

## Sexual and Reproductive Rights in Canada

### What are my sexual and reproductive rights?

In Canada, you have the right to make decisions about your body. This includes the right to:

- Decide whether to have children, when to have children and how many children to have.
- Choose a birth control method that is right for you.
- Receive non-judgmental and unbiased sexual and reproductive health care.
- Receive accurate information about sexual and reproductive health.
- Choose your sexual partner(s), and/or choose not to have sexual partner(s).
- Decide when to have sex or not (Consent).
- Choose not to marry or choose whom to marry.
- Protect yourself and your partner(s) from sexually transmitted infections (STIs), including HIV.
- Choose your healthcare provider.

### What are my rights when it comes to my sexuality?

In Canada, you have the right to your sexuality and identity. This includes the right to:

- Your sexual orientation.
- Your gender identity.
- Gender expression.
- Your culture.
- Your values as long as they do not hurt or control someone else. We cannot force our values onto another person.

### What are my rights when seeing a doctor?

It's important to feel comfortable with your healthcare provider. You have the right to:

- Be treated with respect.
- Ask questions and get answers that you understand.
- Have someone with you for the whole appointment if you want, including the physical exam.
- Make decisions about your health without anyone else knowing about it.
- Change health care providers.

### What if my rights are not being respected?

- If someone is not respecting your rights or is trying to pressure you into something you do not want it is **not** your fault. Let a trusted adult know about what is happening. This could be a different healthcare provider, counsellor, or another supportive person.
- If you experience sexual violence, it is **not** your fault. The Klinik Sexual Assault Crisis Line is free and available 24/7:
  - In Winnipeg: 204-786-8631
  - Toll-Free in Manitoba: 1-888-292-7565

## What can I do if I don't want to have children (get pregnant)?

If you are having penis-vagina sex pregnancy is possible.

- People with a vagina can use birth control. There are a variety of birth control options, many use hormones while some do not. Talk with a healthcare provider to learn more.
- Condoms protect against unwanted pregnancy as well as sexually transmitted infections (STIs).
- In Canada, if a pregnancy happens, there are 3 safe and legal pregnancy options. Abortion, adoption, and parenting. The person who carries a pregnancy inside their body has the final decision of which pregnancy option is best for them. No one else has the right to decide this. Visit [www.womenshealthclinic.org](http://www.womenshealthclinic.org) to learn more or speak with a counsellor about your options.

## Where can I get more information?

- From your health care provider, community health clinic, or public health nurse. If you need a regular healthcare provider, call the Family Doctor Finder at 204-786-7111.
- From the Facts of Life (SERC): E-mail your questions to [thefactsoflife@serc.mb.ca](mailto:thefactsoflife@serc.mb.ca).
- From a Teen Clinic if you are 21 or younger
- Online at [www.serc.mb.ca](http://www.serc.mb.ca) or our youth website, [www.teentalk.ca](http://www.teentalk.ca)