

WHAT'S THE Deal?

ACTIVITY BOOK



CANADIAN CENTRE *for* CHILD PROTECTION®
Helping families. Protecting children.



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What's the deal?

This book will teach you about boundaries and healthy relationships. It helps reinforce that once content is shared online or electronically, whether by direct messaging (DM), texting, 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.



GRADES 7/8 ACTIVITY BOOK

This book provides general information only and is not legal advice. Laws are referenced in a general way to help youth in the grade 7-8 range better understand their rights, and the scenarios in this activity book are illustrative of actual experiences. Visit NeedHelpNow.ca to learn more about Canadian laws and your rights.

If you feel someone is doing something wrong to you or your friends, speak to a safe adult, contact Cybertip.ca, or contact the police in your area.

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Need to talk to someone?

Sometimes it can feel like you're trapped with no way out. Remember, no situation is hopeless. Tell a safe adult about what you're going through — it's okay to talk about it. They can help.

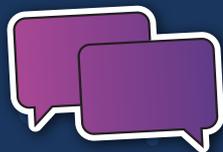
If you need someone to talk to, Kids Help Phone offers free, 24/7, private support.

Visit [KidsHelpPhone.ca](https://www.kidshelpphone.ca)

Call **1-800-668-6868** or Text **686868**

If you have been negatively impacted by a sexual video or picture that is online, visit [NeedHelpNow.ca](https://www.needhelpnow.ca) for help.

If you feel someone is doing something wrong to you or your friends, **speak to a safe adult, report it to [Cybertip.ca](https://www.cybertip.ca), or contact police.**



