

## What does consent look like?

- Consent is an agreement between participants to engage in sexual activity. Consent cannot be peer pressured from fear or intimidation.
- Silence or passivity does not equal consent. Consenting partners must be capable of revoking consent at any time.
- Consent cannot be given in advance.
- You may be too young to consent. The legal age of consent is 16 in Canada.



## Who can be a sexual abuser?

Unfortunately sexual abuse can be committed by anyone. The abuser could be:

- Male or female
- An adult or another youth
- A teacher, coach, pastor, babysitter, neighbors, even family members
- Any race or ethnicity
- Any socioeconomic group (rich or poor)



Always tell a trusted adult.

## What should you do if you feel uncomfortable or someone has violated your boundaries?



If you feel uncomfortable or your boundaries have been violated

- **Remove** yourself from the situation
- Tell the person you are not comfortable with what they are doing and **tell them to stop**.
- **Speak** your mind and act immediately. Make a scene if necessary. **Go to a safe place**.
- Go to an adult you can **trust** and tell them what happened.
- **Keep telling** until someone believes you and does something about it.
- **Call for help** - you can always call 9-1-1 or 780-423-4567. The call is free and you can tell them what is happening
- If a friend **shares** that they are being abused tell a trusted adult. **Do not** keep it a secret.



Call for help - you can always call 9-1-1 or 780-423-4567.

The Catholic Archdiocese of Edmonton | [www.caedm.ca](http://www.caedm.ca) | Toll Free: 1-844-469-1010



# Identifying Sexual Abuse



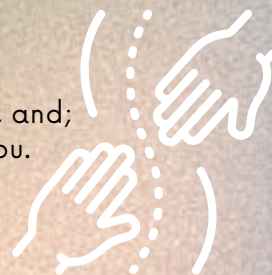




## Boundaries can be physical, emotional, and behavioural.

Physical can include:

- **who** can touch you,
- **how** they can touch you, and;
- **where** they can touch you.



Behavioural can include:

- the **rules** you follow,
- the things you **will** do, and;
- the things you **will not** do.

Emotional can include:

- how close you **feel** to someone,
- how much **time** you spend with someone, and;
- what **information** you share with someone.



**Remember: Abuse is not your fault!**



## Tips for Staying Safe

- Remember, you **deserve** to be safe & healthy.
- Remember, **no one** has the right to hurt your body.
- **Trust** your instincts.
- Remember, you have **boundaries**. You have the **right** to say "no."
- Practice **digital safety**. Remember, you deserve to be treated with respect via text and online. **Never** share anything you are not comfortable with. Be protective of your personal information, including pictures.
- **Identify** your support system:
  - Your family and other safe adults are a great resource.
  - Talk to these people if any interactions have made you feel uncomfortable or if you feel your boundaries have been violated.



## What can it look like?

- Unwanted touching or kissing
- Unwanted sexual activity
- Rape or attempted rape
- Threatening or pressuring someone into unwanted sexual activity
- Any sexual activity between an adult and someone under the age of 16
- Sexting, which includes sending inappropriate pictures. Nude photos or videos of someone under the age of 18 could be considered child pornography.