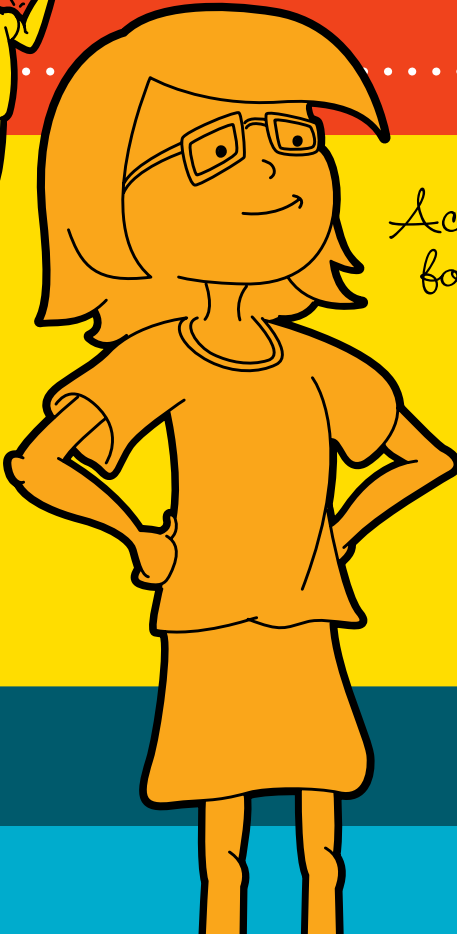




CANADIAN CENTRE *for*
CHILD PROTECTION™



Be SMART, STRONG & SAFE



*Activity Book
for ages 11-12
and up*



The purpose of this activity book is to teach you about sexual abuse before the touching begins. Paying attention to strange behaviours and situations will help increase your safety.

★ **Make sure you talk to a safe adult if you're unsure or uncomfortable about anything!** ★

Learning to do this is a very important life skill.



WHERE TO GO IF YOU OR A FRIEND NEEDS HELP:

- If there is an emergency **call 911** or your town's local emergency number
- If you need to talk to someone and don't want to give your name call Kids Help Phone at **1-800-668-6868**
- If something inappropriate or uncomfortable happens online report it at **www.cybertip.ca** or call us toll-free at **1-866-658-9022** ★

cybertip!ca®

Cybertip.ca is Canada's national tipline where you can report concerns about kids being harmed on the Internet.

This can include:

- Kids sending or posting naked pictures of themselves or others on the Internet
- Coming across naked pictures of kids while surfing the Internet
- An adult communicating with kids on the Internet and asking them to send nude pictures, perform sexual acts or asking to meet in person

This booklet was made possible with support from:



Government
of Canada

Gouvernement
du Canada

Table of

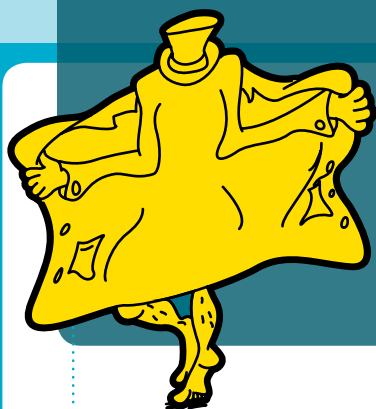
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TRUE OR FALSE

- | | | |
|----|---|-------|
| 1 | It's illegal to send naked pictures of yourself online. | T / F |
| 2 | It's illegal for someone to send you naked pictures of themselves. | T / F |
| 3 | It's appropriate for someone to ask you for sexy pics of yourself. | T / F |
| 4 | It would be cool for a 12-year-old to date a 19-year-old. | T / F |
| 5 | Pornography is about healthy relationships. | T / F |
| 6 | If you promise to keep a friend's secret you should never tell anyone, not even an adult. | T / F |
| 7 | If an adult you like makes you feel uncomfortable, you shouldn't tell a <i>safe adult</i> because you will get him or her into trouble. | T / F |
| 8 | If you think your friend is doing something unsafe or is being abused by an adult you should tell a <i>safe adult</i> , even if your friend tells you not to. | T / F |
| 9 | It takes a lot of courage to talk to an adult about something you feel bad about. | T / F |
| 10 | Adults and older teenagers know that it's wrong to touch a younger child's private areas. | T / F |
| 11 | It's inappropriate for an adult to show favouritism to one child over another. | T / F |

