An Introduction to Consent: Understanding Boundaries, Communication, and Respect

January 13, 2027

1:30-3:00pm MT

This presentation looks at why consent is essential for building trust, respecting personal & sexual boundaries, and supporting mental health. Integrating foundational principles of bodily autonomy with Indigenous perspectives on respect and community, this session explores what consent truly means and why it matters in our daily lives.



Learning Outcomes:

- **A Deeper, Holistic and Ethical Understanding of Consent -** Participants will look beyond basic definitions to understand consent as an ongoing practice rooted in bodily autonomy, personal boundaries, and Indigenous perspectives on mutual respect and community care
- **Practical Tools for Everyday Application & Communication -** Participants will learn clear, actionable strategies for asking for consent, checking in with others, and navigating real-life scenarios with confidence and empathy
- **Clarity on Nuance, Grey Areas, and Common Myths -** By debunking pervasive myths and examining complex "grey area" situations, participants will gain the critical thinking skills needed to recognize genuine enthusiasm versus passive compliance
- **The Connection Between Consent, Trust, and Mental Health -** Participants will discover how respecting personal boundaries in daily interactions strengthens interpersonal trust, creates safer environments, and actively supports individual and community well-being

Speakers:

Jennifer Roesler is a Registered Psychologist with the College of Alberta Psychologists and the founder and CEO of Northward Counselling. She holds a Master of Counselling from City University of Seattle. As a non-status, white-presenting Indigenous woman, Jennifer takes great pride in honoring and carrying forward her grandmother's heritage and culture through both her professional practice and personal life.

Target Audience: Anyone who interacts with others on a daily basis will benefit, but it is most impactful for those in active learning, youth, community-building environments where trust, autonomy, and shared respect are foundational to mental well-being

