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



- 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

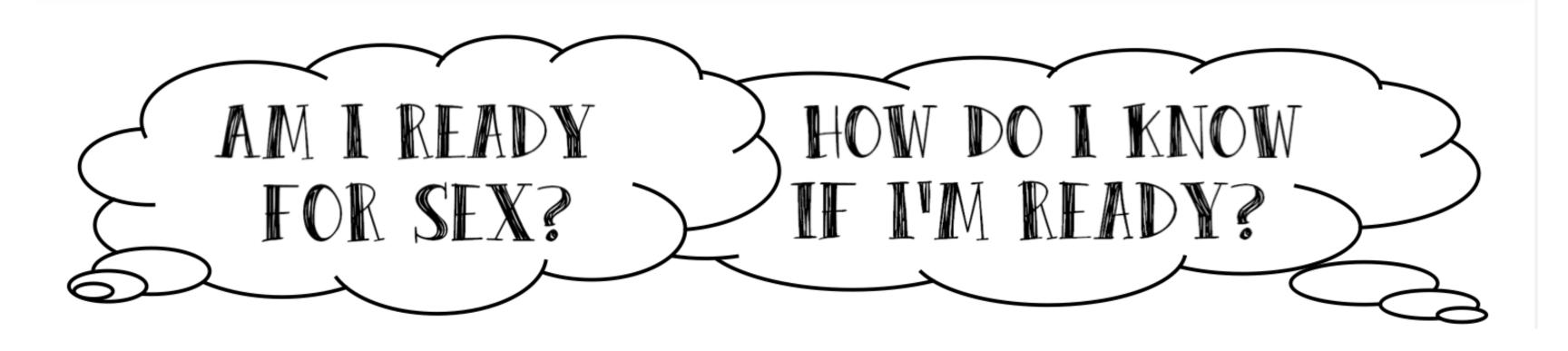
Resources

- Kids Help Phone (24hr)......1-800-668-6868
 Support for all youth kidshelpphone.ca
 Text 68 68 68
- Klinic 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
- 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

Online

- 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





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

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.

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







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