check your answers on page 20



MIX 'N MATCH

See if you can match the word to the correct definition

SEXUAL ABUSE

PERSONAL
BOUNDARIES

FLASHER

RESPECT

LYING

INTRUSIVE

PEEPING TOM

A. A person's personal space and privacy.

B. To treat others with dignity and to expect to be treated with dignity.

C. Not respecting someone's personal space or privacy.

D. If an adult or older person acts sexually toward a child or teenager.

E. Secretly watching someone when he or she doesn't know you are there.

F. Convincing another person to believe information that is not true, or not the whole truth (maybe it's half-true).

G. Someone who shows their private areas to people in public.

check your answers on page 20

LUCKY BREAK!

I have a friend who is really pretty. I think she could be a model. She was so excited yesterday because she met this woman on MSN who works for a modelling agency. The woman told her that she could help her become a model. She asked my friend whether she had ever posed in front of a camera or ever done a photo shoot. My friend has never modelled in her life, but she would love to. It's her dream to become a super model!

She loves having her picture taken and she poses for pictures all the time. She likes to pose in front of the webcam for people that she doesn't know. I think she likes it when people write how pretty she is.

The woman she met asked her to go on the webcam so she could see what my friend looked like. My friend did and the woman said she was really pretty.

She said she could help her become a famous model. The woman wanted to see a sexy picture of her, so she needed to pose in front of the webcam in her bra and underwear. She said if she was serious about being a model she should be able to do it. Can you believe it? How embarrassing! What I can't believe is that my friend did it! I could never do that – I guess I sure wouldn't make it as a model!



Jealous
age 11

Dear Jealous,

Your friend was tricked! What happened to her is wrong. It's illegal for an adult to ask a child to take his or her clothes off in front of a webcam. There is no way this woman was a real modelling agent. No true modelling agent would ask her to do that. Your friend needs help from a *safe adult* so this doesn't happen again. This needs to be reported to Cybertip.ca.

*Stay safe,
Kate*

WHAT'S WEIRD?

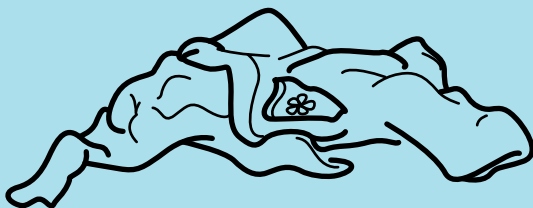
Find at least 3 things that seem weird about what happened to Jealous' friend:

1.

2.

3.

compare your answers to the ones on page 20



WORD SEARCH

Try to find all of the hidden words in the puzzle below.

Remember: words can be diagonal, vertical, horizontal, forward or backward.



APPROPRIATE
BOUNDARIES
PEEPING TOM

SAFE
PUBLIC
FLASHER

TRICK
SECURE
PRIVATE



check your results on page 20

CONFUSED



I don't know what to do. My friend told me about something that happened to him last year and it was really awful. I am not sure if I should tell my mom. He made me promise not to tell anyone. He said he would hate me if I told. A friend of his family spends a lot of time with him, taking him to fun places. He takes him hunting, camping, out to movies and even on trips. Last year he took him camping and when he woke up in the middle of the night, the man was touching his privates! He said that he ran out of the tent. The man said he was sorry and has never done it again. My friend told me, but told me not to tell anyone because he knows that he won't be allowed to see him anymore if his mom finds out. I don't know what to do.

WHAT WOULD YOU DO??

