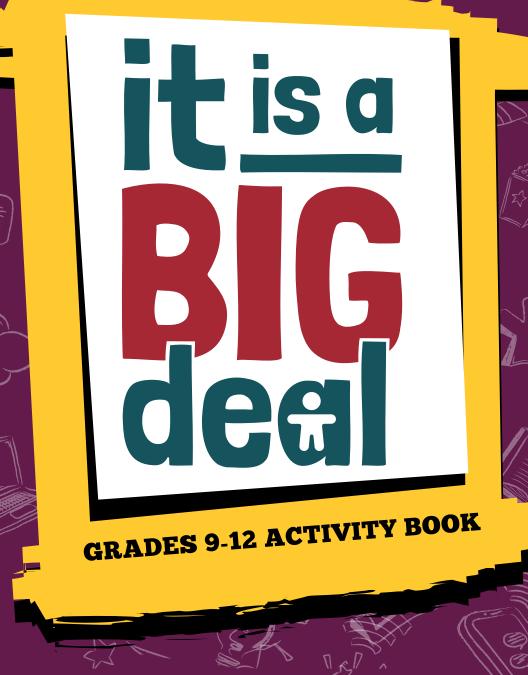


CANADIAN CENTRE for CHILD PROTECTION

Helping families. Protecting children.





Do you know what is a big deal?

Learn about what's considered a big deal and how to stay safe in relationships — both online and offline — in this book about relationships and boundaries, sexual consent, dealing with complicated situations, and getting help.

Funded in part by the Government of Canada



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Gouvernement du Canada

The Canadian Centre for Child Protection Inc. is a registered 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're trapped with no way out. Remember, no situation is so hopeless that there's no way out. Tell a safe adult who can help. It's okay to talk about it.

If you want to talk to someone and don't want to give your name, contact Kids Help Phone kidshelpphone.ca 1-800-668-6868 | Text 686868

If you have been negatively impacted by the sharing of a sexual video or picture, **visit NeedHelpNow.ca**[™] for more information.

If you are being threatened, intimidated, or blackmailed, it is important to immediately involve a safe adult in your life; contact police or report to **Cybertip.ca**[®].

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



What is a Stereotype?

A stereotype is an oversimplified idea of a type of person or group. Believing that all people or things with a particular characteristic are the same is a stereotype. Most people, whether they are aware of it or not, stereotype individuals or groups of people. An example of a stereotype is guys don't cry.

Did You Know?

Our experiences, opinions, and feelings shape how we think about people and how we treat them. Read the *Reality Check* below to see what you think and how you feel about stereotypes, labels, media messages and sexual violence.

True or False?

If a girl kisses a boy at a party it could ruin her reputation, but the boy may become more popular.

True False

There are double standards with males and females. For example, if a girl sends a sexual photo of herself she is labelled a slut. If a guy does it, it's funny.

* Check your answers on page 28

D True

D False

PPPPPPPP III

Reality Check: Do you think the Following stereotypes exist?

- Guys are not sensitive
- Guys are stronger than girls
- Cirls are weak
- Girls are emotional
- 🗖 Girls are flirts
- Cuys are users
- Cirls are drama queens

Stereotypes can shape our thinking about people and situations, rather than recognize all people as unique individuals.



How we THINK influences how we ACT.





Crying is a healthy way to relieve stress. BOTH males and females cry.

Some guys are aggressive and some girls are aggressive. Guys and girls are also sensitive, gentle, assertive, passive, and usually a combination of all, depending on the situation.

All people have the right to be treated with respect and dignity.

REVALUTYS Each person is an individual with different strengths and experiences. Everyone is unique and has special gualities!

Who influences what teens think about relationships?



Attitudes and beliefs are also influenced by individual experiences, both positive and negative.

Media Messages - Under Pressure!

Youth are constantly bombarded with media messages that create unrealistic and unhealthy standards about what a person should be.