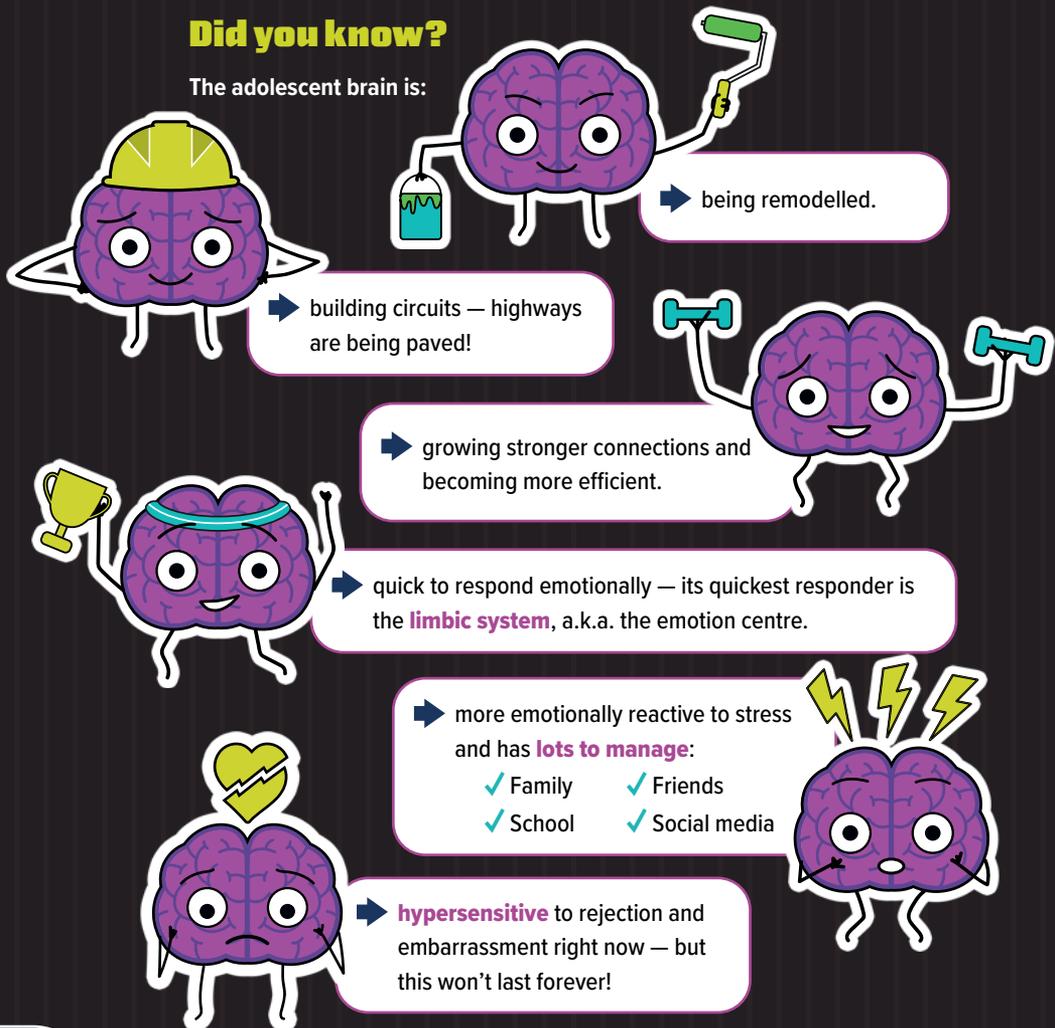
Big Feelings – Train the Brain

Adolescence is marked by huge changes in development and enormous growth opportunities. Your brain is working hard to get more efficient. Emotions are difficult to regulate because your brain's parts don't communicate reliably yet — the thinking part of your brain often comes late to help you cope with big feelings.

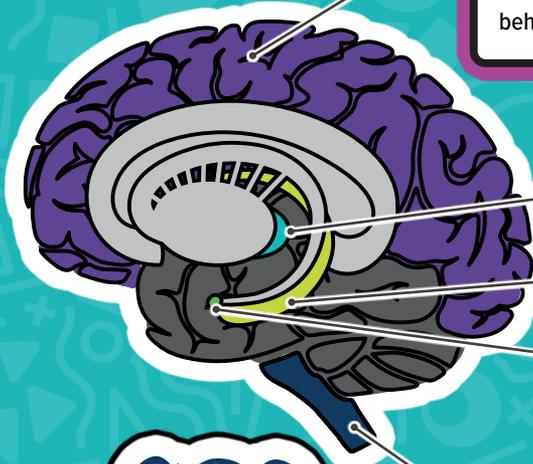
Learning how to deal with strong emotions creates critical connections in the brain that positively influence your mental health for the rest of your life. Adolescence is the best time to practice good brain habits to help you throughout your life.

Did you know?

The adolescent brain is:



Parts of the Brain



Cerebral cortex — This is where the thinking and problem solving happens. It also helps control behaviour.

TOP

Limbic System:

Thalamus — Relays sensory information.

Hippocampus — Helps with memory.

Amygdala — Emotion headquarters.

MIDDLE

Brain Stem — Keeps us breathing, awake, asleep, hungry, full...

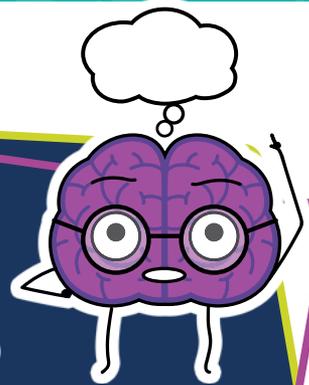
BOTTOM

Brain in Training

Communication between the cerebral cortex and the limbic system are needed for emotional regulation.

Good communication improves:

- ▶ Working memory (What did you just say?? I can't remember...)
- ▶ Impulse control (I don't know why I just said that...oops!)
- ▶ Abstract thought (If a tree falls in the forest and no one is around, does it make a sound??)
- ▶ Decision-making (Okay, so it wasn't your best moment...poor judgment...eek)
- ▶ Perspective taking (That's how you see the situation. How might someone else see it?)





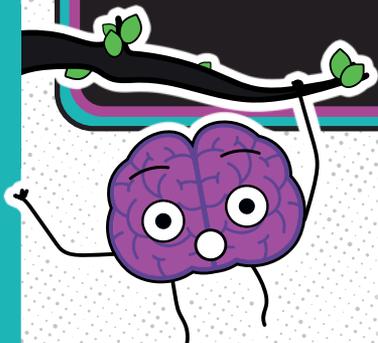
Feelings First

The brain assesses the importance of something and decides whether it's something we need to pay attention to.