Confused friend
age 12

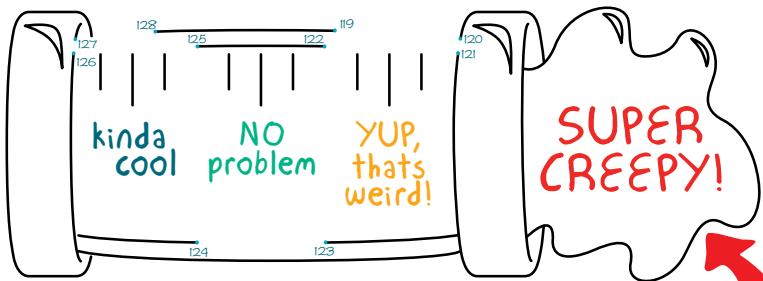
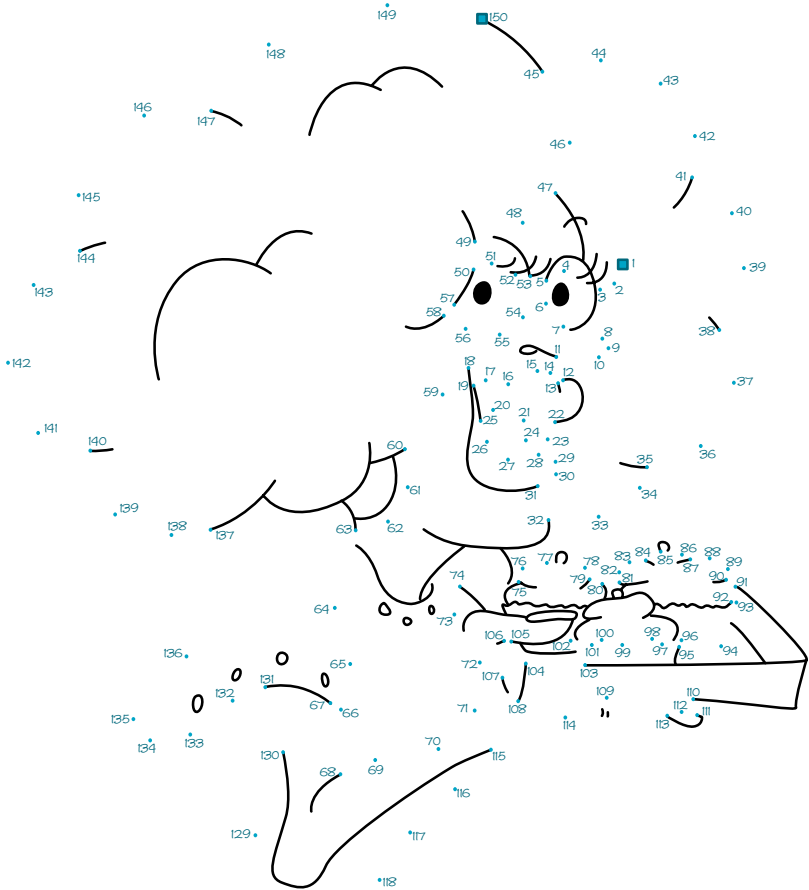
Dear Confused Friend,

What your friend experienced is abuse. Your friend was very brave for telling you! This type of experience can be very hard to share with someone. I understand how you must be confused about what to do. It is important to remember that this adult has hurt your friend and may hurt other kids as well. You need to tell an adult what happened so that your friend gets the support he needs and so this man doesn't hurt any other children. You need to tell your friend that this man needs help to stop this type of behaviour.

