



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.nsvrc.org/i-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>