If the brain rates something as good, it wants more; if the rating is bad, it wants less. And sometimes, when it rates a situation as dangerous, it sounds an alarm and triggers a survival response — fight, flight, or freeze. HUGE FEELINGS!! This can be helpful when we need to get out of a dangerous situation.

The brain's number one job is our survival, so it scans our world for threats.

Hang in there. These intense feelings will pass. There are strategies that can help you get through.



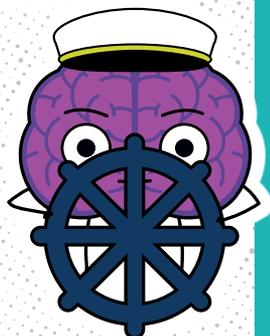
Why Are Negative Thoughts Hard to Shake?

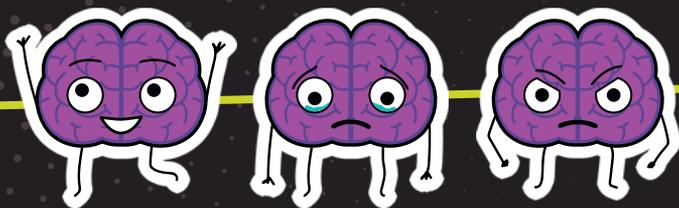
The brain pays more attention to negative situations than to positive (ugh). It will focus more on ONE nasty comment than on 10 amazing compliments.

Fear and negativity feel so important, they win our brain's attention most of the time. Remember, our brain's number one job is our survival.

Because the brain defaults to focus on the negative, be on the lookout for negative thinking — it can be really unhelpful. When it creeps in, intentionally (a.k.a. on purpose) steer your mind and attention in another direction. Train your brain to change focus to thoughts that are more helpful and healthy for you.

What's an example of something positive your brain could turn to?

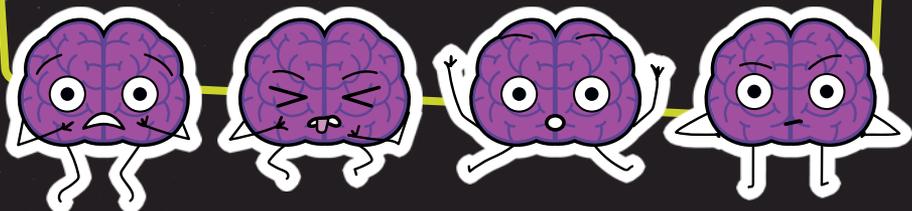




Brain Health

Keep in mind:

- ♥ You can train your brain to manage strong emotions.
- ♥ How you talk to yourself (positively vs. negatively) has an enormous impact on helping or hindering you from regulating big emotions.
- ♥ Consistent practice makes your brain stronger; just like regular exercise makes your body stronger.
- ♥ Practice noticing the sensations in your body that tell you how you are feeling.
- ♥ Practice labelling how you're feeling — happy, sad, mad, scared, disgusted, surprised, contempt (dislike), mixed feelings, etc.



Skills to Cope with Feelings

**Practice,
practice,
practice!!**

- ◆ **Regulate.** Practice breathing exercises, counting to 20 forwards and backwards, exercise, going for a walk, drinking a glass of water, or holding ice cubes in your hand to calm your body.
- ◆ **Notice the sensations in your body.** Are your palms sweaty? Are your legs and arms tingly?
- ◆ **Label how you feel.** Uncomfortable? Happy? Giggly?
- ◆ **Seek out connection.** Reach out to someone who is calming for you — someone who is a good listener, understanding, and invested in helping you regulate and manage your feelings.

What else helps you when you're overwhelmed?



Did You Know?

Intense feelings will pass. Feelings come and go — they will not last forever. Practice exercises when you're feeling calm, so they're easier to use when you feel overwhelmed.

Practice makes the brain more efficient.

Brain Exercises



- 1. Feelings** — Stop and pay attention to how you are feeling in this moment. What words come to mind to describe how you feel?

2. Breathing Exercises —

- a) Take a long, deep breath in through your nose and hold it for three seconds.
- b) Slowly breathe out as if you are breathing through a straw.
- c) Repeat 3 times.