*Stay safe,
Kate*

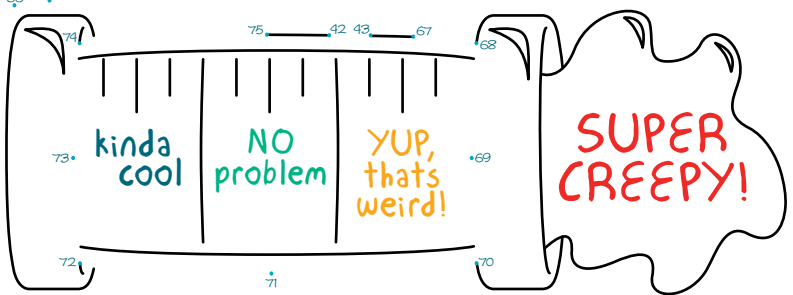
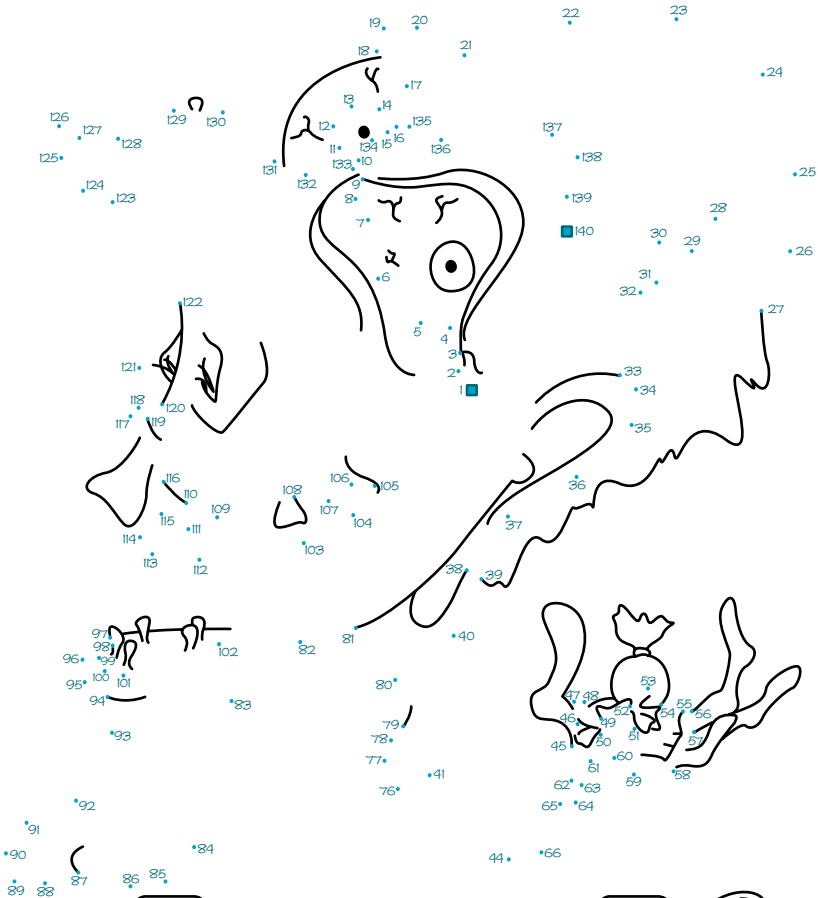
the CREEPY METER

Connect the Dots to find out whats going on here.



Turn the page to find out more about the

CREEPY METER



What about this one? COLOUR IT IN!

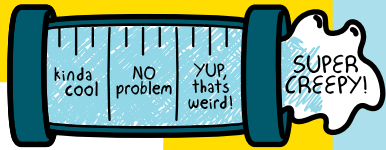
CREEPY METER

FACTS

Did you know?



Just because someone is creepy or different looking **DOESN'T MEAN HE OR SHE IS DANGEROUS!**



YOU CAN'T TELL IF SOMEONE IS DANGEROUS BY THE WAY THEY LOOK! Paying attention to weird things that people do and getting out of dangerous situations will help you stay safe.



Just because someone is good looking and/or friendly **DOESN'T MEAN HE OR SHE SHOULD BE MORE TRUSTED THAN SOMEONE WHO ISN'T!**

PAY ATTENTION TO weirdness FROM AN ADULT OR SOMEONE OLDER THAN YOU WHO IS:

- **pressuring you** to do something that you do not want to do
- saying things to you that make you **feel uncomfortable**
- **scaring** you
- giving you attention that makes you feel **singled out**
- telling you that **secret touching** is okay
- wanting to give you drugs or alcohol
- wanting to take pictures of you in private (**secret pictures**)
- not willing to take **NO** for an answer
- pressuring you to **spend time alone** with him or her all the time

WHAT TO DO ABOUT weirdness:



TELL AN ADULT THAT YOU TRUST ABOUT IT.

