GRADES 8-12

Consent & Healthy Boundaries

What's the difference between consent and boundaries?

Consent is choosing what you are and are not comfortable with.

Consent is about an ongoing "yes" that is given freely and enthusiastically.

Boundaries are your personal limits as to what you feel comfortable with.

Boundaries are important in protecting your physical, emotional, and mental well-being.

In sexual relationships, a lack of consent = a sexual offence.

IT CAN HAPPEN TO ANYONE, REGARDLESS OF YOUR AGE OR GENDER.

8% of Canadian males 15+ have experienced sexual assault.[1]

YOUTH AGED 12-17 make up the majority of victims of online child sexual offences.[3]

3X Sexual minorities are at triple the risks of sexual violence.[2]

1 in 4 North American females will be sexually assaulted in their lifetime.[3]

But how common is it really?

1 in 3 times, a sexual offence against a youth is committed by another youth.[3]

1 in 5 females will be sexually assaulted before they graduate college.[3]

4 in 10 women aged 15 to 19 experienced relationship violence.[4]

Whether in person or online, your boundaries and consent matter.

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[1]Statistics Canada, 2019 [2]Statistics Canada, 2020
[3]Statistics Canada, 2022 [4]Statistics Canada, 2021