3. Relaxation —

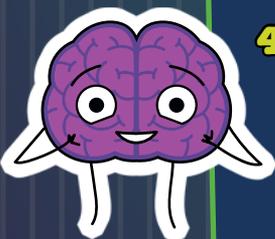
- a) Make your body as stiff as a plank, extending and stretching your toes, legs, arms, hands, and neck.
- b) Loosen your body like a cooked noodle — notice your feet, legs, torso, arms, neck, and face.
- c) Repeat.

- 4. Gratitude Moment** — Take time to think about the people and things that make you happy.

I am grateful for:

- 1.
- 2.
- 3.

The best part of my day today was:



Guiding Light—Your Values

Your values are your compass for the decisions you make and the direction you take to become the person you want to be. Values depend on what matters most to you; they line up with your identity and future goals.

Examples might include being caring, honest, supportive, protective, consistent, creative, committed to learning, loyal, courageous, and curious.



To complete this activity, it may be helpful for you to think about decisions you've made recently. This is a good place to look for clues about your values.

1. Circle 20 things you value and write down your top five in the list below.

Achievement	Competitiveness	Forgiveness	Making a difference	Teamwork
Adventure	Control	Friendship	Open-mindedness	Thoughtfulness
Ambition	Cooperation	Fun	Optimism	Trust
Attractiveness	Courage	Generosity	Order/Organization	Truth
Awareness	Creativity	Hard Work	Passion	Recognition
Beauty	Curiosity	Health	Perseverance	Reliability
Being the best	Dependability	Helpfulness	Personal freedom	Resilience
Being yourself	Determination	Honesty	Popularity	Respect
Belonging	Discipline	Humour	Self-control	Risk-taking
Caring	Diversity	Integrity	Self-reliance	Wealth
Closeness/connection	Education	Intelligence	Speaking up	Winning
Commitment	Excellence	Kindness	Spirituality	Wisdom
Communication	Fairness	Leadership	Success	Other(s):
Community	Faith	Love		_____
Compassion	Family	Loyalty		_____
	Fitness			_____

My top 5 values:

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

How I live by my values:

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

2. A) Write a value for each of the following areas in your life.

It may help to ask yourself: Who would my best self be – in my relationships, at school, in activities, etc.?

B) Draw a star (★) on the scale to show how important each area is to you.

C) Draw a circle (○) on the scale to show how good you are at prioritizing this area.

	Low priority/importance	High priority/importance
EXAMPLE: Family: Trustworthy, Loyal	1 2 3 4 5 6	7 8 9 10
Family:	1 2 3 4 5 6	7 8 9 10
Friends/Social life:	1 2 3 4 5 6	7 8 9 10
School/Work:	1 2 3 4 5 6	7 8 9 10
Leisure/Fun/Recreation:	1 2 3 4 5 6	7 8 9 10
Health/Wellness:	1 2 3 4 5 6	7 8 9 10
Spiritual Activities:	1 2 3 4 5 6	7 8 9 10
Other:	1 2 3 4 5 6	7 8 9 10

3. Describe in words, icons, or drawings where you want to be in five years.

Five years from now...

Is this consistent with the values and priorities you identified in question two?



Healthy Friendships: Respecting Boundaries

Teens told us friendships should include:

- ▶ Accepting each other for who you are
- ▶ Being kind, honest, trustworthy, and respectful
- ▶ Feeling comfortable being yourselves around each other
- ▶ Looking out for each other
- ▶ Making each other laugh when one of you is sad
- ▶ Being there for and supporting each other when one needs help or advice
- ▶ Not spreading hate online about each other
- ▶ Not sharing or posting embarrassing or inappropriate pictures of each other

Anything you would add?

Not All Friendships Are the Same

Different levels of friendship:

Acquaintance

Someone you know and say “Hi” to when you see them.

Friend

Someone you chat with at school, extracurricular activities, around your neighbourhood, etc.

Close friend

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

Best friend

Someone you can completely be yourself with and trust to confide in.



Healthy Online Boundaries

Remember personal boundaries when you're online. Sometimes people do things online they wouldn't do face to face.