What's the message? PERFECTION Relationships are Females are sexual objects Males are rough about status not and aggressive connection Pressures on each gender are influenced by the internet, music videos, music, movies, video games, magazines, advertising, and pop culture: Cirls Boys POPULAR BRAVE COOL UNEMOTIONAL POPULAR FIT POWERFUL PHYSICALLY STRONG OUTGOING НАРРУ ATHLETIC SENSITIVE

DON'T BUY INTO HARMFUL STEREOTYPICAL MESSAGES. THINK FOR YOURSELF!

Pornography Messages: Positive or Negative?

Pornography is widely available online. It is normal for youth to be sexually curious, but using pornography to learn about sex can be harmful. Pornography does not portray realistic body images or accurately represent relationships, sex or sexuality.

The messages in pornography are often degrading, humiliating, and unrealistic.

MOST PORNOGRAPHY OBJECTIFIES WOMEN AS SEXUAL OBJECTS TO BE USED BY MEN.

Why can pornography be harmful for teens?

- Pornography is not reality
- Pornography makes sexual violence seem okay
- Pornography isn't about healthy relationships
- Pornography reinforces gender stereotypes

Stinkin' Thinkin': Hərmful Cender Hessəges

- Guys call the shots
- Girls are meant to be used for a sexual purpose
- Violence against women is okay
 pain is not a big deal
- Cuys do not need an emotional connection in a relationship
- Being aggressive gets you what you want-persistence works
- "No" means "yes"

HERE'S THE DEAL....

Pornography is not reality! It can create confusing expectations, attitudes and beliefs about what to expect in a healthy sexual interaction. Copying this behaviour can be harmful.

OBJECTIFY = TO SEE AN INDIVIDUAL AS A THING TO BE USED NOT AS A PERSON.



Physical Closeness in Dating Relationships

Physical affection is part of a dating relationship. It's important to regularly discuss what both people are okay and not okay with. Changes in the type of physical contact you want or are comfortable with may change day to day.

Both people should be honest about what they are comfortable with. For example, maybe you like holding hands, hugging, and kissing but are not ready for anything more.

A person has a right to their own boundaries and limits, and those should be respected.

People who care about each other respect one another's decisions.

Signs of a healthy relationship include:

- Having more good times in the relationship than bad
- Having a life outside the relationship with your own friends and activities
 - Being prepared to compromise at times
 - Dealing with conflicts by talking honestly
 - Feeling comfortable and being able to be yourself
 - Feeling supported by your partner

Signs of an unhealthy relationship include:

- Focusing all your energy on your partner
- Dropping friends and family or activities you enjoy for your partner
- Feeling pressured or controlled a lot
- Having more bad times in the relationship than good

Feeling sad or scared when with your partner

Did You Know?

Sometimes people say that they (or everyone) are doing sexual 'stuff' more than they actually are – some may say this to try to pressure a person and challenge their boundaries.

HERE'S THE DEAL...

Don't buy it! It is controlling and disrespectful! Only do what you feel is right for you.

Controlling behaviour

- Constantly texting or sending instant messages wanting to know where a person is
- Pressuring a person to get serious very quickly
 - Pressuring a person to do what the other person wants all the time
- Acting very jealous or bossy
 - Pressuring a person to do things they are not comfortable with (breaking rules, engaging in sexual acts, sending sexual pictures, etc.)
- Threatening to hurt a person or themselves if they break up with them
- Mistreating a person and then blaming them for the problems in the relationship
 - Yelling at and intimidating a person
 - Isolating a person not wanting them to be close to anyone else (e.g., friends, family)

Violence is NEVER okay... even if a person says:

Sorry after and feels badly

🛉 They will never do it again

They care about you

JEALOUS = They really love me! NOT !!

Should I stay out of it?

My name is Nicole and my friend Ashley has been dating her boyfriend for two months. We've been best friends since grade three. Ashley is hilarious and really outgoing. Since she started dating Jake she has totally changed. I never see her anymore and when I do Jake is texting her the entire time because he is mad that she isn't with him. It is so annoying! The other day when we were at school Jake went way too far. We were in the cafeteria talking and Jake pushed through us, grabbed Ashley's arm and said, "let's go now!", and pulled her out of the cafeteria. She left with him and didn't say a word. I tried to talk to her about it, but she says he was just having a bad day. She says that he apologized and they made up. I don't know what to do because I don't think what Jake is doing is okay, but Ashley doesn't see it. She loves him! Should I stay out of it?

