
## BODY CHECKLIST:

- I know where to get safer sex supplies (condoms, sex dams, lube) and know how to use them.
- I understand the basics of anatomy, STI/HIV transmission and how a pregnancy happens.
- I can explore my body to learn what feels good for me and what doesn't.
- I have a good idea what turns me on and can communicate what I like.



## RELATIONSHIP CHECKLIST:

- I can express my wants, needs and limits. I trust my partner to respect them. My partner can trust me to respect their limits and boundaries.
- I feel I can communicate with my partner honestly, even when it's awkward, and feel my partner can do the same.



## EMOTIONAL CHECKLIST:

- I know my limits and boundaries when it comes to sex.
- I have someone to talk to about sex and go to for emotional support (i.e. family, friend, elder, teacher).
- I understand that having sex could change my relationship.
- I can handle the risk of a pregnancy (if I'm having penis / vagina sex), getting an STI, or rejection from my partner.
- I can participate in physical affection/sexual activities without a lot of anxiety or shame.

Being ready for sex can mean different things to different people. Your check list might be different from this one.  
**You are the expert of your mind, body and life!**

**You could check each of these boxes off and still not be ready for sex and that's okay too!**