Self Check In



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

Probably not a good idea. Sharing your vulnerabilities and insecurities with someone you're not close to can set you up to get hurt. Save your sharing for your closest friends who have shown you they can be trusted.

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

Not okay. Posting embarrassing pictures of other people is mean. Treat people the way you want to be treated.

If a picture of someone you know is being shared online, should you send it to others?

Steer clear. Whether the person is an acquaintance, a close friend, or someone you don't like — everyone deserves to be treated with dignity and respect. Circulating sexual pictures or videos of a person can really hurt them. Don't send the picture to anyone else and tell an adult who can help.

FYI

Limit what you share online — even with close friends. If you post, send, or share something online, it leaves a digital trail that can be traced to you.



Stand Up to BULLYING



There are lots of ways you can stand up for someone who is being mistreated.

Offline

- Speak up if someone is saying mean or inappropriate things about someone else.
- Refuse to participate and remove yourself from the situation.
- Show your support for the person — tell them you don't agree with what's happening to them.
- Tell a safe adult what's going on — an anonymous note will do if you're worried about someone.



Online

- ◆ Do not forward, share, or 'like' harmful messages or posts.
- ◆ Challenge hurtful messages or posts with something like, "This is wrong," or say something kind like, "I think they're great."
- ◆ Send a message to the person who is being mistreated to see if they're okay and let them know the way they are being treated is wrong.
- ◆ Save a copy of the harmful message/post and share it with a safe adult who can help.



Do the following represent healthy or unhealthy boundaries?



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

* Check your answers on page 29

Dating Relationships

Healthy Boundaries

Just like in friendships, people in dating relationships need to respect each other's boundaries. These boundaries are important online as well. Any information shared in confidence should stay between the two of you and not be misused.

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

You can see who someone really is by the way they act towards you and others, rather than by what they might tell you. When you really care about someone, treat them with respect and kindness.

TRUE STORY!

Should I mind my own business?

My friend is 13 and I'm really worried about her. She met this guy online a year ago and is still talking to him. They send each other nudes even though he's 26. She really wants to meet him in person. I'm completely freaked out because she doesn't see anything wrong with it!! My boyfriend and my other friends think I'm overreacting. They think it's fine that she's talking to an older guy and I should just mind my own business. What normal 26-year-old is interested in someone who's 13?? So creepy. She would kill me if I told anyone... What would you do?

#DoTheRightThing

I'd make a report to Cybertip.ca about what happened, they'll help you figure out what to do next. This doesn't feel like a normal relationship to me.



When you like someone, it isn't always easy telling them how you feel.

To show someone you like them, teens told us you should:

- Be respectful
- Spend time together
- Look out for each other
- Have fun
- Trust each other
- Talk and share personal stories with each other
- Be warm and affectionate
- Respect information they share with you. Don't spread information or pictures they shared privately — even if you break up!

Unhealthy

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

Healthy

All people, whether they're your 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!



FYI

Pressuring someone is controlling and demonstrates unhealthy boundaries.

Consider this

Every person has the right to:

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

Every person chooses how:

- ♥ They treat others
- ♥ They expect to be treated by others



RED FLAGS: Look out for controlling behaviour!

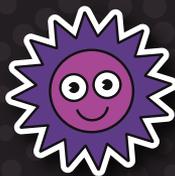
- ▶ **PERSISTENCE/PRESSURE** — When someone doesn't accept "no" for an answer.
- ▶ **PITY** — When someone tries to get a person to feel bad for them in order to get what they want.
- ▶ **GUILT** — When someone tries to make a person feel bad for something they did or said, even if it wasn't mean or hurtful.
- ▶ **INSINCERE FLATTERY** — When someone compliments a person just to get what they want.
- ▶ **IGNORING** — When someone uses the silent treatment to punish a person and/or to get their own way.
- ▶ **THREATS/VIOLENCE** — When someone says they'll harm a person or uses physical force to hurt and/or scare them.
- ▶ **MANIPULATING EMOTIONS** — When someone pretends to like a person to get what they want.



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...