1. Why might it be difficult for Nicole to help Ashley?

2. List the behaviours that are unhealthy in the relationship between Ashley and Jake.

3. What should Nicole do?

4. What might happen if Nicole doesn't do or say anything?

Sexting

There are many reasons why young people share sexual pictures and videos online.

These are some reasons why girls said they sent sexual pictures of themselves:

- 并 To get closer and build a relationship with the other person
- 差 To be intimate and show they love the person
- Because they trust the person
- To be liked
- For the attention



Hmmm... what do **YOU think?**

These are some reasons why guys said they asked girls for sexual pictures:

🌟 To increase their popularity

券 To show how powerful

they are

券 To collect them

IF YOU OR SOMEONE YOU KNOW HAS SEXUAL PICTURES CIRCULATING **ONLINE AND IT IS CAUSING PROBLEMS** FOR YOU OR YOUR FRIEND, VISIT **NEEDHELPNOW.CA** FOR INFORMATION OR HELP.

"Young Women and Men's Perspectives on Self/ Peer Exploitation, Adult Exploitation and Cyber Bullying: Workshop Report", March 10, 2014, The Students Commission of Canada.

These are some of the reasons why youth forward pictures that other people have shared with them:

For a joke

- To gain popularity
- To fit in because their friends are doing it
- So as many people as possible will see it
- For revenge, to ruin someone's reputation
- To humiliate the person
- To gain status and acceptance from others



Risks of sending a sexual picture:

- You lose control of what happens to the picutre/video
- The picture/video can easily be shared on many sites — even if that's not what you intended
- The person in the picture/video could be ridiculed and/or harassed by peers — or by others who see it
 - The person may feel humiliated, anxious, depressed, and/or alone

SENDING SEXUAL PICTURES OR VIDEOS TO SOMEONE IS RISKY...AND SHARING A SEXUAL PICTURE OR VIDEO OF SOMEONE ELSE CAN BE ILLEGAL.

Myths and Facts



Most sexual assaults happen by someone the person doesn't know.

82% of all reported sexual offences against children and youth occur by someone they know.*

What is sexual assault?

Sexual assault is sexual contact Without consent.



Sexual assaults are usually violent and physical force is used.



In many cases, violence and physical force are not used. Often, there is no physical evidence of the assault. This doesn't mean a sexual assault didn't occur.

*Juristat, Statistics Canada, "Police-reported sexual offences against children and youth in Canada, 2012"





A 14-year-old can date a 20-year-old, as long as the 14-year-old is okay with it.

There are laws about the age at which a person is legally able to consent to sexual activity. In Canada, the age of protection (also called the age of consent) is generally 16 years old. There are limited "close-in-age" exceptions where a 14-year-old can consent, but the age difference between 14 and 20 is too great for the exceptions to apply. See page 15 and 16 for more detailed information on the age of protection (age of consent).



If a person is drunk or high when they sexually assault another person, they won't be criminally charged.



A person is responsible for their actions at all times. Being intoxicated does not excuse criminal behaviour.



Most sexual assaults occur in isolated places like back lanes.



The vast majority of police-reported sexual assaults take place in a public place or home. Sexual assaults can happen in a home, at a party when others are around, cars, public places, etc.*

Did You Know?

Children and youth account for OVER HALF of all victims of sexual assault reported to police

Youth 12 to17 report the HIGHEST RATES of sexual violence

- 🔑 Sexual assaults are the MOST UNDERREPORTED crimes in Canada
- Overall, 82% of reported sexual assaults are committed by someone KNOWN TO THE VICTIM

FEMALES are victims of 80% of reported sexual assaults

* Juristat, Statistics Canada, "Police-reported sexual offences against children and youth in Canada, 2012"

Sexual Consent

What is Sexual Consent?

