

respect yourself.

respect-yourself.ca

How far would you go
to get noticed?



respect
yourself.

respect-yourself.ca

The **Respect Yourself** campaign is designed to teach you about healthy relationships. This activity booklet will help guide you through ways to recognize strange behaviour and situations. The website discusses some of the most overlooked issues with the Internet such as sending pictures/videos to others. Once your pictures/videos are shared, whether by email, IM, or posting online, **there's no way for you to regain full control of them!**

Our goal is to increase your safety. **Talk to a safe adult if you are unsure or uncomfortable about anything.**



CANADIAN CENTRE for CHILD PROTECTION™
Helping families. Protecting children.

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 an adult that you feel safe with. It is okay to talk about it.

- » If there is an emergency **call 911** or your town's local emergency number.
- » 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.** It's free and open 24/7!
- » If something inappropriate or uncomfortable happens online report it at **cybertip.ca** or call **1-866-658-9022.**



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I. WHO ARE YOU?

CIRCLE 10 WORDS THAT DESCRIBE YOU

caring, giving, demanding, patient, spoiled, impatient, happy, grumpy, brave, calm, fearful, anxious, daring, cruel, helpful, friendly, selfish, perfect, ambitious, independent, sucky, funny, hilarious, kind, all that!, gullible, determined, controlling, clingy, angry

WHERE ARE YOU GOING?

WHAT DIFFERENCE DO YOU WANT TO MAKE IN THE WORLD?

WHAT WORD AND ICON WOULD SOMEONE ELSE USE TO DESCRIBE YOU:

- » Your friend...
- » Your mom or dad...
- » Your teacher...
- » Your pet...

WHAT ARE YOUR LIKES?

- » What activities are you interested in?
- » 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 to?
- » What is your favourite kind of animal?
- » What is your favourite food?

CHOOSE WORDS AND ICONS TO DESCRIBE YOURSELF AS:

- » A friend...
- » A child...
- » A student...
- » A person...

WHAT ARE YOUR DISLIKES?

- » What activities don't you like?
- » 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?
- » Where would you not like to travel to?
- » 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 AM

FILL THIS PAGE WITH WORDS AND
ICONS TO REPRESENT **who you are.**

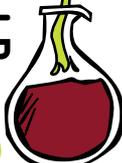
USE YOUR ANSWERS FROM PAGE 2 TO FILL THIS PAGE
AND/OR TURN THE PAGE FOR SOME MORE IDEAS!



USE IDEAS FROM THESE TWO PAGES TO COMPLETE PAGE 3



DEMANDING



COURAGEOUS



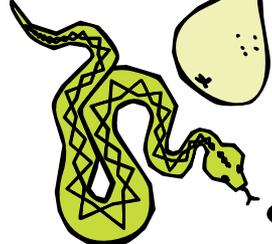
LIVE? **TRUCK**



GRUMPY



patient



GOOFBALL

SCAREY CAT

All that!

independent



Angel

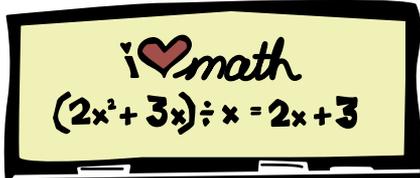


helpful

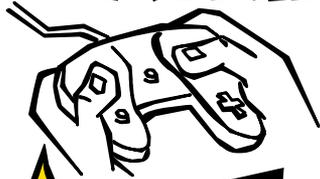
kind



AMBITIOUS

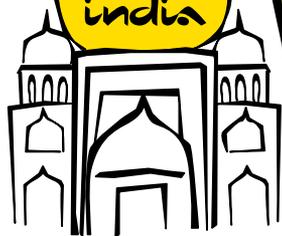


ANGRY



generous

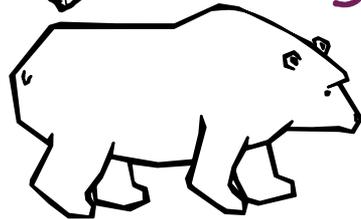
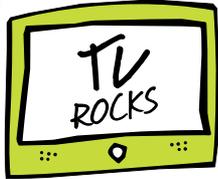
Spoiled



gullible



caring



HILARIOUS

II. HOW FAR WOULD YOU GO TO GET NOTICED?

Most people like attention from others, but not all attention is positive. Sometimes attention is given to manipulate someone in order to get something in return. Be aware of why and for what reasons you are receiving attention. If someone is giving you attention to take advantage of you, **be savvy and move on!**



OR



Attention

COLOUR IN THE CORRECT ANSWER

1. Emma tells Kate that she loves her hair. Kate is shocked because Emma never gives her the time of day. Then she says that she's heard Kate is having a party and that it sounds like it is going to be a lot of fun.



