



CANADIAN CENTRE *for* CHILD PROTECTION®

Helping families. Protecting children.

what's THE deal



GRADES 7/8 ACTIVITY BOOK





CANADIAN CENTRE for CHILD PROTECTION®

Helping families. Protecting children.

What's the deal?

This book will teach you about healthy relationships and boundaries. The information helps reinforce that once content is shared online or electronically, whether by email, instant messaging (IM), text messaging, or posting online, you can lose control of what happens to it. You will be given strategies to increase your personal safety, and help identify when it is important to get help from a safe adult.



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of Canada

Canada

We are registered as a Canadian charity, BN#106913627RR0001. Our goal is to reduce child victimization by providing programs and services to the Canadian public.

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Need to talk to someone?

Sometimes it can feel like you are trapped in a situation and there is no way out. Remember, no situation is so hopeless that there is no way out. Tell a safe adult who can help you. It is okay to talk about it.

If you want to talk to someone about yourself or a friend
and do not want to give out your name,
call Kids Help Phone @ 1-800-668-6868.

If you have been negatively impacted by a sexual video or picture
that is online, visit NeedHelpNow.ca for more information.

If something inappropriate or uncomfortable happens online,
report it to Cybertip.ca.

If you have been sexually assaulted or exploited,
report to your local police.

Who are YOU?

Circle 10 words that best describe you:

angry Calm brave caring AWESOME
daring genuine friendly hilarious
fearful giving kind ambitious
patient judgmental perfect optimistic
HAPPY anxious FUNNY
impatient independent grumpy ENERGETIC
DETERMINED cruel CLINGY helpful
selfish gullible controlling demanding

What difference do you want to make in the world?

What word and symbol (e.g. emoticon) would someone else use to describe you?

Your friend

Your mom or dad

Your teacher

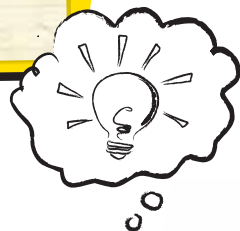
Your pet

Choose words and symbols to describe yourself as:

A friend

A student

A person





What are your likes?

What activities do you enjoy?

What is your favourite television show?

What is your favourite movie?

What is your favourite song?

What is your favourite book?

Where would you like to travel?

What is your favourite kind of animal?

What is your favourite food?

Who is your role model?



What are your dislikes?

What are your least favourite activities?

What is your least favourite movie?

What is your least favourite song?

What is your least favourite book?

What is your least favourite television show?

What is your least favourite kind of animal?

What is your least favourite food?

What do you want to do for a living?

Where do you want to live when you grow up?





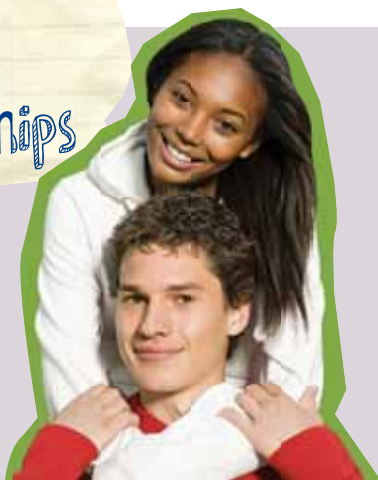
This Is Who I Want To Be

Fill this page with words and symbols
(e.g. emoticons) to represent who you are
and/or want to be.



Boundaries and Healthy Relationships

Personal boundaries help us understand and provide a degree of measurement for what is **OK**, **not OK**, **safe** and **unsafe** when it comes to the relationships we have with people. Setting healthy personal boundaries is essential in a good relationship.



What do you think makes a healthy friendship?

1

2

3

What do you think makes a healthy dating relationship?