Sexual consent means giving permission, through words or actions, to sexual activity, which can range from sexual touching, such as kissing to sexual intercourse. **Remember that just because someone doesn't say** "no" to something doesn't mean they have said "yes." Also, consenting to one thing does not mean the person has consented to everything. It also doesn't mean they consent to it happening again in the future.

What is the Age of Protection (Age of Consent)?

The age of protection (often referred to as the age of consent) refers to the age at which a person can legally consent to sexual activity.¹ The age of protection exists to protect young people from being sexually exploited or abused by adults. It takes into account the vulnerability of youth and is meant to protect them in situations that involve a power or other imbalance.

In Canada, the age of protection is generally 16 years old but some exceptions* apply. The table below sets out the age at which a person can legally give consent based on their age and the age of the other person.

Child's Age	Can Child Consent to Sexual Activity?	
UNDER 12 YEARS OLD	NO . No person can engage in sexual activity with the child under any circumstance.	
12 OR 13 YEARS OLD	SOMETIMES. The age difference between the child and the other person must be LESS THAN 2 years AND the relative positions of the parties must be such that the child is legally able to give consent. ²	
14 OR 15 YEARS OLD	SOMETIMES; The age difference between the child and the other person must be LESS THAN 5 years AND the relative positions of the parties must be such that the child is legally able to give consent. ²	
16 OR 17 YEARS OLD	SOMETIMES. The relative positions of the parties must be such that the child is legally able to give consent.	

¹ The term sexual activity can refer to a range of activities, from sexual touching such as kissing and touching, to sexual intercourse.

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² Also, if the sexual activity involves a child under 16 and two or more other people, the use of a weapon against the child, threats to the child, or results in physical harm to the child, the child is unable to legally consent.

Exceptions to Consent-Persons under 18

At age 16, you are generally able to consent to sexual activity but any child under 18 CANNOT legally consent to sexual activity:

- If the other person is in a position of trust or authority over the child (e.g., coach, teacher, employer, priest)
- If the child is dependent on the other person (e.g., for food, shelter); or



If the relationship is exploitative of the child (e.g., trafficking the child)

Sexual activity in the above circumstances is <u>illegal</u>, regardless of the age of the other person. Also, keep in mind that creating, accessing, and sharing sexual images of a child under 18 is <u>always</u> illegal.

IN THE ABOVE SITUATIONS, YOU MUST BE AT LEAST 18 YEARS OLD TO CONSENT.

Quiz: True or False

A person under the age of 12 can consent to 1. □ True □ False sexual activity depending on who it is with. ຂ. If you are 13 years old you can consent to □ True □ False sexual activity with a person who is 16. З. Once you turn 16 you can always consent to □ True □ False sexual activity. If you are 14 the oldest person you can consent 4. □ True □ False to having sexual activity with is a 20-year-old. If you are 16 you can consent to sexual activity 5. □ True □ False with your boss at work.

Getting and Giving Consent

Before engaging in any sexual contact, each person participating must take steps to make sure there is consent. Figuring that out involves three things:

HAVING

SEX WITH

SOMEONE

WHO IS NOT

IS A CRIME.

OLD ENOUGH TO LEGALLY CONSENT

Each person must be OLD ENOUGH to consent to the activity with the other person.

It doesn't matter if the younger person WANTS to consent, what matters is if they legally CAN consent – see page 15 of this booklet on the age of protection (age of consent). Note that because of the exceptions to consent (see page 16), even if a 16-year-old WANTS to consent to sexual activity with their 24-year-old coach, the 16-year-old CANNOT consent and the 24-yearold could be criminally charged with an offence.

Each person has to let the other person know that they want the sexual contact.

This can be through words (like "yes") or actions (e.g., nodding yes, willingly responding to the activity). This consent should be given BEFORE any sexual contact and consent can be withdrawn at ANY TIME. Be careful not to assume anything – just because someone isn't saying "no," that does not mean they are saying "yes!"

IF YOU AREN'T SURE IF SOMEONE IS SAYING "YES," CHECK IT OUT! IT IS UP TO YOU TO TAKE STEPS TO MAKE SURE THE OTHER PERSON IS OKAY WITH WHAT IS HAPPENING.