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

*Check your answers on page 29

**RESPECT LIMITS—DON'T
PRESSURE SOMEONE WHEN THEY
DON'T WANT TO DO SOMETHING.**



The Date-O-Meter

NO GO

2 years younger



2 years older

NOPE

If you're under 12, it's better to stay friends. If you're 12 – 13 years old, a good dating range is another 12 – 13-year-old or someone less than two years older than you. If you're 14 – 15 years old, a good dating range is your age or less than two years younger or older than you.

Is this okay or weird?

It's not always obvious when someone is trying to break your boundaries. Setting personal boundaries can also sometimes feel uncomfortable. Read the following situations and check 'weird' if you think boundaries have been broken, 'okay' if it's appropriate and respectful, or 'depends' if you think it can vary with the situation.

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

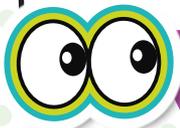
okay weird
 depends
2. A 14-year-old asks their 13-year-old girlfriend to video chat wearing only a bikini.

okay weird
 depends
3. A 13-year-old boy is chatting with someone he met online and the person asks him if he has had sex.

okay weird
 depends
4. A 14-year-old boy really likes someone in his class so he asks them to go to a movie.

okay weird
 depends
5. An 18-year-old guy has been paying attention to a 13-year-old boy who just moved in down the street. He thinks his new neighbour is really cute so he buys him headphones and leaves them on his doorstep to surprise him.

okay weird
 depends



Remember to think about the Date-O-Meter!

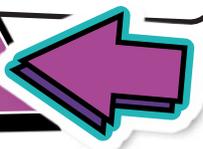


It's not okay for adults to give sexual attention to any kids, including teenagers.

6. A 13-year-old boy really likes a girl in his class. The girl tells him that he has to prove how much he likes her before she dates him.
- okay weird
 depends
7. After babysitting one evening, a 13-year-old is driven home by the father of the kid they were looking after. He tells them what a great babysitter they are and that he thinks they're 'hot'.
- okay weird
 depends
8. a) A local community club has a great soccer coach. All the players and their parents think he's great. Sometimes he takes players from the team out to eat.
- okay weird
 depends
- b) Lately, he's been taking a 14-year-old player out alone. The last time they were together, they went to the coach's house and the coach kept making sexual jokes.
- okay weird
 depends
9. A friend of Sarah's dad is like an uncle to her 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.
- okay weird
 depends
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.
- okay weird
 depends

**Check your answers on page 29*

Just because someone acts friendly doesn't mean they're a safe person.



Serious Issues

TRUE STORY!

How can I help my friend?

My friend called me today all creeped out. They got a DM from a counsellor they met at summer camp. It was so uncomfortable. He said that he missed them and asked for a sexy pic. He is way older — 21! He asked if they could meet up to go to a movie???. My friend screened him, and told me not to tell anyone but I feel creeped out. What would you do?



#DoTheRightThing

I'd tell my mom about the messages. I asked her what she thought and she said she'd report the counsellor too because they might be sending messages to other kids too.

Unhealthy Boundaries: examples

- ◆ Someone using information you shared with them to try to get you to do something you don't want to do or threatening to share it with others if you don't do what they say.
- ◆ Someone leading you to believe they want to be in a romantic relationship with you, but only if you send them a 'sexy' photo.
- ◆ Someone telling you that sending nudes is a way to prove your 'love' and 'commitment' towards them.
- ◆ Someone being very persistent and not accepting "No" for an answer.
- ◆ Someone trying to get you to feel sorry for them so you'll do what they want, such as threatening to hurt themselves if you break up with them.
- ◆ An adult giving sexual attention to a child or teen.

FYI

Sexual attention from an adult towards a child under 16 is not okay. In Canada, if the child is dependent on the adult (e.g., 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 in sexual activity with someone under 18.

Drugs and alcohol can impair your judgement and cause you to do things you wouldn't do normally. Do you think you can properly make decisions when you're drunk or high? Do you think you can properly consent? Why or why not?

Did You Know?

In Canada...

