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SOME THINGS ARE NOT OK:

WHAT YOU SHOULD KNOW ABOUT ONLINE CHILD SEXUAL EXPLOITATION

FOR YOUTH AGED 13 TO 14 YEARS OLD



WHAT YOU NEED TO KNOW

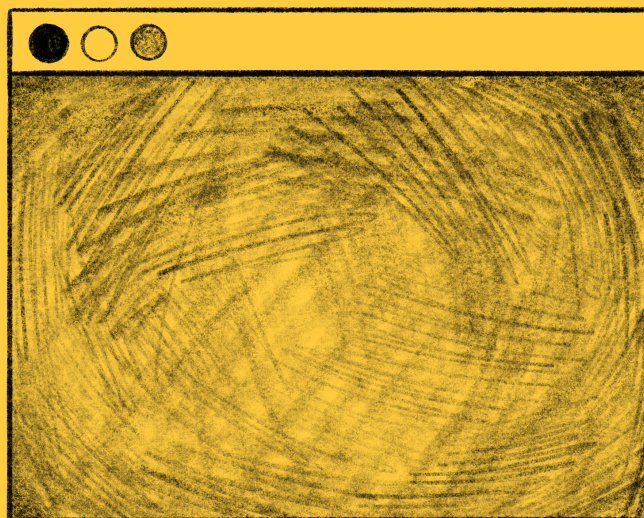
If you are like many teens, you may spend a lot of time on connected devices — both at home and at school. Maybe you play games or watch videos. Maybe you create your own content. Maybe you interact with your friends online or even with people you don't know well.

You should be aware that not everyone you meet online is who they say they are, and not everyone is safe to interact with. Even if they seem friendly, you need to be careful. Some of them may try to get you to do or send things that make you scared or uncomfortable. But you can protect yourself. Keep reading to learn how to avoid the risks of online child sexual exploitation and stay safe online.



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

As you spend more time online, you might come across images, videos and other content online that is not good for youth to see or was meant to be private. This includes pornography or other sexual videos and images.





**IT'S OK TO BE CURIOUS
ABOUT SEX AND
SEXUALITY, BUT SOME
THINGS WERE NEVER
MEANT TO BE SHARED.**



WHERE MIGHT YOU SEE THEM?

You might come across sexual images and videos anytime you use an internet enabled device. They can show up when you're doing searches, visiting websites, using apps and social media, watching videos or playing games. Someone may even send them to you by text, chat or email.



WHAT DO YOU DO IF THEY ARE SENT TO YOU?

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

- **Tell a parent or another safe adult:**
It's OK, you won't get in trouble — don't keep this a secret, even if they ask you to
- **Break off contact with this person:**
They are not your friend and may even try to control or harm you — never agree to meet them in person or do what they ask

WHAT DO YOU DO IF YOU COME ACROSS THEM?

- Don't share sexual images or videos with your friends or others — it may hurt your friends or the people shown, and they may not want to see them
- If they appear where others can see them, like in your social media or comment sections, delete them if you can
- If you are upset, confused, or feel uncomfortable or in danger, talk to a parent or another safe adult



ONLINE GROOMING: WHAT IT IS AND HOW TO PROTECT YOURSELF

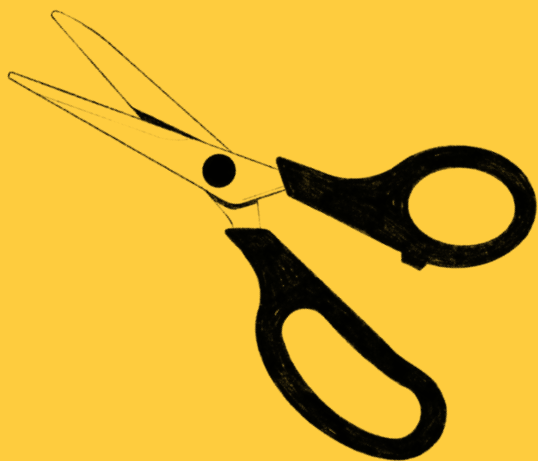


Online grooming is when someone acts like your friend to try and make you do things like talk about sex or send naked videos or images of yourself. You should know it happens more than you think — and it can put you in real danger.

HOW DOES IT HAPPEN?