1

2

3

Healthy Friendship: Respecting Boundaries

This is what teens are saying is important in friendship:

- Accepting each other for who you are
- Honesty
- Being comfortable being yourselves around each other
- Being trustworthy
- Kindness
- Being there for each other
- Respecting each other
- Making each other laugh when one of you is sad
- Being able to tell each other anything
- Treating information shared with respect and trust
- Looking out for each other/protecting one another
- Supporting each other when one needs help or advice
- Not 'liking' or 'sharing' mean comments made about a person online
- Not sending or posting embarrassing or inappropriate pictures of, or comments about, each other

Not All Friendships Are the Same

There are different levels of friendship:

Acquaintance

Someone you know, who you say "Hi" to when you see them and exchange friendly small talk.

Friend

Someone you chat with at school, hang out with during extracurricular activities, and/or who may live in your neighbourhood, etc.

Close friend

Someone you hang out with at school and/or outside of school.

Best friend

Someone you've known for a long time, who you can completely be yourself with and who you trust to confide in.

Remember: Healthy Online Boundaries



It's always important to be aware of personal boundaries when you're communicating with others online.



Sometimes people can do things online that they wouldn't do face to face, forgetting that boundaries are still important online.

#RealityCheck

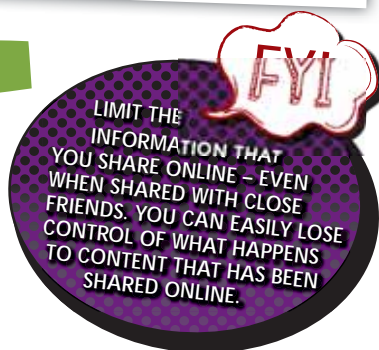


Should you confide in friends who are not close to you?

NOT A GOOD IDEA. Sharing your vulnerabilities and insecurities with those who aren't close to you can set you up to be hurt. Save your sharing for those who are closest to you and have shown you they can be trusted.

Is it okay to post pictures of people if it might embarrass them?

NOT OKAY. Posting pictures that embarrass other people makes **YOU** look bad. Treat people the same way you want to be treated.



If you are sent a sexual picture of someone you know, should you forward it to others?

BAD IDEA! Whether the person is an acquaintance, a close friend or someone you don't like, they deserve to be treated respectfully. Circulating sexual pictures and/or videos of a person can really hurt them. **ALL PEOPLE DESERVE TO BE TREATED WITH DIGNITY AND RESPECT**, regardless of how close you are with the person. Remember, sending naked pictures of someone online may also be breaking the law! Don't forward the picture to anyone else and delete it if you receive it. Tell an adult who can help so the situation doesn't get out of control.



SHARING SEXUAL PICTURES AND/ OR VIDEOS ONLINE OF ANYONE UNDER 18 YEARS OLD IS ILLEGAL.

Stand Up to BULLYING

There are a variety of ways you can stand up against someone being mistreated:

Offline

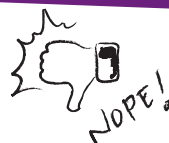
- 🚩 Refuse to participate and remove yourself from the situation.
- 🚩 Privately go to the person who is being mistreated and tell them that you don't agree with what is happening to them – show them your support.
- 🚩 Go to an adult to let them know what is going on – an anonymous note will do if you are worried about someone!



Online



- 🚩 Do not 'like', 'RT' or forward harmful messages, tweets or posts.
- 🚩 Challenge hurtful messages, tweets or posts with messages such as "That's not cool," or "I think s/he is awesome".
- 🚩 Send a message to the person who is being mistreated to see if they are okay and to let them know that the way they are being treated is wrong.
- 🚩 Save a copy of the harmful correspondence and share it with an adult who can help.



Do the following represent healthy or unhealthy boundaries?