- A person under 12 years old can't legally consent to sexual activity.
- A person 12 or 13 years old can only legally consent to sexual activity with someone **less than** two years older than them.
- A person 14 or 15 years old can only legally consent to sexual activity with someone **less than** five years older than them.
- The age of protection (age of consent) in Canada is 16 years old. If a person is in a position of trust or authority, the age of consent is 18 years old.

Why do you think these protections are in place for youth?

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 his neighbour sexually abused him. He doesn't want to come to school anymore because he's embarrassed people know about it. He has nothing to be ashamed of — it wasn't his fault! I wish he'd come back to school. I miss being with my friend. What would you do?

TRUE STORY!

#DoTheRightThing

I'd call him and ask him if he wanted to play street hockey with me. I'd want him to know that I'm here for him no matter what.



Setting Personal Boundaries



Hey, you crossed the line!

When someone pushes your boundaries, it can feel uncomfortable telling them you aren't okay with it. Some people feel uneasy being direct and saying "No" or "Stop."

Getting out of uncomfortable situations

- ❗ **Be direct and say it like it is** — In some situations, just saying "No" without arguing 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'm 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, "I don't want my pictures posted online."
- ❗ **Make an excuse for why you can't** — Tell the person that you have something else you have to do. For example, "I have plans with my cousin."
- ❗ **Ignore them** — Just don't respond.
- ❗ **Repeat yourself if necessary** — If they aren't listening and are being persistent, push back. Rather than giving in, repeat your answer again. Remember, persistence is controlling behaviour. You can take control back by being firm with your response. Don't change your mind because they are bugging you. If they won't leave you alone, stop responding and ignore them.



❗ **Blame your parents** — For example, “My parents are really strict,” “My mom randomly checks my phone,” or “My parents would ground me for life.”

❗ **Discontinue all communication** — Do not respond to any messages from the person. You may want to save the messages somewhere in case they are required by parents, school, or law enforcement.

❗ **Delete or block** — Stop their access and remove them on social media.

❗ **Stop the contact** — Change your email address and username on any sites where you're connected.

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

❗ **Report the individual**
— Most social 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 or awkward
- ➡ Don't want to make it into a big deal
- ➡ Enjoy the attention
- ➡ The situation is confusing
- ➡ Don't want the person (or 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. _____

It's time to get help if:

- ▶ You feel unsure about something
- ▶ Things have gotten out of control or gone too far
- ▶ Someone is threatening you or someone else
- ▶ Sexual pictures or videos are circulating online
- ▶ An adult is giving sexual attention to a child or teen (e.g., sending or asking for sexual pictures)
- ▶ There has been a sexual assault
- ▶ 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 nudes to show how much she liked him. She stalled and told him she had to think about it. Then she told me and asked me if I thought she should do it. She told me she trusted him. What would you do?

#DoTheRightThing

I'd tell her not to send the pics. It isn't about trusting someone or not. If the pics are leaked, she could feel embarrassed and upset. If this guy really likes her and treats her well, he would understand and respect her decision. He shouldn't expect her to do something she is uncomfortable with or could hurt her. If he doesn't get it, then he doesn't care about her and she should move on.

Breakup Betrayal...



This girl in my grade, Danielle, was dating this other girl, Max, from our school. They dated for a while and Danielle really liked Max. Max ended up breaking up with Danielle because Max just wanted to be friends. Danielle was really upset. She was raging. She sent a picture of Max to me and told me to send it to people. The picture would humiliate Max if it got around! I know Danielle sent it to other people too. What would you do?

**TRUE
STORY!**

#DoTheRightThing

I'd delete the photo of Max and tell my school guidance counsellor about what was going on. I wouldn't want Max to get hurt and I think what Danielle's doing is wrong.

