

HEALTHY

Relationships & Consent



HEALTHY
relationships are based on equality & respect.

HONESTY
TRUST
COMMUNICATION
INDEPENDENCE
FUN



UNHEALTHY
relationships are based on struggles over power & control.

INTENSITY
JEALOUSY
PRESSURE
INCONSIDERATE
DISHONEST



ABUSIVE
relationships are based on an imbalance of power & control

ISOLATION
MANIPULATION
BLAME SHIFTING
POSSESSIVENESS
VIOLENCE

Remember to **ASK!**

CONSENT MUST BE...



MUTUAL

Consent is agreed upon by all partners, with a clear understanding of what they are agreeing to.

ONGOING

Consent is an ongoing conversation; saying yes to one act doesn't mean consent has been given for other acts or future acts.



VOLUNTARY

Everyone involved freely consents without being pressured, coerced, or forced; it's not consent if someone is afraid to say no.

ENTHUSIASTIC

Consent is affirmative and enthusiastic and both body language and verbal language should give the same affirmative message.



SOBER

People who are drunk, high, asleep or unconscious cannot give consent - everyone should be sober and alert.

Consent is a skill
YOU GET BETTER AS YOU PRACTICE!



Scan the code to access
the Healthy Relationships
presentation



Thunder Bay District
Health Unit

RESOURCES & SUPPORT

Assaulted Women's Helpline

(24/7) Multilingual
assistance available
1-866-863-0511 | awhl.org

Crisis Response Services TBay

(24/7) 1-807-346-8282
District/Toll Free: 1-866-888-8988

Crisis Services Canada

(24/7) Suicide Support
& Resources 1-833-456-4566
TEXT: 45645 (4PM – 12AM ET)
crisisservicescanada.ca

Femaide for Francophone Services (24/7)

1-877-FEMAIDE (336-2433)
TTY: 1-866-860-7082 | femaide.ca

Good2Talk

(24/7) 1-866-925-5454 | good2talk.ca

iHEAL app

multi lingual support & safety planning
ihealapp.ca & in the app store

Kids Help Phone

(24/7) 1-800-668-6868
kidshelpphone.ca

LGBT Youth Line

1-800-268-9688 | youthline.ca
TEXT: 647-694-4275

Need Help Now

helps teens stop the spread of
sexual pictures or videos
needhelpnow.ca

Nisa Helpline

(M-F 10am – 10pm EST)
peer-to-peer counselling helpline
for Muslim women of all ages
1-888-315-NISA (6472)
nisahelpline.com

Shelter Safe

Online map of closest shelter
sheltersafe.ca

Support Service for Male Survivors of Sexual Assault

(24/7) 1-888-887-0015

Talk4Healing

(24/7) Services offered in
Ojibway, Oji-Cree & Cree
talk4healing.com
1-855-554-HEAL (4325)

Think Superior

Thunder Bay & District Resources
thinksuperior.ca

Trans Lifeline

(Every 10am – 4am EST)
Staffed by & for transgender people.
1-877-330-6366 | translifeline.org

Learn More About Healthy Masculinity & Creating a Culture of Consent



White Ribbon
Campaign



Love is
respect.com



That's Not
Cool.com



Kids Help
Phone

Learn More About Bystander Intervention



One Love Student
Leadership



Bystander
Intervention 101



Teens for
Courage



Right to Be

Sources:

joinonelove.org | loveisrespect.org | prevnet.ca
paveuniversity.thinkific.com | gbvlearningnetwork.ca

Financial contribution from



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Agency of Canada

Agence de la santé
publique du Canada