1. Putting someone down but saying it was a joke.
healthy **maybe** **unhealthy**
2. Deleting a message you receive about a friend that could embarrass her/him.
healthy **maybe** **unhealthy**
3. Threatening to share information your friend shared privately to get her/him to do something you want.
healthy **maybe** **unhealthy**
4. Not 'liking' a post that says something hurtful about your friend.
healthy **maybe** **unhealthy**
5. Posting a picture of a friend online.
healthy **maybe** **unhealthy**
6. Forwarding a sexual picture of someone.
healthy **maybe** **unhealthy**
7. Not spreading information that a friend doesn't want other people to know about.
healthy **maybe** **unhealthy**
8. Accepting someone's decision when s/he does not want to do something that you want to do.
healthy **maybe** **unhealthy**
9. Texting a person constantly, even if s/he doesn't respond.
healthy **maybe** **unhealthy**
10. Sticking by your friend and being supportive when s/he is going through a rough time.
healthy **maybe** **unhealthy**

* Check your answers on page 26

Dating Relationships

Healthy Boundaries

- ♥ In healthy dating relationships, just like in friendships, there are personal boundaries that people respect.
- ♥ Boundaries are important online as well. Avoid misusing information that is shared in confidence.



Personal Reflection

What do your actions and the way you treat others show people about you?

ALL PEOPLE DESERVE TO BE TREATED RESPECTFULLY. IT IS NEVER OKAY TO MISTREAT SOMEONE.

Actions speak louder than words



When you really care about someone, actions speak louder than words. It is all about the way you treat her/him, with respect and kindness.



People show you who they are by the way they act and treat people. Get to know who someone is by the way s/he acts towards you and others rather than by what s/he might tell you.

TRUE STORY!

Should I mind my own business?

My friend is 13 years old and I am really worried about her. She met this guy online a year ago and is still talking to him. He is 26 years old, and I think she wants to go and meet him in person. I am completely freaked out because she doesn't see anything wrong with it. My boyfriend thinks I am overreacting and so do the rest of my friends. They think it's cool that she's talking to a 26-year-old and that I should mind my own business. She sends sexual pictures of herself to him. What 26-year-old is interested in a 13-year-old?!@*! Seriously disgusting! If I tell anyone she will kill me! What would you do?

#DoTheRightThing

This is what I did:
I made a report to
Cybertip.ca.



WHEN YOU LIKE SOMEONE, IT ISN'T ALWAYS EASY TO FIGURE OUT HOW TO LET THE PERSON KNOW HOW YOU FEEL.

How to show someone you like them – this is what teens say:

 **Be respectful**

 **Have fun**


 **Hang out**

 **Look out for each other**

 **Trust each other**

 **Talk and share personal stories with each other**

 **Be warm and affectionate**

 **Be respectful of information that has been shared** (e.g. Do not spread information or pictures that are shared privately — even if you break up!)

Unhealthy!

No one has the right to try and control someone else. It is never okay to try to take advantage of someone.

Healthy!

All people, whether considered a friend or not, deserve to be treated with dignity and respect. What does it mean to be a person with integrity? *You're honest and have morals!*

PRESSURING
SOMEONE IS
CONTROLLING AND
DEMONSTRATES
UNHEALTHY
BOUNDARIES!

FYI:
NOT Cool

#ThinkAboutThis

Every person has the right to:

- Be treated respectfully
- Set their own limits
- Privacy
- Their own beliefs and thoughts

Every person chooses how:

- S/he treats others
- S/he expects to be treated by others

RIGHTS
ZONE

RED FLAGS: Look out for controlling behaviour!



