

# WHAT IS CONSENT?

## WHAT TEENS SHOULD KNOW



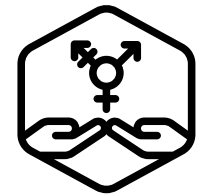
### Consent

An agreement or permission to participate in an activity. For sexual activity, it is the responsibility of the person starting the activity to ensure consent is given.



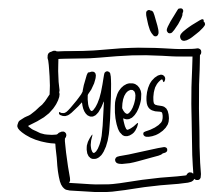
### Who Gives Consent?

Everyone! It applies to all relationships, physical interactions, genders, and sexualities. You can change your mind any time, even if you've consented before.



### What Does Consent Sound Like?

“Yes!”, “Sure!”, “Of course!”, “Yaasss”  
It must sound positive and enthusiastic!  
Flirting or silence is not consent.



### Who Can't Give Consent

Someone who is unconscious, drunk, high, or asleep.  
Consent cannot be forced, assumed, or threatened.



### When Consent Is Not Given

Any sexual activity without consent is considered assault and a criminal offense.  
Consent must be asked and given, every time.



Learn more about how to talk to teens about relationships  
Scan the code or visit [wechu.org/YRV](https://wechu.org/YRV)



# Relationship Red Flags vs. Green Flags: Help Your Teen Recognize the Difference

**"Why didn't you text me back? Where are you and who are you with?"**

A partner who often demands to know where you are and what you're doing shows controlling behaviour. A good partner respects your boundaries and independence.

**"Let's talk about what happened. I want to understand how you feel."**

A good partner listens without judgment and works through problems with care, rather than blame.

**"You can't hang out with them. If you really loved me, you'd only want to hang out with me."**

Isolating someone from friends or guilt-tripping is a form of manipulation and control. A healthy relationship lets you have your own friends and interests.

**"I'm proud of you for applying to that job — I know how much it means to you."**

A healthy partner builds you up, supports you and celebrates your achievements.



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# ABOUT YOUTH RELATIONSHIP VIOLENCE:

## TYPES OF ABUSE



### PHYSICAL ABUSE

**Acts or threats of force or harm that cause pain or makes someone afraid.**

*Examples: Hitting, punching, kicking, choking, or any other use of physical force.*

### EMOTIONAL ABUSE

**Acts that harm the mental or emotional health of a person.**

*Examples: Manipulation, threats, calling hurtful names, or behaviours used to shame, humiliate, or control a person's emotions.*



### SEXUAL ABUSE

**Any unwanted sexual activity, behaviour, or threatening act done without consent.**

*Also includes: Pressuring or manipulating someone into sexual activity.*

### FINANCIAL ABUSE

**Behaviour used to gain power and control over a person's money.**

*Examples: Taking someone's money without permission, keeping money from someone, or not allowing someone to be financially independent.*



### CYBER VIOLENCE

**Using technology to cause fear, harm, or embarrassment.**

*Examples: Spying on someone online or secretly tracking their location, harassment online, or posting info/photos of someone without permission.*

### HARASSMENT OR STALKING

**Repeated communication or contact that makes someone feel unsafe.**

*Examples: Non-stop phone calls, texts or emails, repeatedly showing up to someone's home or work, or secretly tracking someone's location.*



**Learn more and get help if  
you or your child are facing  
abuse in a relationship**



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# WARNING SIGNS OF YOUTH RELATIONSHIP VIOLENCE



**Mental health issues**  
(e.g. depression, anxiety, thoughts of suicide)



**Low self-esteem**



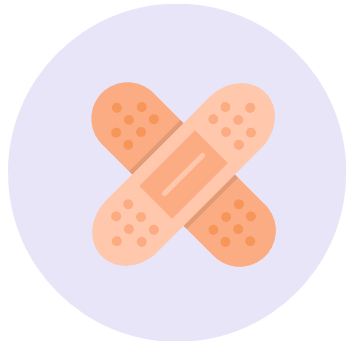
**Poor school performance**



**Isolating or spending more time alone**



**Mood swings, unusual changes in behaviour**



**Physical injuries**  
(e.g. scratches, bruises)

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