OR



Attention

2. Chris walks up to Sarah and tells her she played awesome in her hockey game the day before. They start talking and walk into class together.



OR



Attention



3. While online Sandra meets a guy who tells her she is beautiful and asks to see more pictures of her. He tells her she looks like a model and asks her to get on her webcam in her underwear and bra.



4. Scott's coach tells him he is the best player on the hockey team. He tells him that he has a real shot at going pro some day. He asks Scott to come over to his house to hang out with him. His coach is acting weird and is really "touchy" with him.



5. When Lindsay goes to the store with a group of friends, she realizes that she forgot to bring money. When she gets to the store her friend, Jeff, offers to buy her a drink. Lindsay buys Jeff a drink the next time they're at the store.



6. Michelle's friend Abby is always posting pictures of herself online. She has been putting "sexy poses" of herself online and has been receiving a lot of comments from people. She really likes reading all the comments. She just posted one of herself doing the splits in her bikini. You should see all the comments she is getting!



III. REALITY CHECK



DO YOU THINK WHAT YOU DO ONLINE IS PRIVATE?



REALITY
CHECK

The Internet is a public place. Parents, teachers, coaches, and anyone who wants to can see what you do in social networking sites, chatrooms, newsgroups, etc.

DO YOU THINK POSTING SEXY POSES OF YOURSELF ONLINE WILL GET YOU ATTENTION?



REALITY
CHECK

Yeah! But is this the type of attention you want?

RESPECT YOURSELF.

DO YOU THINK POSTING EMBARRASSING PICTURES OF OTHERS WILL MAKE THEM LOOK BAD?



REALITY
CHECK

It makes **YOU** look bad.

Respecting yourself also means respecting others!

DID YOU
KNOW?

IT'S **ILLEGAL** FOR YOU OR YOUR FRIENDS TO SEND OUT NAKED PICTURES OF YOURSELVES!!!



IV. HEALTHY, RESPECTFUL RELATIONSHIPS

When you decide you really like someone it can be tough to decide how to let the person know how you feel.

Do you ever wonder how to show someone that you like them? How far would you go to get noticed? **Respect yourself.**

- » **Actions speak louder than words!**
- » When you really care about someone, show them by the way you act towards them.
- » When someone really cares about you, s/he needs to show you by the way s/he acts towards you.

HOW TO SHOW SOMEONE YOU LIKE THEM

BE RESPECTFUL

- ▶ Be courteous and careful not to make the other person feel uncomfortable.

HAVE FUN

- ▶ Have fun joking around with each other.

HANG OUT

- ▶ Enjoy spending time together.

SHARE

- ▶ Be sincere. Talk and share personal stories with each other.

TRUST

- ▶ Keep your word and do not take advantage of each other.
- ▶ Do not tell other people what is shared in confidence.

CARE

- ▶ Be thoughtful about how you treat each other.

COMMIT

- ▶ Be reliable. Keep plans that you have together.
- ▶ Show how much you care through respectful and warm behaviour.

**FYI:
BAD STRATEGY!**

**DON'T PUT
SOMEONE DOWN
AS A WAY TO GET
THEIR ATTENTION**

It may not be the lasting impression you wanted to make!

DATING DO'S

DO:



- » Go out with someone that has first been your friend
- » Go out with someone because you like spending time together
- » Go out with someone because you have strong feelings for her/him (butterflies in your stomach)
- » Go out with someone because you feel comfortable together
- » Go out with someone because you trust each other
- » Go out with someone because you have common friends and interests
- » Go out with someone because you are attracted to them and they are respectful towards you

DATING DON'TS

DON'T:



- » Don't go out with anyone that you have not been friends with first
- » Don't go out with someone you first meet on the Internet
- » Don't go out with someone who is more than two years older than you
- » Don't go out with someone just because s/he likes you
- » Don't go out with someone just because you don't want to hurt her/his feelings
- » Don't go out with someone only because s/he is hot
- » Don't go out with someone just because you don't know what else to do
- » Don't go out with someone because you are scared to say "no"
- » Don't go out with someone just because your friends want you to
- » Don't go out with someone just to make out

How far would you go to get noticed?