- ➔ **PERSISTENCE/PRESSURE** (e.g. when someone doesn't accept "No" for an answer)
- ➔ **PITY** (e.g. when someone tries to get a person to feel bad for her/him in order to get what s/he wants)
- ➔ **GUILT** (e.g. when someone tries to make a person feel bad for something they did or said, even if it was okay)
- ➔ **INSINCERE FLATTERY** (e.g. when someone uses compliments to get what s/he wants)
- ➔ **IGNORING** (e.g. when someone uses the silent treatment to punish a person and/or to get her/his own way)
- ➔ **THREATS/VIOLENCE** (e.g. when someone says they will harm a person or uses physical force to hurt and/or scare someone)
- ➔ **MANIPULATING EMOTIONS** (e.g. when someone pretends to like a person only to use that person to get what s/he wants)

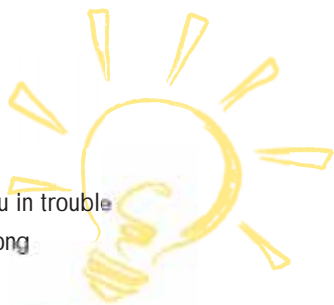
FYI

BAD IDEA! DON'T SEND A SEXUAL PICTURE TO SOMEONE TO GET THEIR ATTENTION. IT MAY NOT BE THE LASTING IMPRESSION YOU WANT TO MAKE.

Did You Know?

People who care about you:

- ♥ like you for who you are
- ♥ do not ask you to do things that could get you in trouble
- ♥ do not try to get you to do things that feel wrong
- ♥ look out for you and protect you from harm



True or False?

When dating someone you should...

1. Be close in age
2. Enjoy hanging out together
3. Spend all your time together
4. Look out for each other
5. Be good friends
6. Never wear clothes that the other person doesn't like
7. Share personal stories and trust each other
8. Say mean things, but then say you're just kidding (e.g. teasing, swearing, calling the other person fat, stupid, or ugly)
9. Care about and respect each other's limits
10. Do whatever the other person wants (even sexual requests)
11. Try to change things about the person that you don't like

TRUE FALSE

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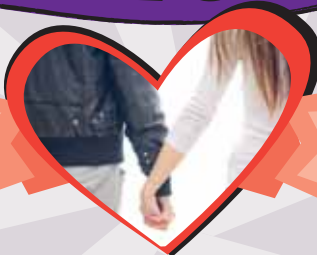
* Check your answers on page 26

RESPECT LIMITS — DON'T PRESSURE SOMEONE WHEN S/HE DOESN'T WANT TO DO SOMETHING.

THE DATE-O-METER

3 YEARS
YOUNGER

TOTALLY
INAPPROPRIATE!



TOTALLY
INAPPROPRIATE!

3 YEARS
OLDER

A good dating range is your age or UP TO one or two years younger or older than you.

Is this OK or Weird?

It is not always obvious when someone is trying to break your boundaries by doing or saying something to you. Setting personal boundaries can sometimes feel uncomfortable. Read the following situations and check 'weird' if you think boundaries have been broken or 'ok' if it is appropriate and respectful.

1. A 24-year-old guy asks a 14-year-old girl out to a movie.

☐ ok

☒ weird

2. A 14-year-old guy asks his 13-year-old girlfriend to video chat wearing only a bikini.

☐ ok

☒ weird

3. A 13-year-old is chatting with someone she met online and the person asks her if she wears a bra or not.

☐ ok

☒ weird

4. A 14-year-old boy really likes a girl in his class so he asks her to go to a movie.

☐ ok

☒ weird

5. An 18-year-old guy has been paying attention to a 13-year-old girl who just moved in down the street. He thinks she is really cute so he buys her earbuds for her MP3 player and leaves them on her doorstep to surprise her.

☐ ok

☒ weird

REMEMBER TO THINK ABOUT THE DATE-O-METER!

IT'S NOT OK FOR ADULTS TO GIVE SEXUAL
ATTENTION TO KIDS, INCLUDING TEENAGERS!

6. A 13-year-old girl really likes a boy in her class. The boy tells her that in order for him to date her she has to prove to him how much she likes him.

☐ ok ☐ weird

7. After babysitting one evening a 13-year-old girl is driven home by the father of the child she was looking after. He tells her what a great babysitter she is and that he thinks she is "hot."

☐ ok ☐ weird

8. a) A 13-year-old soccer player has a great coach. All the players and their parents think he is awesome. Sometimes he takes players from the team out to eat.