Each person has to be CAPABLE of consenting at the time and not have been forced or manipulated into it.

A person who is drunk or on drugs CANNOT give consent. A person can be charged with sexual assault if they take advantage of someone who is drunk or high.

> SEXUAL ACTIVITY WITHOUT CONSENT IS CALLED SEXUAL ASSAULT.

Getting a person to participate in sexual activity through...

- 券 Physical Force
- * Manipulation
- Guilt Persistence *
- 养 Bullying

*



* Threats

... is **NOT** considered consent.

Remember -A person cannot consent if:

- 🤔 They are drunk or high
- They are passed out
- They are sleeping

Did You Know?

Sexual contact should be enjoyed by both people and not done just to make one person happy.

Sexual Assault Stinkin' Thinkin'- Not TRUE!

- If she is drunk or high and is flirting with guys, then she wants it
- It's none of my business
- I thought he was just joking around
- She seemed into it
- To show someone you like them, you have sex with them
- It just went a little too far. It's not a big deal

THE PERSON WHO COMMITS SEXUAL ASSAULT IS ALWAYS THE ONE WHO IS RESPONSIBLE. IT IS **NEVER** SOMEONE'S FAULT FOR BEING SEXUALLY ASSAULTED, NO MATTER WHAT.

Quiz: True or False

- 1. A person who says "no" really just wants you to try harder.
- 2. It is not okay to get someone drunk then try to have sex with them.
- 3. Consent is required for all sexual contact.
- 4. If the other person doesn't say the word "no" then that means they consented.
- 5. A 14-year-old and a 17-year-old are able to consent to sexual contact with each other.
- You don't need to worry about consent if you've made out with the person before.
- If both people are the same age, they don't have to worry about consent.
- A person can mean "no" with an action like turning away.
- 9. Once you're over 16 you can consent to sexual contact with anyone.
- 10. It is okay to assume the other person is consenting if that person isn't fighting back.

True False

□ True □ False

🗆 True 🗳 False

True False

□ True □ False

* Check your answers on page 28

Multiple Choice

1. Consent is:

- Required before any sexual contact.
- b. Something that both people must give and be able to give.
- c. Making sure the other person says or shows they want to have sexual contact.
- d. Something that can be taken back at any time.
- e. All of the above.
- 2. Which of the following people might be in a position of trust or authority over you?
 - a. An employer
 - b. A teacher
 - c. A coach
 - d. A family member
 - e. All of the above

- 3. In which of the following situations is consent possible? Assume that none of the scenarios involve a position of trust or authority, relationship of dependence, or exploitation (as described on page 16).
 - a. Both people are 14, but one person has been drinking.
 - b. One person is 16 and the other is 13.
 - c. One person is 12 and the other is 11.
 - d. One person is 19 and the other is 16.
 - e. One person is 21 and the other is 15.
 - f. None of the above.

* Check your answers on page 28



Sexual Violence

What is harmful sexual behaviour?

Harmful sexual behaviour ranges from inappropriate sexual attention and comments to inappropriate and/or unwanted sexual touching and sexual touching causing injury.

Slapping someone's butt

Snapping someone's bra

Spreading sexual rumours about someone

Randomly sending sexually graphic pictures, messages, and/or videos to someone

Taking sexual advantage of someone who is drunk or vulnerable

Examples of harmful sexual behaviours:

Shouting sexual comments or making noises at someone

Making sexual comments about someone's body even if only to make your friends laugh



Possible impacts of sexual harm:

- Difficulty trusting people
- Feeling depressed and anxious
- Changes in behaviour
- Feeling insecure
- Feeling scared
- Feeling angry

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- Having trouble sleeping
- Not feeling anything/ feeling numb
- Regular headaches or stomach aches
- Difficulty concentrating
- Difficulty remembering things

Humiliated!