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

- Someone approaches you online — it can even be someone you know
- They may use a fake profile to pretend to be a kid or someone they're not
- They want a lot of your attention right away
- They try to get you to like them by talking about things you're interested in or people you know
- They may give you gifts or compliments
- Talk eventually turns toward your body or sex
- They may ask you to send sexual images or videos
- They may ask you to meet in person
- They may threaten you or put pressure on you if you don't do what they ask



WHAT CAN YOU DO?

There are people who will try to take advantage of you online, so try to make safe choices:

- Know that people are not always who they say they are
- Don't accept gifts from or arrange to meet someone you don't know well
- Be careful what you share online — it can be used against you
- Keep personal information private — like your name, phone number, where you are and details about your life
- Trust your gut — if it feels weird or wrong to you, it probably is
- Don't do anything that makes you uncomfortable — it's always your choice and it is never too late to say no
- Block or break off contact
- Tell your parent or another safe adult
- Know it is not your fault — it's not OK for adults to give sexual attention to teens

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





SEXTING AND SEXTORTION: WHAT THEY ARE AND HOW TO DEAL WITH THEM

You're probably curious about sex. That's natural. It's a healthy part of growing up, but it can have unexpected consequences if you are not careful, or make you vulnerable to people who want to take advantage of you.

WHAT IS SEXTING?

Sexting is creating, sending or sharing sexual messages, images or videos with friends, people you know or even strangers online. It could be sending naked images of yourself or others, sharing a video of someone naked or having sex, or sending a text describing sexual acts.

No one has the right to pressure you into sharing naked images. It may seem harmless when it is with your boyfriend or girlfriend, but be aware that once an image is sent, there's no way of knowing where it will end up.

HOW CAN IT IMPACT YOU OR YOUR FRIENDS?

In the wrong hands, these images can end up hurting you or other people in different ways:

- It can make you a target of people who want to control or harm you
- It can be very upsetting when they are shared with other people
- It can affect the way people see you or act around you
- It can make it harder for you at school, activities and jobs
- In many cases, creating and sharing sexualized images of someone under the age of 18 years is illegal

WHAT IS SEXTORTION?

Simply put, sextortion is blackmail. It's when someone threatens to send a sexual image or video of you to friends, family or other people if you don't provide more sexual images or videos or do what they ask.

WHAT CAN YOU DO?

- Immediately block and stop all communication
- Refuse to give in to threats — do not send more nudes or pay them money
- Keep the correspondence to show those who will help you
- If you get sent sexual materials, don't forward them to others — you may hurt someone else
- Ask for help from parents, teachers, or another safe adult
- Report it to [Cybertip.ca](https://www.cybertip.ca)
- Get help removing sexual images or videos of yourself from the internet at [NeedHelpNow.ca](https://www.NeedHelpNow.ca)

**IT'S OK TO BE
CURIOUS ABOUT SEX
AND SEXUALITY BUT
NOT WITH PEOPLE
YOU AREN'T SURE
YOU CAN 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?

Capping usually happens fast, and here is how it may occur:

- Someone approaches you online pretending to be someone they are not — often someone around your age
- They may ask you to video chat
- They may show you a “bait video” that shows someone else to trick you into having a conversation with them
- They may respond to your questions or requests using a chat feature to not reveal who they really are
- They may ask you to do things like take your clothes off, touch yourself or engage in other sexual activities, sometimes offering to do the same for you
- If you do what they ask, they will record it, even if it was live-streaming, and share it with other people — it can end up places like pornography websites or the dark web without your knowledge
- They may threaten to share this video with your friends or family to manipulate you into doing more things and/or they may demand you send them money

WHAT CAN YOU DO?

There are people who will try to take advantage of you online. Here are some ways to protect yourself:

- Know that people are not always who they appear to be
- Keep personal information private — like your name, phone number, where you are and details about your life
- Don't rush into doing things someone else asks you to — trust your instincts
- If you ever feel like a situation is out of your control, talk to a safe adult
- Refuse to give in to someone uttering threats or who doesn't take "no" for an answer — persistence is often controlling and harmful behaviour
- Block or break off contact immediately — what the person is doing is illegal
- Tell a parent or another safe adult
- You can reach out to KidsHelpPhone.ca, report it at Cybertip.ca, or get help removing images at NeedHelpNow.ca

**IT'S OK IF YOU GET
IN OVER YOUR HEAD.
BUT YOU ARE NOT
ALONE. ASK FOR HELP!**



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
- Get help removing sexual images or videos of yourself from the internet at NeedHelpNow.ca