TRUE STORY

I DON'T THINK SO!

A 14-year-old girl from Winnipeg started going out with an 18-year-old boy. He told her she was pretty and he wanted to spend all his time with her. He would get mad if she wanted to spend time with her friends. He would tell her that if she didn't want to spend all of her time with him, that she must not care about him. He didn't like it when she wore tank tops and would tell her that she looked fat. She spent less and less time with her friends. They started to get upset with her. Everything she ate worried her because she was afraid that she would get fat and that her boyfriend would dump her. What should she do?

IT'S OKAY TO TALK ABOUT THINGS THAT HAPPEN TO YOU. MAKE SURE YOU TELL A SAFE ADULT WHO CAN HELP YOU.

LIST 5 UNHEALTHY FLAGS IN THIS RELATIONSHIP:

1. _____
2. _____
3. _____
4. _____
5. _____

check your answers on page 25



i wanna hold your hand ...

NOW HOLD ON JUST A MINUTE!

Just because you are attracted to someone or have fantasies about them doesn't mean you have to act on it! Come on now ...

keep yourself under control!



TRUE STORY

WAKE UP GIRL!

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. I think she wants to go and meet him and he is 26 years old. 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 I should mind my own business and stay out of it. She sends pictures of herself to him when she is changing. What 26-year-old is interested in a 13-year-old?!@*! Seriously stunted! If I tell she will kill me! What would you do?

THIS IS WHAT I DID: I made a report to Cybertip.ca.

WHEN DATING SOMEONE YOU SHOULD ... TRUE OR FALSE?

CIRCLE ONE

1. Enjoy hanging out together
TRUE *FALSE*
2. Spend all your time together
TRUE *FALSE*
3. Laugh together
TRUE *FALSE*
4. Be good friends
TRUE *FALSE*
5. Never wear clothes that the other person doesn't like
TRUE *FALSE*
6. Share personal stories and trust each other
TRUE *FALSE*
7. Not say something hurtful then say you're just kidding (e.g. teasing, calling the other person fat, stupid or swearing)
TRUE *FALSE*
8. Care about and respect each other
TRUE *FALSE*
9. Do whatever the other person says (even sexual types of activities!)
TRUE *FALSE*
10. Try to change things about the person that you don't like
TRUE *FALSE*



RESPECT LIMITS.

Don't pressure someone when s/he doesn't want to do something.

HANDS OFF!!!

DATE-O-METER



IS THIS OKAY OR WEIRD?

It is not always obvious when someone breaks boundaries by doing or saying something to you. Setting personal boundaries can be uncomfortable. Read the following situations and **circle WEIRD** if boundaries are broken or **OK** if it is appropriate.

1. A 24-year-old guy asks a 16-year-old girl out to a movie.

OK

WEIRD

2. A 14-year-old guy asks his girlfriend to show him her underwear on webcam.

OK

WEIRD

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

OK

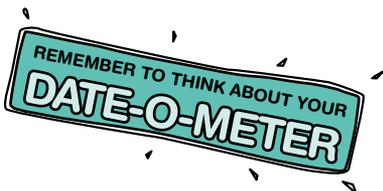
WEIRD

IT'S NOT OKAY FOR ADULTS TO GIVE SEXUAL ATTENTION TO TEENAGERS!

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

OK

WEIRD



5. An 18-year-old boy 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 an ipod and leaves it on her doorstep to surprise her.

OK

WEIRD

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. He tells her what a great babysitter she is and how "hot" he thinks she is. He gives her an extra 50 bucks.

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 out alone. The last time they were together he took him over to his house to watch R-rated movies.

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

V. PERSONAL BOUNDARIES

WHAT ARE
PERSONAL
BOUNDARIES
ANYWAY?

Boundaries are about a lot more than the personal space around you.

BOUNDARIES INCLUDE RESPECTING:



- » People's bodies
- » Personal belongings
- » Beliefs
- » Rights to privacy
- » Right to set limits (say "NO")

EXAMPLES OF RESPECTING BOUNDARIES

- » Being careful not to embarrass someone
- » Asking permission before using someone's things
- » Careful not to spread something that has been shared with you in confidence
- » Getting to know someone really well before asking or sharing personal questions such as "Have you ever had a girl/boyfriend?" "Have you ever kissed anyone?" "Do you wear a bra?"