Today, my friend was totally humiliated. I feel really bad for her. We stopped by the drop-in centre by our school today and one of the youth leaders totally embarrassed her. I couldn't believe it! Everyone really likes him, but I think he is weird. In front of everyone, he says, "Hey, Sarah, I hear vou're a hockey puck." At first none of us understood what he meant. Sarah joked back with him and asked him what he was talking about. He looked at her and said. "The guys tell me you get passed around the hockey team." Everyone started laughing. Sarah's face turned white and she was really quiet for the rest of the afternoon. I can't believe he said that to her! It was so mean and sort of creepy! He is an adult... weird! Should I do something?

RESPONSE:

What happened to your friend wasn't okay. The behaviour of the youth leader is sexual harassment. Encourage your friend to tell a safe adult who can help her report what happened at the drop-in centre. The youth leader needs to be spoken to about his behaviour so he doesn't do it again to anyone. When something happens that feels embarrassing, it can be difficult to talk about it with an adult. Your friend may need you to help and be the one to talk to a safe adult about it.

What prevents people from getting involved in helping people at parties?*

- 📅 They think other people are okay with it
- They think someone else feels it's wrong and will do something about it
 - They are worried about causing trouble and becoming a target themselves
- 📅 They do not know what to do



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WHAT WOULD YOU DO TO HELP IF YOU SAW SOMETHING THAT WAS WRONG HAPPENING TO SOMEONE? #MAKEADIFFERENCE

*In consultation with Keith Kaufman, 2012

Some facts about alcohol:*

Alcohol affects your senses, thoughts, emotions, and behaviour. It impairs perception and judgment, making it harder to interpret other people's words and actions. This can increase the risk of being a victim or perpetrator of sexual assault.

It takes about 30-60 minutes for **an adult** to absorb and eliminate one standard drink.

A 1.5 ounce shot of 40% liquor, a standard glass of wine (five ounces), a can of beer, or

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a bottled/canned cooler that has 5% alcohol, all contain the same amount of alcohol and are considered a standard drink.

Caffeine and energy drinks won't sober you up. Caffeine and energy drinks are stimulants and alcohol is a depressant. The only thing that will make you sober is time.

Adding alcohol to energy drinks may be dangerous. Fatigue is one of the ways the body tells someone they have had too much to drink. The stimulant effects from an energy drink can prevent a person from realizing how intoxicated they are.

When people drink to the point of being unresponsive (passed out) or delirious, they are suffering from alcohol poisoning. Leaving them alone to "sleep it off" can have catastrophic consequences.

ALCOHOL AND DRUGS PLAY A SIGNIFICANT ROLE IN SEXUAL ASSAULTS AGAINST TEENS.⁴⁹

*Some adaptation from Do You Know. . . Alcohol. 2012. Centre for Addiction and Mental Health **In consultation with Keith Kaufman, 2012

The Law - It is a BIG Deal

The following briefly describes certain criminal offences to help give you a general understanding of the type of behaviour that could be illegal and result in charges by police. The descriptions are NOT comprehensive.

Unwanted or Illegal Sexual Contact

- Sexual Assault is any sexual contact without lawful consent (e.g., kissing or touching without permission). It is even more serious if violence or a weapon is involved.
- Aggravated Sexual Assault is a sexual assault where the person assaulted is seriously hurt or in danger of dying during or after the assault.
- Sexual Interference is any touching of a person under 16* for a sexual purpose. It includes indirect touching, such as with an object.

Invitation to Sexual Touching is encouraging a person under 16* to touch themselves or someone else for a sexual purpose (whether in person or online). It includes indirect touching, such as with an object. * For the offences of sexual interference and invitation to sexual touching, when both people are close enough in age AND have consented, charges may not be laid. Refer to the age of protection (age of consent) table on page 15.

** An example of a person in a position of trust or authority is a parent, guardian, teacher, coach, boss, priest, etc. See page 16 for more information on dependency and exploitation. Sexual Exploitation is when a 16- or 17-year-old is touched by or encouraged to touch themselves or any other person for a sexual purpose by a person who is:

- In a position of trust or authority** over the young person
- A person upon whom the 16- or 17-year-old is dependent on in some way
- Exploiting the young person in some way

Online Luring is a situation where one person (typically an adult but not always) communicates with a young person through technology, like texting, direct messaging, or emailing, to make it easier to commit a specific sexual offence against that young person.

