

YOUR 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

ACCURATE information that can help me make choices that work for **ME**

Have **MY** gender, sexuality, body, and age **RESPECTED**

ACCESS health services that are **NON-JUDGMENTAL**

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

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



THESE ARE RIGHTS WE ALL HAVE, BUT WE KNOW THAT SOMETIMES THEY AREN'T RESPECTED. IF YOUR RIGHTS AREN'T BEING RESPECTED IT'S NOT YOUR FAULT AND YOU DESERVE SUPPORT. CHECK OUT THE RESOURCES BELOW FOR HELPFUL PLACES TO CONNECT WITH

RESOURCES

Kids Help Phone (24 hours).....**1.800.668.6868**
Online chat available too **kidshelpphone.ca**
Canada wide support and info service for youth.

Klinic Sexual Assault**1.888.292.7565**
Crisis Line (24 hrs) or **204.786.8631**
Counselling, information, support and advocacy concerning sexual assault.

Rainbow Resource Centre.....**204.474.0212**
(LGBT2SQ+) **rainbowresourcecentre.org**
170 Scott St.
Counselling on any issue, safer sex supplies, youth groups and drop-ins.

Ka Ni Kanichihk.....**204.953.5820**
455 McDermott Ave **kani-**
kanichihk.ca
Culturally based Aboriginal identified programs and services for youth (and all ages).

GDDAY.....**204.787.7435 ext 3**
FE 30- 685 William Ave. **gdaay.ca**
Programs and support for trans youth under 17.

ONLINE

teentalk.ca - For more info on sexual health, mental health, substance use and healthy relationships.

You can also follow us @teentalkmb on   

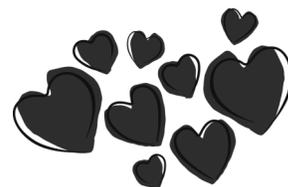
sexualityandu.ca - Sexual health information.

scarleteen.com - Sexual health information.

nativeyouthsexualhealth.com
Healthy sexuality info by and for Indigenous youth.

loveisrespect.org - Resources and support for building healthy relationships and preventing or ending relationships with abuse.

stresshacks.ca - Info about mental health, stress, feelings and tips on how to destress.



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.

I might feel ready for sex when....

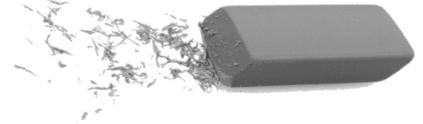
- I feel comfortable talking with partners about sex even when it's awkward.
- I know where to get safer sex supplies (condoms, sex dams, birth control etc.) and know how to use them.
- I understand the basics of anatomy, STI/HIV transmission, testing and how a pregnancy happens.
- I have a good idea what turns me on and can communicate what I like while also asking my partner what they like.
- I can use consent

I might not feel ready for sex when....

- I'm too nervous to talk with a partner about things like condoms, birth control, sex dams or testing.
- I don't feel like I have enough info on things like anatomy, STI/HIV, or pregnancy.
- It doesn't fit with my values/religion/spirituality
- It's not something that interests me



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



Being ready for sex can mean different things to different people. Trust what is in your heart and in your mind.

You know what is right for you!

