



FEELING CONFUSED ABOUT  
YOUR RELATIONSHIP?

## LET'S TALK ABOUT IT SET YOUR BOUNDARIES

### WHY ARE BOUNDARIES IMPORTANT?

Developing a mutual understanding with your partner(s) is important for a safe and healthy relationship.

Your boundaries should consider both in-person and online relationship activities.

Knowing your digital boundaries will give you and your partner the confidence to engage in activities that you are both comfortable with. Once you send a photo or message you can no longer control who may see that content. Determining your boundaries before this moment will foster mutual respect in your relationship.

#### WHAT ACTIONS ARE NEVER OK?

- Restricting your contact with family or friends
- Criticizing what is important to you
- Ignoring or violating your physical or digital boundaries

These actions may be early warning signs of an unhealthy relationship. Did you know that 20% of Canadian teens are victims of physical dating violence and 10-30% are victimized by cyber dating violence? If you are experiencing any of these actions within a relationship, or are worried about your current situation, you can reach out to your sex educator to get help. **YOU ARE NEVER ALONE.**

#### 5 QUESTIONS TO ASK YOURSELF

**1**

Are you comfortable communicating it digitally?

**2**

Is it ok if I tag you in a post online?

**3**

Can I use your phone? When would that be ok? When would it not be ok?

**4**

Is it ok to post about our relationship publicly?

**5**

Have my digital boundaries changed?

Have regular conversations with your partner to ensure your relationship continues to reflect your evolving boundaries.

**GOOD CONVERSATIONS LEAD TO GREAT RELATIONSHIPS!**



Have further questions?  
Looking for protection?  
Ask your sex educator.

References:

1. <https://thatsnotcool.com>  
2. <https://www.loveisrespect.org/resources/digital-boundaries/>  
3. <https://www.nsirc.org/ask-how-teach-consent-early>

4. <https://parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-talking-about-sex/how-to-teach-your-teenager-about-consent>

5. <https://www.rainn.org/news/early-warning-signs-dating-violence>