An example of a communication that could qualify as online luring is if the person asks, hints at, or tries to convince the young person to create or send naked or semi-naked sexual pictures or videos. With online luring, communications may not start out sexual. They may seem friendly or casual at first and then evolve into sexual subjects (e.g., the other person describing or sharing details of sexual acts or fantasies). The other person may also randomly send sexual pictures of themselves or other people. Common questions asked where it is an adult luring a youth can include: "Are you a virgin?", "What colour bra/underwear are you wearing?", "Are you okay with how old I am?"

- Making Sexually Explicit Material Available to a Person under 18 is showing or sending material like pornography to a child to make it easier to commit a sexual offence against the child.
- Agreeing or Arranging to Commit a Sexual Offence against a Person under 18 through technology, like texting, direct messaging, or emailing, is also prohibited by law.
- Homeowners and Building Managers cannot knowingly permit people under 18 to engage in illegal sexual activity within their home or building.
- Flashing is where a person exposes their genitals to a person under 16 for sexual reasons.
- Offences related to the commercial sexual exploitation of children and youth. It is an offence to exchange money or other things, like drugs or alcohol, for any type of sexual activity with a person under 18, or to live on the profits of a young person's sexual activity. This includes parents and guardians. It is also an offence to direct, control or influence someone to engage in sexual activity in exchange for money or other things.

Acts That Make Others Feel Unsafe

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Harassment is doing or saying something that makes someone else scared for themselves or someone else (e.g., making threats, stalking, repeatedly texting/emailing, constantly following).

- Blackmail (extortion) is getting a person to do something, like pay money, go on webcam, by making threats or being violent (e.g., pushing, shoving, yelling).
- Uttering Threats is threatening to hurt someone, damage their property, or hurt an animal they own.
- Intimidation is being violent or making threats of violence against a person, someone in the person's family, or the person's property in order to get a person to do something or stop doing something.
- Counselling to Commit Suicide is encouraging another person to take their own life.

Acts that Hurt the Reputation of Another Person

- Defamatory Libel is publicly making statements about another person that are likely to hurt their reputation or cause others to treat them badly or ridicule them (e.g., posting online that another person is a racist).
- Pretending or claiming to be someone else (living or dead) to benefit yourself or someone else, to hurt the person you are pretending to be, or to hurt another person.

Acts that Violate Privacy

- Non-consensual Distribution of Intimate Images is when someone has a private sexual/intimate picture/video of someone and they share it on purpose without the person's consent.
- Voyeurism is secretly observing or recording a person who reasonably believes their actions are private and:
 - who is in a place where the person might be expected to change or remove clothing (e.g., bedroom, bathroom, change room, cabin, tent) OR
 - who is all or partially naked or engaged in sexual activity at the time OR
 - ➡ is for sexual reasons

Illegal Pictures and Videos

Child Pornography is any naked or semi-naked sexual picture or video of a person under 18, or of a person under 18 engaging in a sex act. It is illegal to view, keep, send, post, or take such pictures or videos.

Uncomfortable Situations

Why it can be hard to deal with uncomfortable situations

When you really like a person, it can feel uncomfortable telling them you aren't okay with something they want to do. Some people feel uncomfortable being direct and saying "no" or "stop." Reasons can include:

- It feels embarrassing or awkward
- The situation may be confusing
- You don't want the person to be mad at you
- You still want the person to like you