Weird things you notice that people do should be shared with an adult you know who can help you.

This can be uncomfortable, but it's important not to try to handle it on your own or with a friend.

EMBARRASSING MOMENTS

Unbelievably close call! I was searching for music videos online last night and I came across pictures of people naked. At first I thought it was kind of funny so I only looked at one picture, but when I clicked on it there were tons of sick pictures. The next morning my mom went online and saw what I was looking at the night before. She was really upset. I hope she doesn't tell my dad! HOW EMBARRASSING! How would you feel?



My hockey team had an **AMAZING** season. We won the championship! To celebrate we had a party at my hockey coach's house. Just the guys from the team went. None of our parents were there. We swam and went into the hot tub. Then we ordered pizza and watched movies. One of the movies was about adults having sex. It was called pornography. **My parents would NEVER let me watch a movie like that!** It was really uncomfortable and embarrassing! My coach told us not to tell our parents because we would get him into trouble. It seems so weird. Why would an adult let us do something that he knows our parents would be mad about?

THAT'S WEIRD!

YOUR THAT'S WEIRD! RADAR SHOULD BE GOING OFF!
TRUST YOUR INSTINCTS! TELL AN ADULT THAT YOU TRUST ABOUT WHAT HAPPENED.

CREEPY!

I was playing a game online tonight and I started chatting with this guy. He seemed really nice, but then he told me he was 19 years old. He said that he wanted to be my boyfriend because I was awesome. I told him, "Forget it!" But he wouldn't listen. He started begging me to be his girlfriend. Can you believe it? Something is seriously wrong with this guy. How gross is that? He told me that he had other 10-year-old girlfriends before me. He said he really likes young girls that are mature for their age. I

blocked the pervert and went and watched TV! If my parents ever found out I would be grounded forever.

Grossed Out
age 10

Dear Grossed Out,

Way to go! You did the right thing. If someone makes you uncomfortable you need to block him or her right away. Keep up the good work! This is something you need to tell to your parents or another *safe adult*.

This person is an adult and it's illegal for an adult to date a child.

*Stay safe,
Kate*

WHAT'S WEIRD?

Find at least 3 things that seem weird about what happened to Gressed Out:

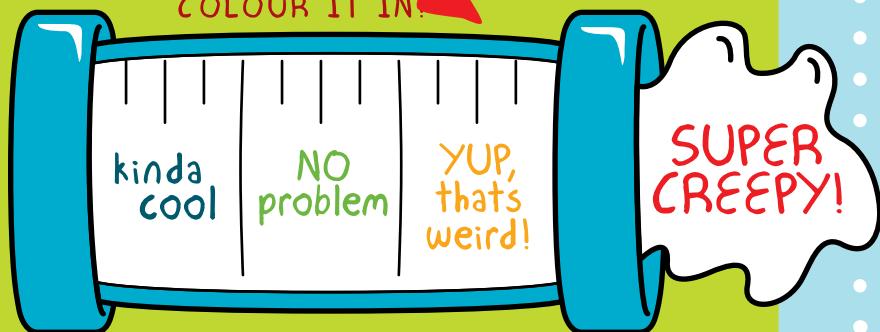
1. _____
2. _____
3. _____

compare your answers to the ones on page 20

the CREEPY METER

HOW DOES THIS STORY RATE ON **YOUR** CREEPY METER?

