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SOME THINGS ARE NOT OK:

WHAT YOU SHOULD KNOW ABOUT ONLINE CHILD SEXUAL EXPLOITATION

FOR YOUTH AGED 10 TO 12 YEARS OLD



WHAT YOU NEED TO KNOW

If you are like many kids your age, you spend a lot of time on computers, tablets or phones — both at home and at school. Maybe you play games or watch videos. Maybe you create things. Maybe you talk to your friends online or even people you don't know well.

You should know that not everyone you meet online is who they say they are, and not everyone is safe to talk to. You need to be careful. Some of them might do things that scare, upset or hurt you. But you can protect yourself. Keep reading to learn how to avoid danger and stay safe online.



NAKED IMAGES AND VIDEOS: WHAT YOU SHOULD DO IF YOU SEE OR GET THEM

There are a lot of images and videos online, but some of them are not good for kids to see or were not supposed to be shared. You might accidentally see things that were not meant for you, like images of people who are naked or touching each other in ways that confuse or upset you, or make you have a lot of questions.

WHERE MIGHT YOU SEE THEM?

You might accidentally see images and videos of naked people anytime you're online using your computer, tablet, phone or game console. They can show up when you're visiting websites, using apps, watching videos or playing games. Someone may even send them to you.



WHAT DO YOU DO IF THEY ARE SENT TO YOU?

No one should be sending you naked images or videos. If someone does:

- **Tell a parent or another safe adult:** It's OK to show them what was sent to you, you won't get in trouble — don't keep it a secret
- **Stop talking to this person:** They are not your friend and may even mean you harm — never agree to meet them in person

WHAT DO YOU DO IF YOU FIND THEM?

- Try to avoid them
- Tell a parent or another safe adult
- Don't share them with your friends because it might upset your friends or the person in the images
- If you are upset, confused, or feel uncomfortable or in danger, talk to a parent, teacher or another adult you know well

IT'S NOT OK FOR SOMEONE TO SEND YOU IMAGES OR VIDEOS THAT MAKE YOU FEEL UNCOMFORTABLE.



ONLINE GROOMING: WHAT IT IS AND WHAT YOU CAN DO ABOUT IT


Online grooming is when someone acts like your friend to try and make you do things like undress or change clothes for them. It can happen when you are on your computer, tablet or phone, or when you're playing games online, and it can put you in danger.

HOW DOES IT HAPPEN?

It is not always the same, but it can happen like this:

- Someone talks to you online and tries to be your friend — it can even be someone you already know
- They talk about things you like, say nice things or give you gifts
- They may start talking about or asking you to do things that make you uncomfortable or embarrassed
- They may even ask you to go meet them somewhere in person
- They may also threaten you or ask you not to tell anyone about them





**IT'S OK TO INTERACT
WITH PEOPLE ONLINE,
BUT NOT FOR THEM
TO MAKE YOU FEEL
UNCOMFORTABLE.**

WHAT CAN YOU DO?

There are people online who may lie to you or trick you into doing things.

Be careful and stay safe:

- Ask a parent before you become friends with people online
- Keep personal information private — like your name, phone number and where you are, details about your life, and images or videos of yourself
- Know you can **always** say no when someone asks you to do something online
- Don't accept gifts from or agree to meet anyone without asking a parent
- If you feel scared, nervous or uncomfortable, stop talking to the person and tell a parent, teacher or another adult you trust



CAPPING: WHAT IT IS AND HOW TO DEAL WITH IT

Capping is known as lying for many, but it can also mean when someone, usually an adult, records or screenshots you and your body and what you're doing over a video call — often without you knowing they are recording. It can happen when you are on your computer, tablet, or phone, or when you're playing games online, and it can put you in a harmful situation.

HOW DOES IT HAPPEN?

Here is how a capper may try and harm you:

- They connect with you online and may pretend to be someone they are not
- They may ask you to video chat with them
- They may seem nice and interested in the things you like
- They may start asking you to take off some of your clothes
- If you do what they ask, they record what you are doing, even if it was live-streaming, and keep bugging you to do more things while video chatting
- They may also say they will share the video they have recorded of you with family or friends and tell you that you will get into trouble

WHAT CAN YOU DO?

- Ask a parent before talking to someone new online
- Keep personal information private — like your name, phone number, where you are and details about your life
- Know you can always say no when someone asks you to do something online
- If this happens, immediately stop talking to the person and tell a parent, teacher or another safe adult
- You can also get help at [KidsHelpPhone.ca](https://www.kidshelpphone.ca)

NEED HELP OR KNOW SOMEONE WHO DOES?

You're not alone. You can get help now.

- Tell a safe adult like a parent or a teacher or a police officer
- Contact Kids Help Phone by calling **1-800-668-6868** or texting **686868**.
- Report what happened at Cybertip.ca

IT'S OK TO BE ONLINE,
BUT IF SOMETHING FEELS
WEIRD, STOP AND TELL
A SAFE ADULT.