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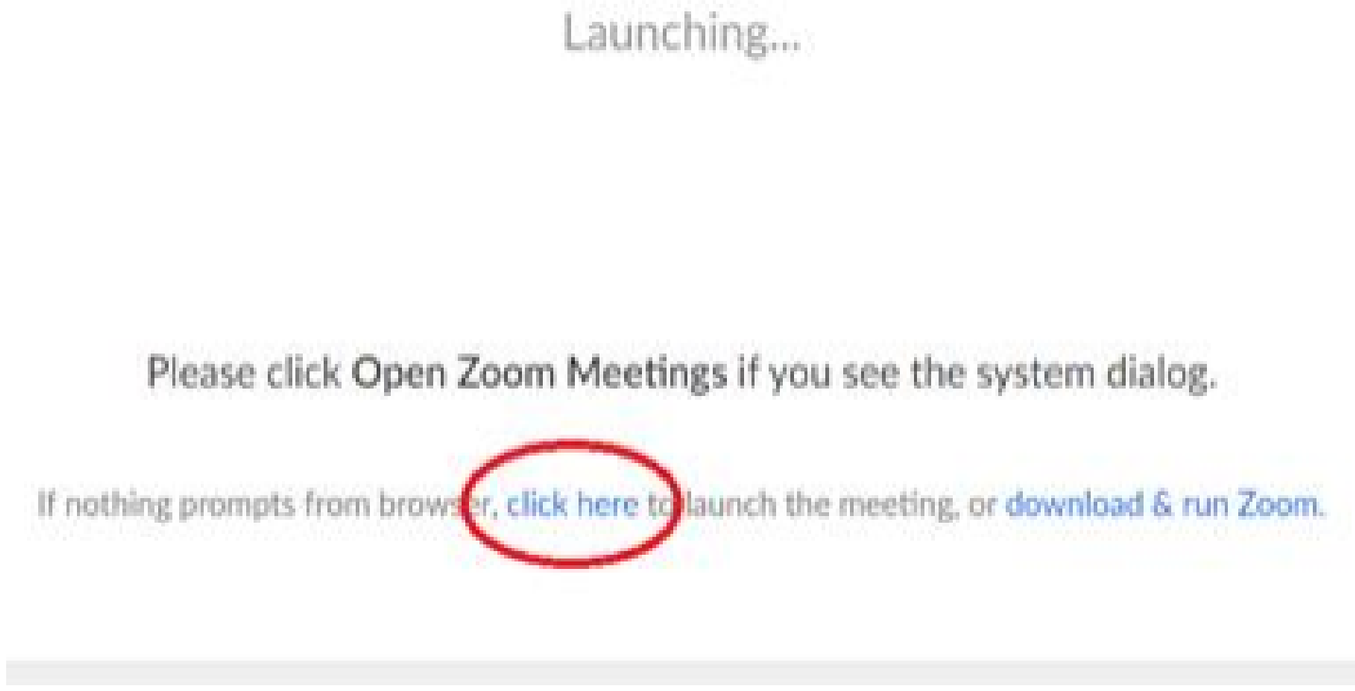
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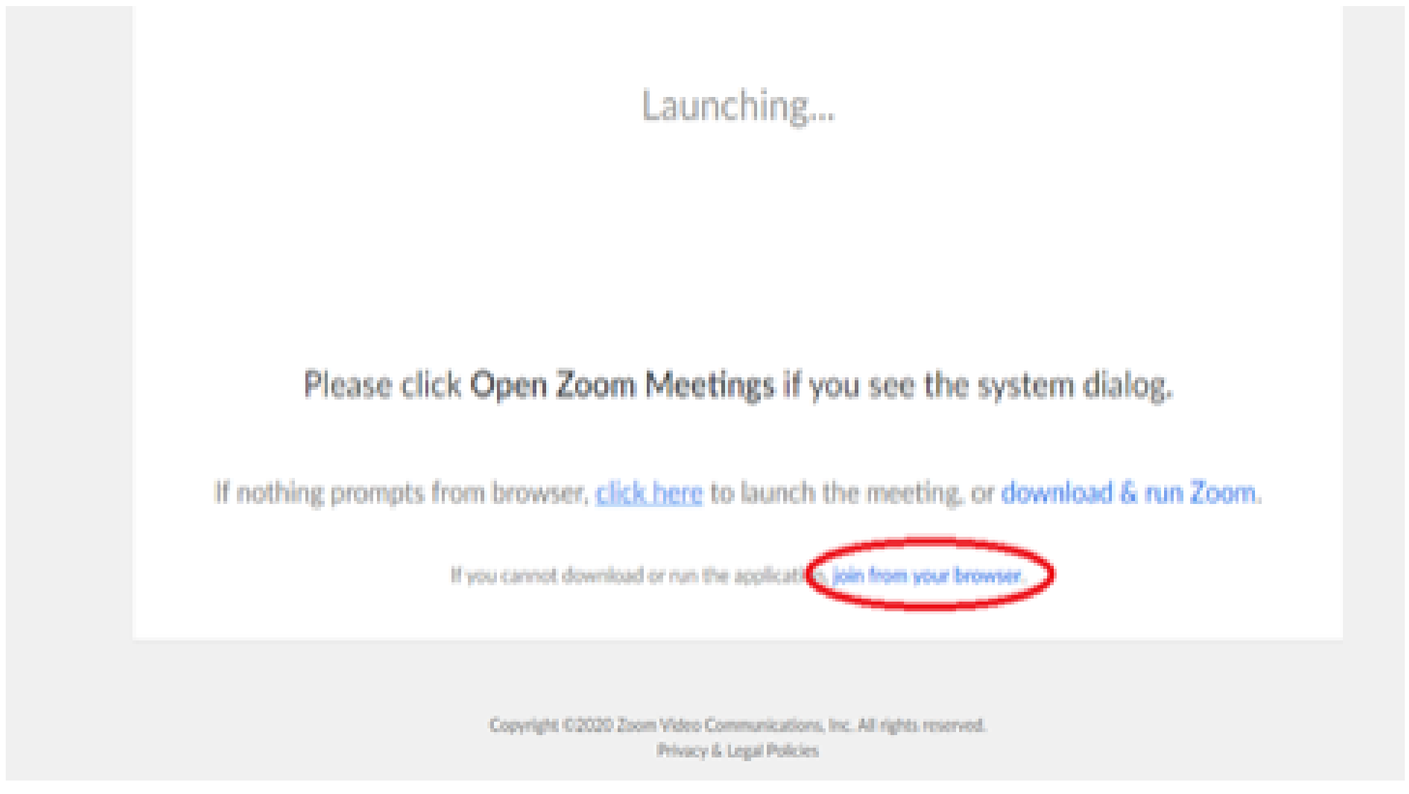
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