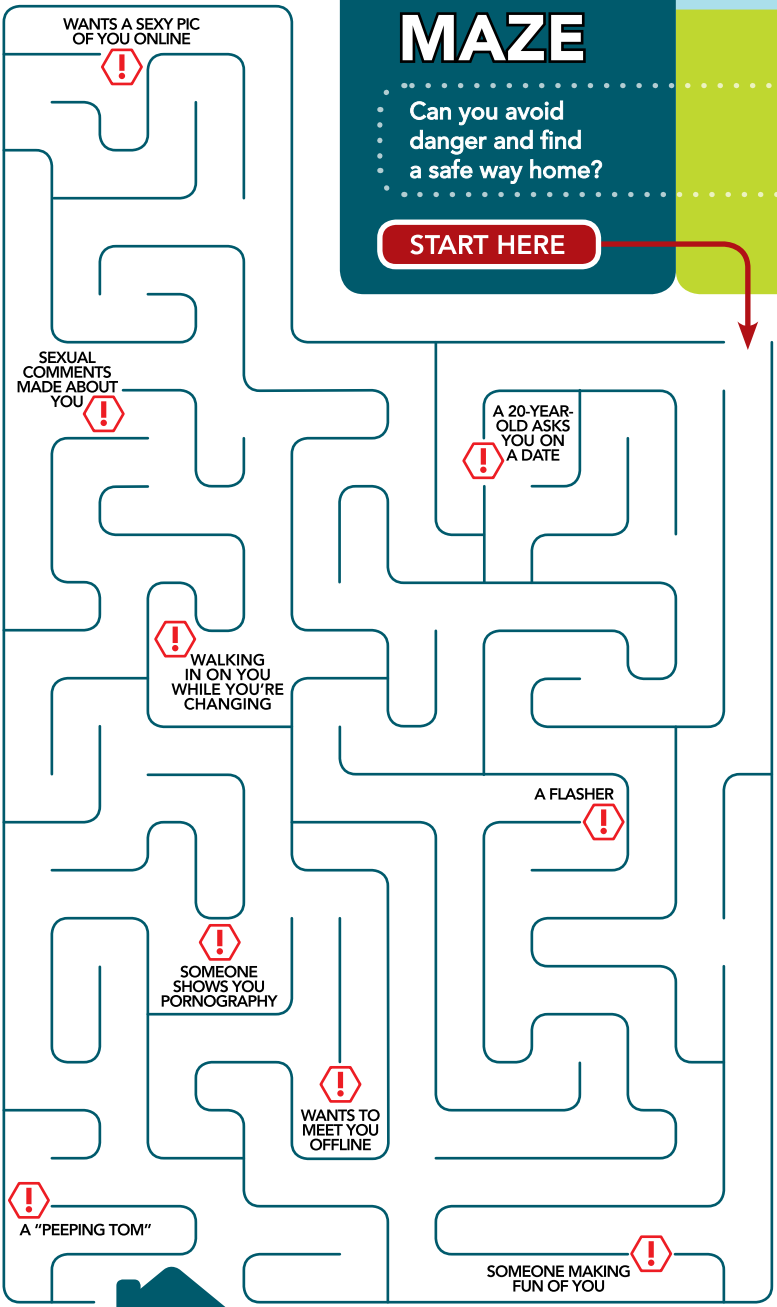
COLOUR IT IN!



MAZE

Can you avoid danger and find a safe way home?

START HERE



check your results on page 20



Awesome TIPS:

★ If someone makes you feel uncomfortable or you know something has happened that is wrong, **it's okay to tell an adult about it** – even if you didn't tell the person to stop or enjoyed parts of it. It's never a child's fault when an adult touches them inappropriately or asks them to do inappropriate things.

★ A caring touch, like a hug, from a **safe adult** that doesn't make you feel uncomfortable is **healthy and really important**.

★ It's okay to tell a **safe adult** about something an adult does that makes you feel uncomfortable or awkward, **even if that person seems like a very important person**, and is really liked by your family.

★ It can be really confusing when an adult you really like does something that you feel bad about. This could be touching your private areas, showing you his or her private areas or saying something sexual that makes you feel strange.

It's an adult's job to help protect you. Some adults need help so that they stop treating kids inappropriately. **It's okay for you to tell an adult that you trust about anything you are unsure about.** It's always best to check things out with someone else you trust to see what he or she thinks.



RESPECTING OR BREAKING?

Setting personal boundaries can feel uncomfortable and awkward, but everyone has a right to personal boundaries. Boundaries include respecting people's privacy.