☐ ok ☐ weird

b) Lately he has been taking the 13-year-old boy out alone. The last time they were together, he took him over to his house to watch pornography.

☐ ok ☐ weird

9. A friend of Sarah's dad is like an uncle to Sarah because her family has known him for so long. Sometimes he takes Sarah and her brother out for dinner with his children. His kids are the same age as Sarah and her brother. They have a great time.

☐ ok ☐ weird

10. Kate has an uncle who is constantly telling her jokes about sex and making sexual comments when she is around. Her brother thinks it's no big deal, but Kate is totally grossed out.

☐ ok ☐ weird

JUST BECAUSE SOMEONE ACTS FRIENDLY
DOESN'T MEAN S/HE IS SAFE.

Serious Issues

TRUE STORY!

How can I help my friend?

My friend called me today all creeped out! She got an email from a camp counsellor she met at summer camp. It was so disgusting. He said that he missed her and asked for a sexy pic of her. He is way older than her — 30! He asked if he could meet up with her to go to a movie. Crazy! She told me not to tell anyone. What would you do?

#DoTheRightThing

This is what I did:
I told my mom.

Unhealthy Boundaries

Here are some examples of unhealthy boundaries:

- Someone using information you shared with her/him to try to get you to do something you don't want to do and threatening to share it with others if you don't do what s/he says.
- Someone leading you to believe s/he wants to be in a romantic relationship with you if you first send a 'sexy' picture to her/him.
- Someone telling you that sending a sexual picture is a way to prove your 'trust' and 'commitment' towards her/him.
- Someone being very persistent and not accepting "No" for an answer.
- Someone trying to get you to feel sorry for her/him so you will do what s/he wants, such as threatening to hurt herself/himself if you break up with her/him.
- An adult giving sexual attention to a child/youth.

FYI

IN CANADA, SEXUAL ATTENTION FROM AN ADULT TOWARDS A CHILD UNDER 16 IS NOT OKAY. IF THE CHILD IS DEPENDENT ON THE ADULT (FOR FOOD, SHELTER), IF THE ADULT IS IN A POSITION OF TRUST OR AUTHORITY (E.G. A TEACHER, COACH, BABYSITTER, EMPLOYER) OR IF THE ADULT IS EXPLOITING THE YOUNG PERSON, IT IS ILLEGAL FOR THE ADULT TO ENGAGE A CHILD UNDER 18 IN SEXUAL ACTIVITY.

True or False?

In Canada...

TRUE FALSE

1. A person 12 or 13 years old cannot consent to sexual activity with someone 3 years or more older than them.
2. A person 14 or 15 years old cannot consent to sexual activity with someone 6 years older than them.
3. The age of protection/consent in Canada is 16 years old. If a person is in a position of authority and trust, the age of consent is 18 years old.
4. Someone under the influence of drugs and/or alcohol cannot consent to sexual activity as this impairs judgment and affects an individual's ability to consent.
5. A coach is in a position of trust and authority with her/his team.

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

* Check your answers on page 26

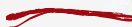
It's not his fault!

TRUE STORY!

I knew something was up with my friend when he started getting into fights and trouble at school. He never used to be like that. I just found out that he was sexually abused by his neighbour. He doesn't want to come to school anymore because he is embarrassed that people know. The guy has nothing to be ashamed of — it wasn't his fault! I wish he'd come back to school cause he's a good guy and I miss hanging out with him. What would you do?

#DoTheRightThing

This is what I did:
I called him
and asked him
if he wanted to
go play hockey
with me.



Setting Personal Boundaries

Hey, you crossed the line!

When someone pushes your boundaries, it can feel uncomfortable to tell her/him you aren't okay with it. Some people feel uncomfortable being really direct with a person who is pushing their boundaries (such as telling her/him directly "No!" or "Stop it!").

SEND ME A
SEXY PIC...