What's the Deal? Personal Boundaries

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

a) Is this an example of healthy boundaries?

yes no maybe

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

.....
.....
.....
.....

b) Should Cadre tell a safe adult?

yes no maybe

2. Mike, age 14, has been chatting for a few weeks with an older girl he met online. 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 video chat.

a) Is this an example of healthy boundaries?

yes no maybe

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

.....
.....
.....
.....

b) Should Mike tell a safe adult?

yes no maybe

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

a) Is this an example of healthy boundaries? **yes** **no** **maybe**

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

.....
.....
.....

b) Should Sydney tell a safe adult? **yes** **no** **maybe**

4. Jake, age 14, gets a call from his friend's dad asking him to go to his cottage to help with some work that he'll pay Jake for. Jake's parents give him permission to go. At the cottage, 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.

a) Is this an example of healthy boundaries? **yes** **no** **maybe**

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

.....
.....
.....

b) Should Jake 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 she knows from the neighbourhood pulls up next to her and tells her she looks really pretty. They invite her to go to a party with them.

a) Is this an example of healthy boundaries? **yes** **no** **maybe**

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

.....
.....
.....

b) Should Allison tell a safe adult? **yes** **no** **maybe**



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

a) Is this an example of healthy boundaries?

yes **no** **maybe**

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

.....
.....
.....

b) Should Alex tell a safe adult?

yes **no** **maybe**

** Check your answers on page 29*

Foul Play

**TRUE
STORY!**

Ben, age 14, lives for football. He plays on his school team and watches 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 21-year-old guy named Dennis who he chatted with on the forum all the time. He seemed like a chill guy. It got to the point where they started to chat privately about CFL news and the games they each watched.

Everything was fine until Dennis suddenly started asking Ben weird questions. He started making sexual references, which led to details of his sexual fantasies and links for pornography. Ben ignored the comments, but the messages 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

I'd tell your dad and make a report to Cybertip.ca together so they can help you guys figure out what to do next. It's not your fault — Dennis is the adult and was the one in the wrong. It's always the adult's responsibility to know the line and to establish boundaries.

Did You Know?

A 13-year-old can only legally consent to sexual activity with someone who is less than two years older than them.

Getting Help

- ❗ Family members can offer guidance and support, and be a good advocate. While it may feel difficult to tell parents or another safe adult what happened, it's 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. Instead, speak with another safe adult, like a teacher, coach, guidance counsellor, or relative.
- ❗ Visit NeedHelpNow.ca if you're being victimized 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, explain what's happening and ask for help.
- Have a friend or a safe adult accompany you when you 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're 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 and believe your friend.
- ♥ If your friend asks you to keep it a secret, ask them if you can tell an adult who will help. If your friend is worried, ask them why.
- ♥ Tell your friend that what happened is not their fault.
- ♥ You cannot help your friend by yourself. Talk about the situation with a supportive adult who can help.
- ♥ This secret could be dangerous for your friend and a supportive adult needs to know about it.
- ♥ Support your friend through this difficult time.
- ♥ You can write a note to a safe 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.

Boundaries and Healthy Relationships

Personal boundaries are our measure for what is safe and unsafe, what we are okay or not okay with, what we are comfortable or not comfortable with in our relationships and interactions with others. They help us set limits and are an essential part of a healthy and safe relationship.

What boundaries do you think are important in a healthy friendship?



1. _____

2. _____

3. _____

What boundaries do you think are important in a healthy dating relationship?



1. _____

2. _____

3. _____



Media

Pick a song with lyrics that are sexually disrespectful and rewrite the lyrics to make them about healthy relationships.

This is MY song:



Healthy or Unhealthy Boundaries (page 12)

1. Unhealthy
2. Healthy
3. Unhealthy
4. Healthy
5. Depends on whether they say it's okay
6. Unhealthy
7. Healthy
8. Healthy
9. Unhealthy
10. Healthy

True or False? (page 16)

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

Answer Key:

Is this okay or weird? (page 17-18)

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

What's the Deal? Personal Boundaries (pages 24-26)

1. a) no — Cadre can say they have a curfew and need to leave.
b) yes
2. a) no — Mike can tell her his camera is broken.
b) yes
3. a) no — Sydney can tell her coach her parents are waiting outside for her.
b) yes
4. a) yes
b) no
5. a) no — Allison can say she doesn't like parties and walk away.
b) yes
6. a) no — Alex can tell his friends he doesn't like doing chores for this guy and doesn't want to go to the apartment anymore.
b) yes



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Helping families. Protecting children.

kidsintheknow.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™

If you or someone you know has been negatively impacted by the sharing of an intimate or sexual image, or have been sexually victimized online, **NeedHelpNow.ca** can help.

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**.