Respecting BOUNDARIES

- Respect private space around people's bodies
- Respect private space around people's personal things
- Remember people's right to privacy when they are changing, showering, in the bathroom, etc.
- Private areas are private
- Private thoughts are private

Did you know that ridiculing someone because of their body, thoughts or behaviour is breaking personal boundaries?

BREAKING BOUNDARIES

- Grabbing, pulling, or hitting someone
- Touching someone when they have asked you not to
- Touching someone's private areas
- Asking someone personal questions when you do not know them well
- Asking someone personal questions in front of other people to embarrass them
- Making sexual remarks to someone
- Making fun of someone
- Peeking at someone in the bathroom
- Walking in on someone changing
- Walking in on someone in the bathroom
- Taking someone's personal things without permission



QUIZ

Read the following examples and check off whether boundaries are being **RESPECTED** or **BROKEN**:

1. Sarah's pencil broke so she reached into Brooke's desk and took one of her pencils.
 RESPECTING BOUNDARIES
 BREAKING BOUNDARIES
If broken, who broke the boundaries? _____
2. While Scott was in his house, Jennifer and Kate thought it would be funny to spy on him through a window.
 RESPECTING BOUNDARIES
 BREAKING BOUNDARIES
If broken, who broke the boundaries? _____
3. Brent scored a hockey goal so his coach shook his helmet and said "Nice job!"
 RESPECTING BOUNDARIES
 BREAKING BOUNDARIES
If broken, who broke the boundaries? _____
4. Emma shared private information about her parents getting divorced with her friend May. The next day May asked Emma about it in front of other kids at school.
 RESPECTING BOUNDARIES
 BREAKING BOUNDARIES
If broken, who broke the boundaries? _____
5. Mike was so excited about his new boat. First thing in the morning he ran over to Jeff's house to tell him about it. When he got to his house he walked in and ran downstairs to Jeff's bedroom to wake him up and tell him the great news!
 RESPECTING BOUNDARIES
 BREAKING BOUNDARIES
If broken, who broke the boundaries? _____

WORD ART GRAFFITI



If you were to make your own safety message, what would it say? Try using some of these words:

WORD JUMBLE

SEE IF YOU CAN UNSCRAMBLE THESE WORDS:

1 LUBPIC

hint: out in the open,
people in the community

2 PTEIURC

hint: a visual representation of a person,
place or thing

3 KITRCNGI

hint: to mislead someone and tempt
them to do something or go somewhere

4 NIPAIRPPTOER

hint: something that is NOT OKAY to do

5 TECSRPE

hint: to treat someone with consideration

Use this space to help you figure out
what these words are:



WRITE YOUR ANSWERS HERE:

1

2

3

4

5

check your answers on page 20

ANSWERS:

TRUE OR FALSE (P2):

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

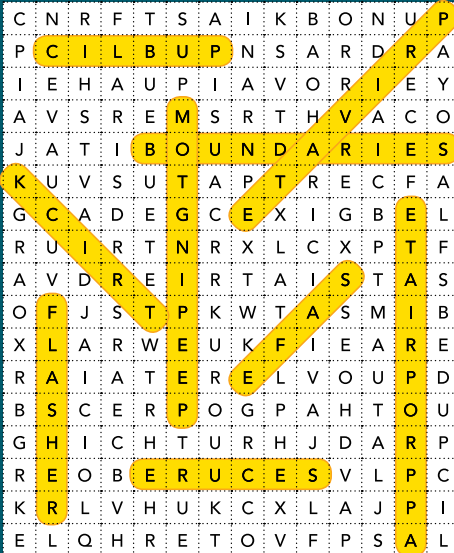
MIX 'N MATCH (P3):

Sexual Abuse **D** • Personal Boundaries **A** • Flasher **G** •
Respect **B** • Lying **F** • Intrusive **C** • "Peeping Tom" **E**

"LUCKY BREAK" ANSWERS (P5):