Getting Out of an Uncomfortable Situation: Setting Personal Boundaries

-  **Be direct – say it as it is** – In some situations, just saying “No” without arguing and/or explaining your reasons is the best response. For example, *“I don’t want to.” “No way.” or “Forget it.”*
-  **Be politely assertive** – For example, *“No thanks, I think I am going to pass.”*
-  **Use humour** – Sometimes humour can turn the attention away from you and on to something else.
-  **Give a reason for why it’s not a good idea** – For example, *“It is illegal and I don’t want my pictures all over the Internet. Forget it”.*
-  **Make an excuse for why you can’t** – Telling the person that you have something else you have to do. For example, *“I have to go out with my family.”*
-  **Ignore her/him** – Just don’t respond.
-  **Repeat yourself if necessary** – If s/he is not listening and is being persistent, be persistent back. Rather than giving in to get her/him to stop, repeat your answer again. Remember that persistence is controlling behaviour. You can take control back by being firm with your response. Don’t change your mind because s/he is bugging you. If s/he won’t leave you alone, stop responding and ignore her/him.



Blame your parents – For example, “My mom checks my stuff all the time. She randomly checks my phone.” “My parents would ground me for life.” “I got in trouble and my computer is being monitored.” or “My parents are really strict.”



Discontinue all contact with the individual – Do not respond to any messages from her/him. You may want to save the messages somewhere in the event they are required by parents, school, and/or law enforcement.



Delete or block – Stop her/his access and remove her/him as a ‘friend’ on social networking sites.



Stop the contact – Change your email address and username on any sites where you are both connected.



Review your privacy settings on your social networking profiles – Some sites allow users to set limits on who can search for you and who can send you friend requests.



Report her/him – Most social networking sites and apps have a reporting mechanism. You can also talk to a safe adult about the problem.

Why it can be tough being direct with someone who is trying to break your boundaries:

- It feels embarrassing
- Don't want to make it into a big deal
- Enjoy the attention
- It feels awkward
- The situation is confusing
- Don't want the person to be mad
- Don't want other people to be mad
- Don't want to make yourself more of a target
- Don't want to be teased

What are some other ways to get out of an uncomfortable situation?



1

2

3

When is it time to get help?

- ✿ If you feel unsure about something
- ✿ If things have gotten out of control and you feel like it has gone too far
- ✿ If someone is threatening you or someone else
- ✿ If sexual pictures or videos are circulating online
- ✿ If an adult is communicating and giving sexual attention to a child/youth (e.g. sending or asking for sexual pictures)
- ✿ If there has been a sexual assault
- ✿ If you are worried about someone

Consider problems that could arise from activities, such as:

- ✿ Sharing private information about yourself with someone online
- ✿ Sending pictures or videos
- ✿ Making new friends online
- ✿ Sharing personal information about your own insecurities, problems or worries with the wrong person

It's Not About Trust!

TRUE STORY!

My friend really liked this guy who was three years older than her. They started texting and she was super excited. He asked her to send him some pics of her. He wanted her to send sexy pics to show him how much she liked him. She stalled and told him that she had to think about it. Then she told me and asked me if I thought she should do it. She told me that she trusted him. What would you do?

#DoTheRightThing

This is what I did: I told her not to send the pics. It isn't about trusting him or not. If the pics got out, it could really humiliate her. If this guy really liked her and treated her with respect, he would understand and respect her decision. He shouldn't expect her to do something that she is uncomfortable with or that could hurt her. If he doesn't get it, then he doesn't care about her. If that's the case, move on!



TRUE
STORY!

Dude...Are You Kidding Me?!

This guy I know who is 15 years old was dating this girl from our school. They dated for a while and my friend really liked her. She ended up breaking up with him and he was really upset. She just wanted to be friends with him and he got really mad. He totally lost it and he sent a picture to me that he had of her and told me to send it to people. This picture would humiliate her if it got around. I know he sent it to other guys as well. What would you do?