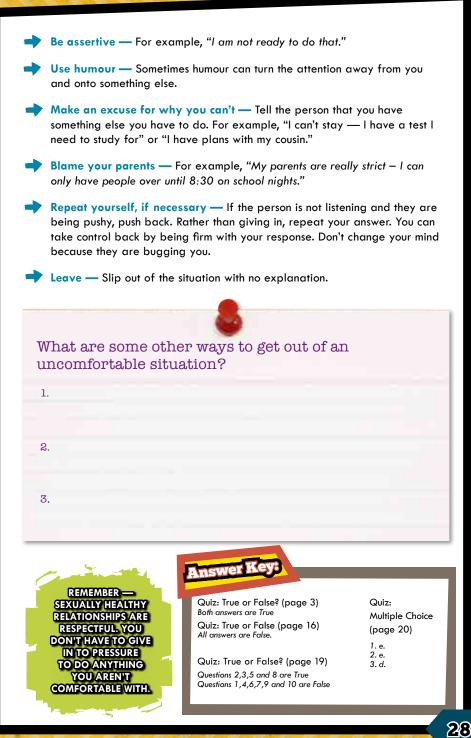
- You could be worried about what the person might do to you
- You are worried about what the person might say to other people
- You enjoy some things but not everything and you don't know how to say that

These are all understandable reasons why a person may feel uncomfortable about being direct when it comes to sexual activity.

Tips for Dealing with Uncomfortable Situations:

Be direct and say it like 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," "I'm not okay with this," or "Stop." Remember, no means no, and does not require an explanation.

Be honest — Healthy relationships are respectful and honest. Being honest with yourself about what you want and don't want is important. For example, "I would rather take it slow" or "I'm not comfortable with that."



Getting Help

Helping Friends

People often confide in a close friend if they have something difficult to share. If a friend tells you something has happened to them that might be abuse or an assault:



- Listen to your friend
- Believe your friend
- Tell your friend that what happened to them is not their fault
- If your friend tells you to keep it a secret, tell them it's too serious to handle without help from an adult
- Help your friend choose a supportive adult to tell
- Offer to go with your friend to tell an adult what happened
- It may be helpful for your friend to write out what they want to say and practice telling you first, before approaching a supportive adult
- If talking to an adult is too overwhelming for your friend, suggest instead writing a note or an email to their parent or another safe adult explaining what happened and asking for help
- If your friend is reluctant to tell an adult, give them some time to think about it; if they do not change their mind, then you need to get help from a supportive adult

WHAT YOUR FRIEND HAS TOLD YOU IS PRIVATE — NOT FOR EVERYONE TO KNOW. THE INFORMATION SHOULD ONLY BE TOLD TO PEOPLE WHO CAN HELP.

There are options for where teens can go to get help. Some options include:

- Family members, like a parent or guardian, can offer guidance, support, and be an important advocate. While it may be difficult to talk to them about it, it is important. Remember, it's their job to help keep you safe; so, while they may be upset, they should also be concerned about what happened and help you figure out how to deal with it.
- In some situations, there may be reasons why talking to a parent/guardian is an option. In those situations, speak with another safe adult like a teacher, coach, or relative about what's happening.
- You can also look for a counsellor in your area, like a school guidance counsellor or drop-in community counselling to help you decide what to do next.
- If you're not able to identify a safe adult to talk to, visit NeedHelpNow.ca, contact the Canadian Centre for Child Protection (protect@protectchildren.ca), or contact Kids Help Phone (1-800-668-6868 or kidshelpphone.ca) to speak with someone about what happened.

You can make a difference — #DoTheRightThing

WHAT YOU CAN DO:

- Take a stand on what you believe in.
- Challenge sexist or harmful statements made by others.
- Expect people to be treated with respect.
- If someone is intoxicated, make sure they get home safely.
- Together with other friends, call someone out if they are taking advantage of someone.
- ✓ Have empathy for others how would you feel if you were in their shoes?
- Take sexual assault seriously.
- ✓ Do the right thing. Don't stand by or walk away. Say something, interrupt, get help.

- Believe and support people.
- Make an anonymous call to a parent if you're worried about someone.
- If you are concerned about someone's safety, call the police.

BE SAFE:

- Use the buddy system and look out for friends at parties.
- Don't leave drinks unattended.
- Trust your instincts.
- Involve an adult if necessary.



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.



NeedHelpNow.ca provides information and help to youth who have been negatively impacted by the sharing of their sexual picture/video. The goal of the site is to provide teens with practical steps they can take to regain control over the situation. Visit NeedHelpNow.ca.

cybertip ca

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

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