EXAMPLES OF BREAKING BOUNDARIES

- » Asking someone sexual questions
- » Asking someone personal questions in front of others to embarrass them
- » Putting someone down
- » Making fun of someone
- » Walking in on someone changing or using the bathroom
- » Spying on someone while they are changing
- » A person over 18-years-of-age giving a teenager sexual attention, making sexual comments toward a teenager, or sharing details about sexual experiences with a teenager

TRUE STORY

FOUL PLAY

Ben, age 14, was a dedicated fan of pro football—he never missed a game during the season. He also liked computers, so it wasn't long before he joined a fantasy football chatroom. He chatted regularly with many other users, including a person named Dennis. It got to the point where they started to chat privately once the season started, and kept in touch by email regularly with news and comments about games they each watched on television.

Everything was fine until Dennis suddenly started asking questions about Ben's school and home life: How old was he? What grade was he in? Where did he live in Nevada? Who did he live with? Where was his Dad? Since they were friends and Dennis had shared his own story, Ben didn't think the questions were too unusual—football chatrooms attract fans of all ages from all parts of the world.

Then Dennis started sending emails with sexual references which led to details of his sexual fantasies and web addresses for men-and-boys pornography. Ben told Dennis to stop, but the emails continued. Dennis then started threatening Ben unless he agreed to play along and meet him in the near future.

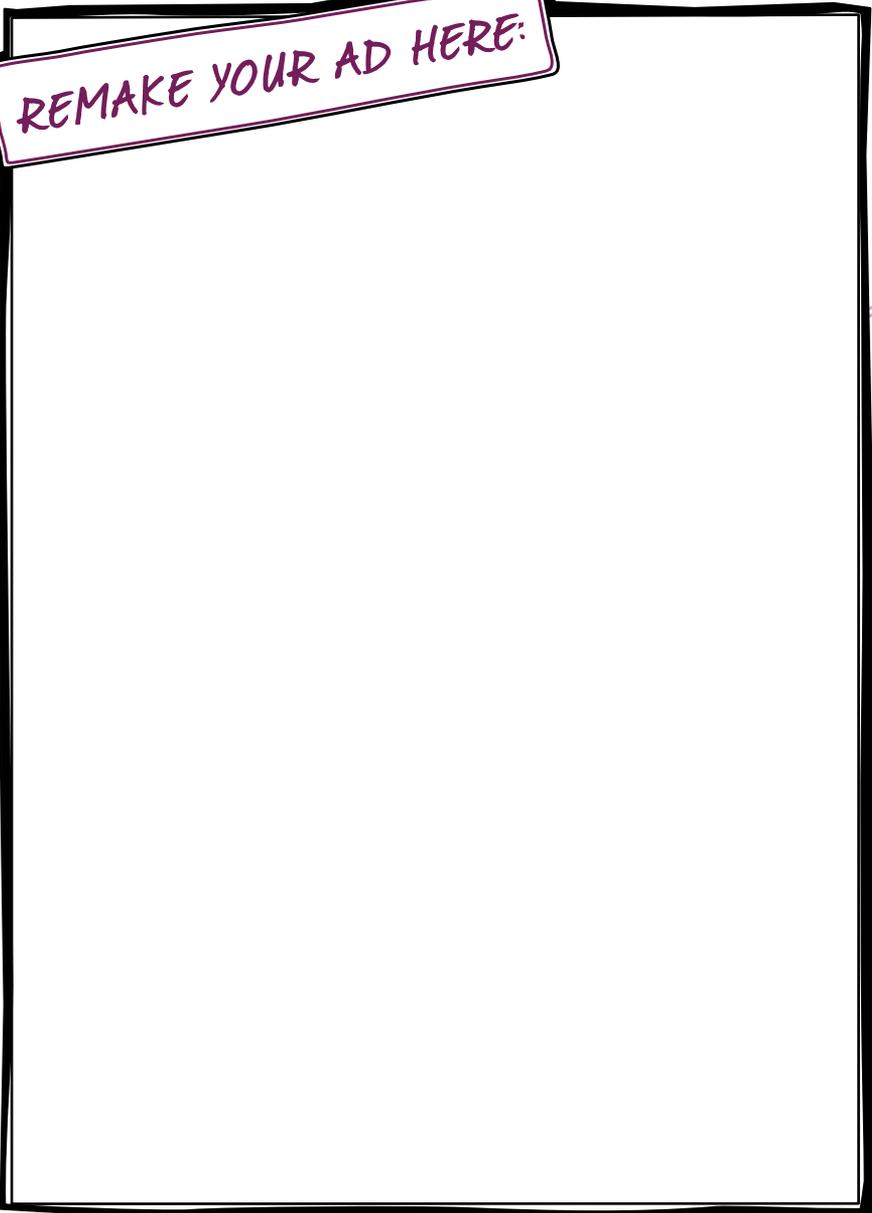
**A CHILD CANNOT
CONSENT TO
SEXUAL ACTIVITY
WITH AN ADULT.
IT IS ALWAYS
THE ADULT'S
RESPONSIBILITY
TO RE-ESTABLISH
THE BOUNDARIES.**