#DoTheRightThing

This is what I did:
I deleted it and I
told the guidance
counsellor at my
school about it.



What's the Deal? Personal Boundaries

1. Cadre, age 13, is babysitting for her uncle's friend. When he comes home he asks Cadre to stay and watch a movie with him. He starts rubbing her back and her shoulders. He moves himself closer to her and asks her if she has a boyfriend.

Is this an example of healthy boundaries?

☐ yes ☐ no ☐ maybe

If no, how can Cadre get out of the situation?

Should she tell a safe adult?

☐ yes ☐ no ☐ maybe

2. Mike, age 14, has been chatting with an older girl he met online. He has been chatting with her for a few weeks. He is starting to really like her. She shares a lot of information about herself and her sexual experiences. She sends Mike a naked picture of herself and asks Mike to get naked on the webcam.

Is this an example of healthy boundaries?

☐ yes ☐ no ☐ maybe

If no, how can Mike get out of the situation?

Should he tell a safe adult?

☐ yes ☐ no ☐ maybe

3. Sydney, age 14, is at soccer practice and her coach asks her to stay behind after the practice to talk. He gives Sydney a lot of attention and playing time because he thinks she is talented. When they are talking, he tells Sydney that he thinks she is really special and very pretty. He kisses her on the cheek.

Is this an example of healthy boundaries?

☐ yes ☐ no ☐ maybe

If no, how can Sydney get out of the situation?

Should she tell a safe adult?

☐ yes ☐ no ☐ maybe

4. Jake, age 14, gets a call from his friend's dad who asks him to go to his cottage to help him with some work that he'll pay Jake for doing. Jake's mom and dad give him permission to go. When Jake is at the lake, his friend's dad shows him what he needs help with and lets him get to work. At the end of the day his friend's mom barbecues steaks for dinner. When they are done eating, they watch a movie and head to bed. The next day they all wake up early to finish the job and then head home.

Is this an example of healthy boundaries?

☐ yes ☐ no ☐ maybe

If no, how can Jake get out of the situation?

Should he tell a safe adult?

☐ yes ☐ no ☐ maybe

5. Allison, age 15, is walking home from her friend's house one night when a 22-year-old guy she knows from the neighbourhood pulls up next to her and tells her she's pretty. He invites her to go to a party with him.

Is this an example of healthy boundaries?

☐ yes ☐ no ☐ maybe

If no, how can Allison get out of the situation?

Should she tell a safe adult?

☐ yes ☐ no ☐ maybe

6. Alex, age 15, and her friends like hanging out with this 28-year-old guy who works at a drop-in centre in her neighbourhood. He lives in an apartment near the centre and invites the kids over all the time. Everyone thinks he is super cool. He lets them hang out at his place and gives them money to buy groceries for the apartment.

Is this an example of healthy boundaries?

☐ yes ☐ no ☐ maybe

If no, how can Alex get out of the situation?

Should she tell a safe adult?

☐ yes ☐ no ☐ maybe

Foul Play

TRUE STORY!

Ben, age 14, lives for football. He plays on his school team and goes to every CFL game he can. He joined a football forum online to keep up with his favourite team and chat with other fans. There was a guy named Dennis who he chatted with regularly. He seemed like a pretty cool guy. It got to the point where they started to chat privately once the football season started, and kept in touch by email regularly with news and comments about the games they each watched on television.

Everything was fine until Dennis suddenly started asking Ben weird questions. Then he started sending emails with sexual references which led to details of his sexual fantasies and web addresses for men-and-boys pornography. Ben ignored the comments, but the emails continued. Dennis then started threatening Ben. He said unless Ben agreed to play along and send him pics of himself, he would make Ben's life difficult. What would you do?




#DoTheRightThing

This is what Ben did:
He eventually told his
mother, who made a
report to Cybertip.ca

Did You Know?





