

YOUR RIGHTS

When it comes to our bodies and our identity, we all have rights and responsibilities

Rights:

- Healthy relationships
- Consent
- Accurate information and support for our health including sexual health
- Access birth control
- Access condoms
- Pregnancy options:
 - Abortion, adoption, or parenting
- Be the gender you know in your heart
- Be attracted to whom you want
- Our values
- Your culture



Responsibilities:

- Respect other people's values. We don't have to agree, but we can't harm others with our values.
- Ask for consent
- Act from a place of respect and safety in our relationships

Resources

Online

- Kids Help Phone (24hr).....1-800-668-6868
Support for all youth kidshelpphone.ca
Text 68 68 68
- Klinik Sexual Assault Line (24hr).....1-888-292-7565
Support about sexual assault. or 204.786.8631
- Rainbow Resource Centre.....204-474-0212
170 Scott St. rainbowresourcecentre.org
Programs and counselling for 2STLGBQ+ folks
- Ka Ni Kanichihk.....204-953-5820
455 McDermott Ave kanikanichihk.ca
- Culturally based Indigenous programs
- GDDAY.....204-787-7435 ext 3
FE 30- 685 William Ave. gdaay.ca
Support for trans youth under 17
- Two-Spirited Manitoba.....204-330-8671
Support and community twospiritmanitoba.ca
for Two-Spirit folks

- Teentalk.ca - Our website with info on sexual health, mental health, substance use, and relationships.
- Nativeyouthsexualhealth.com - Healthy sexuality info by and for Indigenous youth.
- Sexualityandu.ca - Sexual health and identity info
- Scarleteen.com - Sexual health info
- Loveisrespect.org - Support for building healthy relationships and ending relationships with abuse
- Stresshacks.ca - Info about mental health, (de)stress and feelings



AM I READY
FOR SEX?

HOW DO I KNOW
IF I'M READY?

I might feel ready for sex when...

- I can talk 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 prevention, testing, and how pregnancy happens
- My partners and I can talk about pleasure, comforts, and boundaries
- I can use consent

I might not feel ready when...

- I can't talk with partners about sex, condoms, birth control, sex dams, pregnancy, or testing
- I don't 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 all of these and still not be ready for sex

Trust what is in your heart and in your mind. You know what is right for you.