THIS IS WHAT BEN DID: He finally told his mother, who forwarded the material to cybertip.ca. Dennis was arrested in Windsor, Ontario a short time later. Police discovered he had a plane ticket to Nevada, a reservation number for a hotel room and directions to Ben's house. Police then started looking for other victims of sexual exploitation and found that Dennis had been a junior league football coach for many years.

DID YOU SEE THAT?

Pick an advertisement that is sexually disrespectful toward women or men and recreate it to make it respectful.

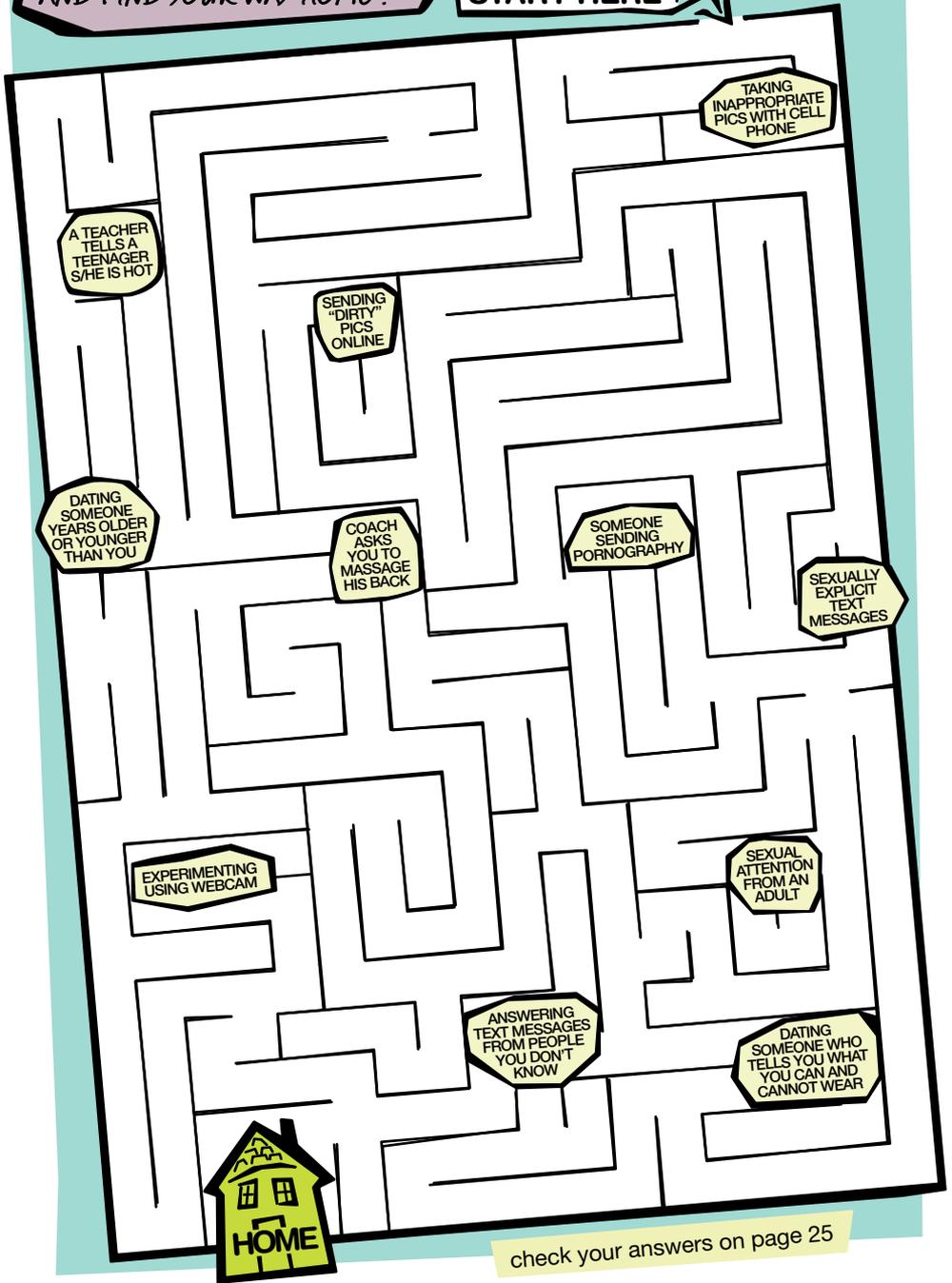
REMAKE YOUR AD HERE:



MAZE

START HERE

CAN YOU AVOID THE WEIRDNESS AND FIND YOUR WAY HOME?



check your answers on page 25

DID YOU KNOW ???



PEOPLE WHO CARE ABOUT YOU
LIKE YOU FOR WHO YOU ARE



PEOPLE WHO CARE ABOUT YOU **DO NOT**
ASK YOU TO DO THINGS THAT WOULD
GET YOU INTO TROUBLE



PEOPLE WHO CARE ABOUT YOU **DO NOT**
TRY TO GET YOU TO DO THINGS THAT
MAKE YOU FEEL UNCOMFORTABLE



PEOPLE WHO CARE ABOUT YOU
LOOK OUT FOR YOU

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 to keep on his fridge. He is a zillion years older than her — 30! He asked if he could meet up with her to take her underwear shopping. Crazy! She told me not to tell anyone. What would you do?

THIS IS WHAT I DID: I told my mom.



TECHNOLOGY:

CELL PHONE

wireless, portable telephone

ONLINE GAMING

multiple users play online

PEER TO PEER

file transfer program to download/transfer music

BLOGS

a personal website where you regularly post opinions, information, photos, videos, etc.

VOICE OVER INTERNET PROTOCOL

software that allows you to make calls for free

INSTANT MESSAGING

a program for chatting with others in real time



TRUE STORY

IT'S NOT HIS FAULT!

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 uncle. He doesn't want to come to school anymore because he is embarrassed. The guy has nothing to be ashamed of — it wasn't his fault! I wish he'd come back cause he's a good guy and I miss hanging out with him.

THIS IS WHAT I DID: I called him to play hockey.

BE CAREFUL BECAUSE...

- » PICTURES AND VIDEOS CAN EASILY BE COPIED AND SHARED WITHOUT YOU KNOWING
- » YOU CAN COME ACROSS DISGUSTING SEXUAL PICTURES AND ADVERTISEMENTS
- » YOU COULD GIVE AWAY YOUR PERSONAL INFORMATION TO SOMEONE YOU DON'T WANT TO HAVE IT
- » YOU CAN END UP IN WEIRD CONVERSATIONS THAT CAN BE REALLY UNCOMFORTABLE
- » PEOPLE CAN TYPE WHATEVER THEY WANT AND IT DOESN'T MEAN THAT IT IS TRUE
- » IF YOU END UP SHARING PRIVATE INFORMATION, YOU MAY BE IN FOR AN **INCREDIBLY EMBARRASSING MOMENT!**

TRUE STORY

WALKING RIGHT INTO A TRAP

As a child, Peter visited the websites of his favourite cartoon characters and TV shows. By the time Peter turned 13 he was involved in online gaming, which became the focus of his social life.

When his parents divorced, Peter and his mother, Diane, moved to a new city. Websites and chatrooms gave him something to do because he didn't really know anyone at his new school yet.

Peter met this guy, Len, through gaming. He talked to him for about three months before he changed schools. The pair forged a bond through gaming, as Len knew a lot about role-playing games and encouraged Peter to take part.

Every day they hooked up to play their favourite game. The two shared personal stories, and each appeared to fill a void for the other. Peter's recent move had separated him from his dad, while Len's own son had recently left for college. Len was a good listener and offered encouragement whenever Peter discussed the challenges of his new life. This support made it easier for Peter to settle into school. Even his mom saw the improvement in his outlook and attitude.