A 13-YEAR-OLD CANNOT CONSENT TO SEXUAL ACTIVITY WITH AN ADULT. IT IS ALWAYS THE ADULT'S RESPONSIBILITY TO KNOW THE LINE AND TO RE-ESTABLISH THE BOUNDARIES.

#GettingHelp

-  Family members can offer guidance, support and be an important advocate. While it may be difficult to tell parents or another safe adult about what happened, it is important. Remember, it's your parents' job to help keep you safe. While they may be upset, they should also be concerned about what has happened and help you figure out how to deal with it.
-  In some situations, there may be reasons why talking to a parent may not be an option. In those situations, speak with another safe adult (like a teacher, coach or relative).
-  Visit [needhelpnow.ca](https://www.needhelpnow.ca) if you need help gaining control of a sexual image circulating online.









How to Tell an Adult

Sometimes confiding in a close friend can be an easier place to start. After talking to a friend, be sure to talk to a safe adult if the situation is unsafe or potentially illegal.

-  Write a note or an email to your parent or another safe adult explaining what's happening and asking for help.
-  Have a friend or a safe adult accompany you when you go to speak with your parents.
-  Have a safe adult (e.g. teacher, counsellor, another relative) speak with your parents on your behalf. This can give your parents time to process the information before you talk with them.
-  Practice what you are going to say before approaching your parents or another safe adult. You can make notes about what you want to say and discuss with a friend. This may help you figure out how to approach and respond to any possible reactions.

How to Help a Friend

If a friend tells you something inappropriate has happened:

-  Listen to and believe your friend.
-  If your friend asks you to keep it a secret, ask them if you can tell a supportive adult who will help. If your friend is worried, ask them why.
-  Tell your friend that what happened is not her/his fault.
-  You cannot help your friend by yourself.
-  This secret could be dangerous for your friend and a supportive adult needs to know about it.
-  Talk about the situation with a supportive adult who can help.
-  Support your friend through her/his difficult time.
-  You can write a note to a supportive adult about what is happening (or has happened) to your friend anonymously.

What your friend has told you is private and should only be told to people who can help.

Did you
hear
THAT?!



Media

Pick a song with lyrics that are sexually disrespectful toward women or men and rewrite the lyrics to make them about respectful relationships.



This is MY song: 



Answer Key:

Healthy or Unhealthy Boundaries (page 10)

1. Unhealthy
2. Healthy
3. Unhealthy
4. Healthy
5. Maybe
6. Unhealthy
7. Healthy
8. Healthy
9. Unhealthy
10. Healthy

True or False? (page 14)

1. True
2. True
3. False
4. True
5. True
6. False
7. True
8. False
9. True
10. False
11. False

Is this OK or Weird? (page 15)

1. Weird
2. Depends on your personal boundaries
3. Weird
4. OK
5. Weird
6. Weird
7. Weird
8. a) OK b) Weird
9. OK
10. Weird

True or False: in Canada (page 18)

1. True
2. True
3. True
4. True
5. True

What's the Deal? Personal Boundaries (pages 22-24)

1. no/yes
2. no/yes
3. no/yes
4. yes/no
5. no/maybe
6. no/yes





CANADIAN CENTRE *for* CHILD PROTECTION®

Helping families. Protecting children.

protectchildren.ca

The Canadian Centre for Child Protection is a registered Canadian charity that provides programs and services to help reduce the incidence of child sexual exploitation. Here are two other resources you may be interested in:

NeedHelpNow.ca™

NeedHelpNow.ca is designed to provide information to youth who have been negatively impacted by a sexual picture/video being shared by peers. The goal of the site is to provide teens with practical steps they can take to regain control over the situation. For more information, visit needhelpnow.ca.

cybertip!ca®

Cybertip.ca is Canada's tipline to report the online sexual exploitation of children. Any sexual picture/video on the Internet involving a person under the age of 18 can be reported to Cybertip.ca.

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