DAY 11 · SATURDAY, DECEMBER 5, 2026

11 YOUNG PEOPLE DESERVE HEALTHY RELATIONSHIPS.



Consent, boundaries and respect can be learned and talked about early. Young people learn as much from what adults do as from what we say.

UNDERSTANDING THE TOPIC

Healthy relationships—with friends, partners and family—leave room for privacy, honest disagreement and the freedom to say no.

Conversations don't need to wait until a young person starts dating. Everyday moments teach what respect looks like.

Try open questions: "It's okay to say no to a hug, even from family" for younger children, or "What would you do if a friend's partner kept checking their phone?" for teens.

EVERYDAY LESSONS MATTER

- A boundary deserves respect. Ask before hugging or posting someone's photo.
- Consent can change. A yes to one thing isn't a yes to everything.
- Privacy matters. Checking someone's phone isn't a sign of love.
- Disagreement doesn't justify intimidation. You can be angry without threats.

ONE PRACTICAL ACTION

START ONE CONVERSATION THIS WEEK.

Use a moment from a show, song or news story to ask a young person in your life what they think respect looks like. Listen more than you talk.

KEY TAKEAWAY

Model the respect you want young people to experience.

LEARN MORE

Canadian Women's Foundation — How to talk to your teen about healthy relationships
canadianwomen.org/blog/how-to-talk-to-teens-about-healthy-relationships- 2

NEED SUPPORT?

You don't have to work out next steps alone.
Women's Habitat 24-hour crisis line: 416-252-5829
Assaulted Women's Helpline (24/7): 1-866-863-0511 · #SAFE (#7233) on a Bell, Rogers, Fido or Telus mobile
Kids Help Phone (24/7): 1-800-668-6868 or text 686868
In immediate danger, call 911.