As the friendship progressed, Len invited Peter for a vacation to his home in California. Peter was sure he and Len would spend the long weekend exploring new games. Although Diane was a bit hesitant at first, Peter eventually persuaded her to let him go. Len didn't seem creepy to Diane — in fact, he had sent Diane an email about himself. As a result, she didn't feel scared when Peter boarded the plane and headed across the country to visit his online friend and mentor.

When Peter's plane landed at the airport on a hot summer afternoon, Len picked him up and they headed to a community pool. Peter enjoyed the rough-housing, splashing and wrestling. It all seemed like fun until they went to Len's apartment. Then the rough-housing turned into hugging; Len also kept stroking Peter's back. Away from the security of his home, Peter realized that he didn't really know Len very well at all, and that the friendship suddenly seemed very scary.

THIS IS WHAT PETER DID: He called his mom immediately and told her what was happening. It turns out that Len was a convicted sex offender, and that Peter wasn't the first boy to visit him that month. Fortunately, Len's parole officer learned of the visits and called the police immediately.

ANSWERS

PG 6-7

POSITIVE / NEGATIVE ATTENTION

1. **NEGATIVE** 
2. **POSITIVE** 
3. **NEGATIVE** 
4. **NEGATIVE** 
5. **POSITIVE** 
6. **NEGATIVE** 

PG 13

DATING TRUE / FALSE

1. **TRUE**
2. **FALSE**
3. **TRUE**
4. **TRUE**
5. **FALSE**
6. **TRUE**
7. **TRUE**
8. **TRUE**
9. **FALSE**
10. **FALSE**

PG 14-15

IS THIS OK / WEIRD?

- | | |
|-----------------|------------------|
| 1. WEIRD | 6. WEIRD |
| 2. WEIRD | 7. WEIRD |
| 3. WEIRD | 8. a) OK |
| 4. OK | b) WEIRD |
| 5. WEIRD | 9. OK |
| | 10. WEIRD |

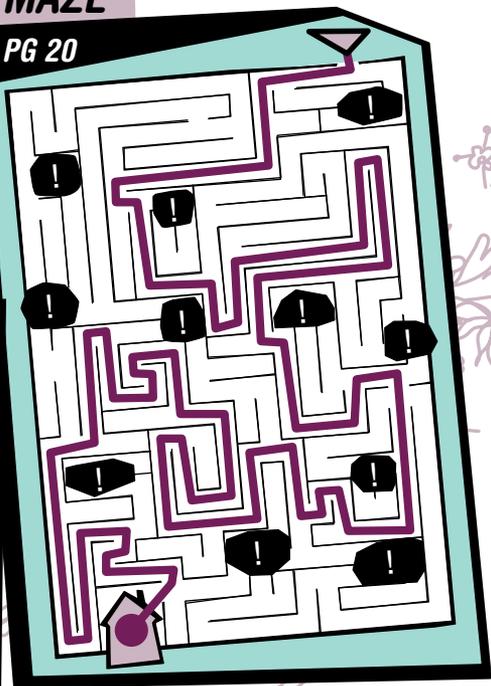
PG 11

I DON'T THINK SO!

- » 14-year-old dating an 18-year-old
- » He wants to spend all his time with her
- » Gets mad if she spent time with friends
- » Put downs—calling her fat
- » She spends less time with friends
- » She is worried about eating because he might break up with her if she doesn't look a certain way

MAZE

PG 20





CANADIAN CENTRE for CHILD PROTECTION™
Helping families. Protecting children.

protectchildren.ca

The Canadian Centre for Child Protection is a registered charitable organization dedicated to the personal safety of all children. Our goal is to reduce child victimization by providing programs and services to Canadians. We do this through Kids in the Know, our personal safety education program (kidsintheknow.ca); Cybertip.ca, our national tipline to report the online sexual exploitation of children (cybertip.ca); MissingKids.ca, our national missing children resource centre (missingkids.ca); and Commit to Kids, our program to help organizations prevent child sexual abuse (commit2kids.ca).

cybertip.ca®

cybertip.ca

Cybertip.ca is Canada's national tipline for reporting the online sexual exploitation of children. Cybertip.ca receives and analyzes tips from the public about potentially illegal material and activities regarding the online sexual exploitation of children and contributes to public education and prevention through its online safety strategies and national public awareness campaigns. Visit cybertip.ca for more information.

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