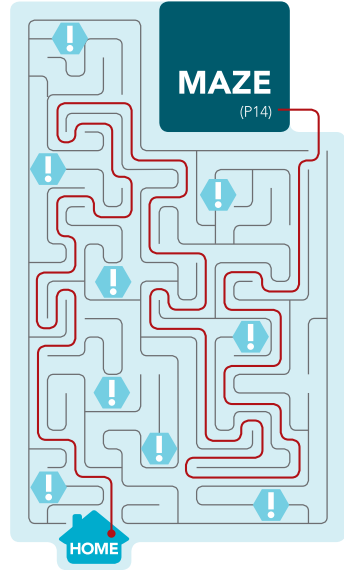
- She met a modelling agent on MSN.
- She poses on webcam, especially for people she doesn't know.
- The adult told her to take a sexy picture of herself.
- The adult didn't ask to speak to her parents.
- The adult told her she could only be a model if she did what she was told to do.

WORD SEARCH (P6):



"CREEPY" ANSWERS (P13):

- A 19-year-old wants to date to a child.
- He didn't listen when Gressed Out said forget it.
- He said he dated other 10-year-olds.
- He said he likes dating young girls.
- Gressed Out didn't tell her parents or another safe adult what happened.



QUIZ (P17):

1. Broken – Sarah • 2. Broken – Jennifer & Kate •
3. Respected • 4. Broken – May • 5. Broken – Mike

WORD JUMBLE (P19):

WORD:	ANSWER:
LUBPIC	PUBLIC
PTEIURC	PICTURE
KITRCNGI	TRICKING
NIPAIRPPTOAE R	INAPPROPRIATE
TECSRPE	RESPECT

GLOSSARY:

Deceit • Convincing another person to believe information that is not true, or not the whole truth (maybe it's half-true).

Flasher • Someone who shows their private areas to people in public.

Instinct • Signals your body sends to warn you of danger.

Intrusive • The act of not respecting others' personal space or privacy. It also includes asking someone questions that are too personal, such as, "How much money do your mom and dad make?". Intrusion can also be subtle and happen when someone tests another person's personal boundaries by making comments, asking questions or acting in a way that makes them uncomfortable.

Peeping Tom • The act of secretly watching someone who is changing or is naked when he or she doesn't know you are there. This includes watching someone through a window or peeking at someone changing or going to the bathroom.

Personal boundaries • A person's personal space and privacy. All people need to set personal boundaries and respect the boundaries of others.

Pornography • Sexually obscene writings, drawings, photographs or videos.

Private • Away from the sight, presence, or intrusion of others.

Respect • To treat others with dignity and to expect to be treated with dignity.

Secure • Free from danger or attack.

Sexual abuse • It's illegal if an adult or older person acts sexually toward a child or teenager. Sexual abuse happens when an adult touches a child's private areas (other than when a child hurts a private area and needs an adult's help, such as a doctor or parent). Sexual abuse also includes an adult asking a child sexual questions about his or her private areas, showing sexual pictures to a child, or asking a child to take his or her clothes off, taking a naked picture of a child or asking for a naked picture. It also includes an adult or older person asking a child to look at or touch their private areas. It can happen on the Internet or in real life. It can be forced or not. It can feel bad or uncomfortable and make you scared. But it can also be confusing and even feel good.



CANADIAN CENTRE *for* CHILD PROTECTION™

The Canadian Centre for Child Protection is a charitable organization dedicated to the personal safety of all children. Our goal is to reduce child victimization by providing programs and services to the Canadian public. For more information visit www.protectchildren.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 awareness campaigns. Visit www.cybertip.ca for more information.



kids in the know™

Kids in the Know is an interactive safety education program for children from Kindergarten to High School. Lessons on child personal safety and sexual exploitation are created for specific age ranges and distributed throughout the program. For more information visit www.kidsintheknow.ca.



Commit to Kids is a program to help organizations create safe environments for children. It provides strategies, policies, and a step-by-step plan for reducing the risk of child sexual abuse. The program encourages organizations to take an active, participatory role in protecting children in their care. Visit www.commit2kids.ca for more information.