

COMMUNICATION

Types of communication

Assertive: Stating your needs and listening to the needs of others. Respects boundaries. Willing to compromise.

Passive: Not sharing your needs, apologizing when it isn't your fault, or agreeing just to please the other person.

Aggressive: Not listening to the other person. Talking over them, yelling, demanding things go your way.

Which type is best?

Most of the time, in Canadian culture, assertiveness is best.

There are always exceptions. Some examples:

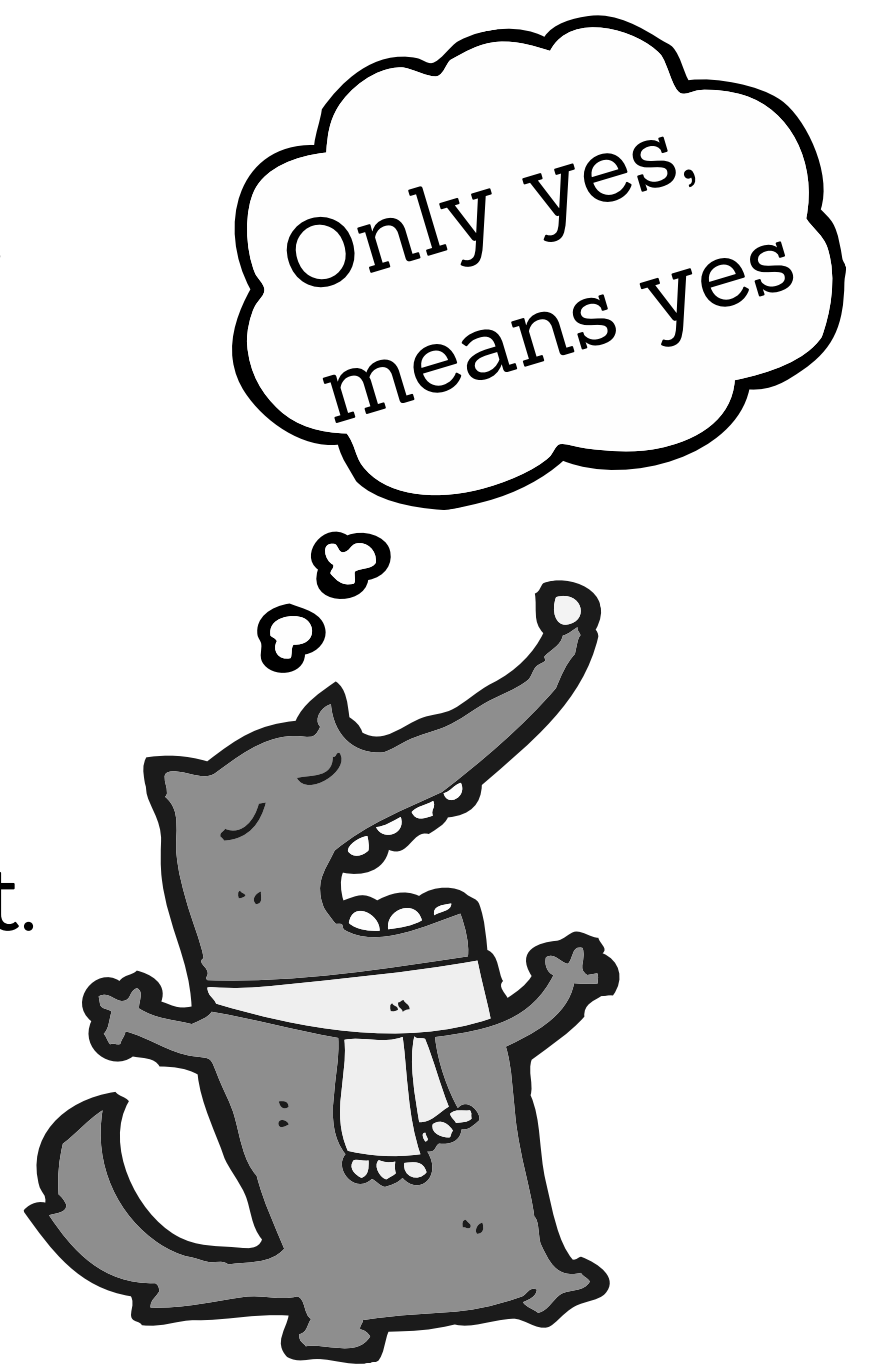
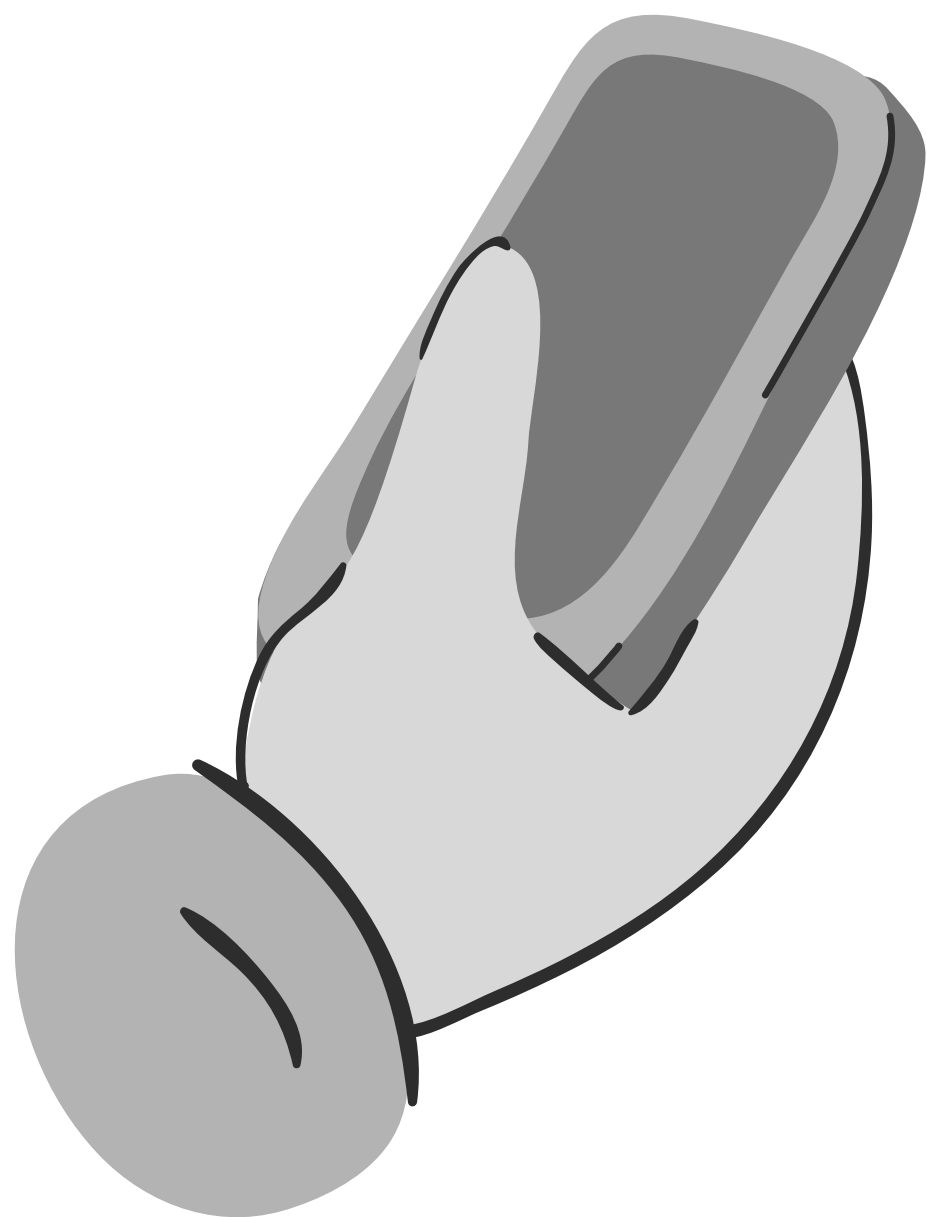
- When talking with Elders, passive is expected. This is a time to learn and share in their knowledge.
- Some cultures expect passive when talking with parents or other adults.
- For safety, sometimes aggressive makes sense.
- Certain activities, like sports, aggressive makes more sense. Just remember, this is only while on the field/rink/court.



Consent and Sexting

Some people choose to sext (send sexy pics or text). This is a personal choice. It is important that everyone involved gets consent before sending pics, understands the law, and reflects on the risks.

It's never okay to send a picture without asking first. It is never okay to share someone else's pic. If someone shares your pic it is NOT your fault.



Safer Sexting Tips

Get consent before you send

Never include your face or other features like birthmarks or tattoos

Use apps that auto-delete after viewing

Resources

Learn more about healthy communication at teentalk.ca

Needhelpnow.ca - Info and support for getting stuff off the internet

Klinic Sexual Assault Crisis Line - 1-888-292-7565 or 204-786-8631
Support if you've experienced sexual violence

Kids Help Phone - 1-800-668-6868, txt 68 68 68, chat kidshelpphone.ca
Support for any problem

Thatsnotcool.com - Info and videos on communication