



Parenting Tweens and Teens
in the **Digital World**

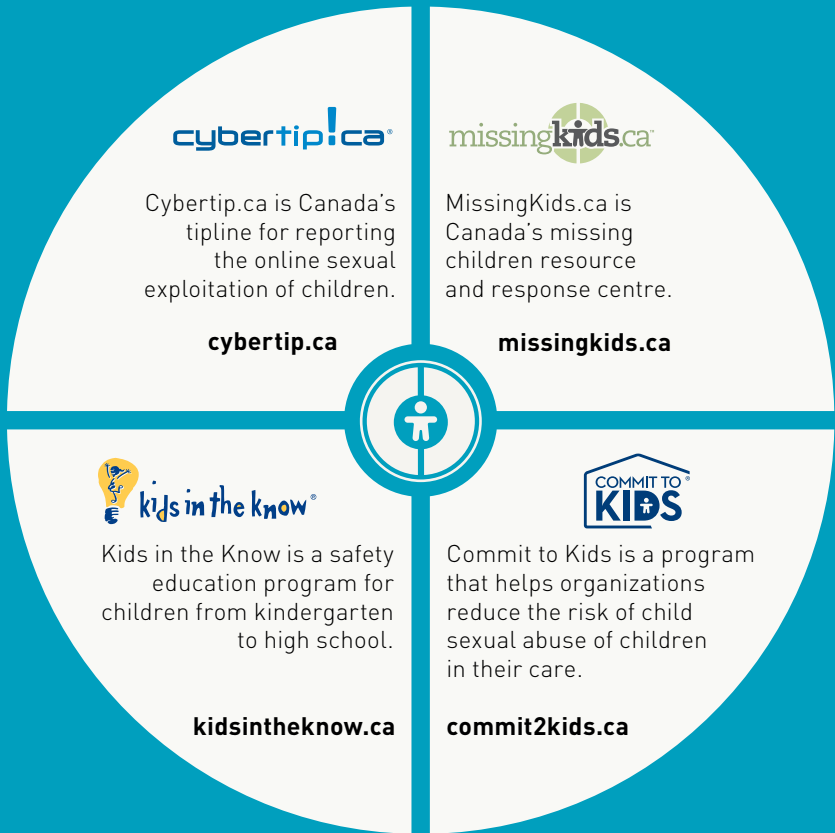


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Helping families. Protecting children.



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The Canadian Centre for Child Protection (protectchildren.ca) is a registered charitable organization dedicated to the personal safety of children. We offer a number of programs, services and resources for Canadians to help them protect children and reduce their risk of victimization.



Learn more:
protectchildren.ca/video-get_involved



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The safety tips and other information provided herein is intended as general information only, not as advice. Readers should assess all information in light of their own circumstances, the age and maturity level of the child they wish to protect and any other relevant factors.

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REPORTING MAKES A DIFFERENCE

Self/peer exploitation. Cyberbullying. Youth being lured online. It seems like almost every day we see an increasing number of news stories about youth struggling to navigate these very complex issues. Inevitably, as parents of tweens and teens, these stories give rise to concern for our own children's safety and well-being. The need for reliable educational resources that can help us better understand these issues, learn how to build your children's skills to help increase their safety and what to do should your child be going through such an experience, is crucial.

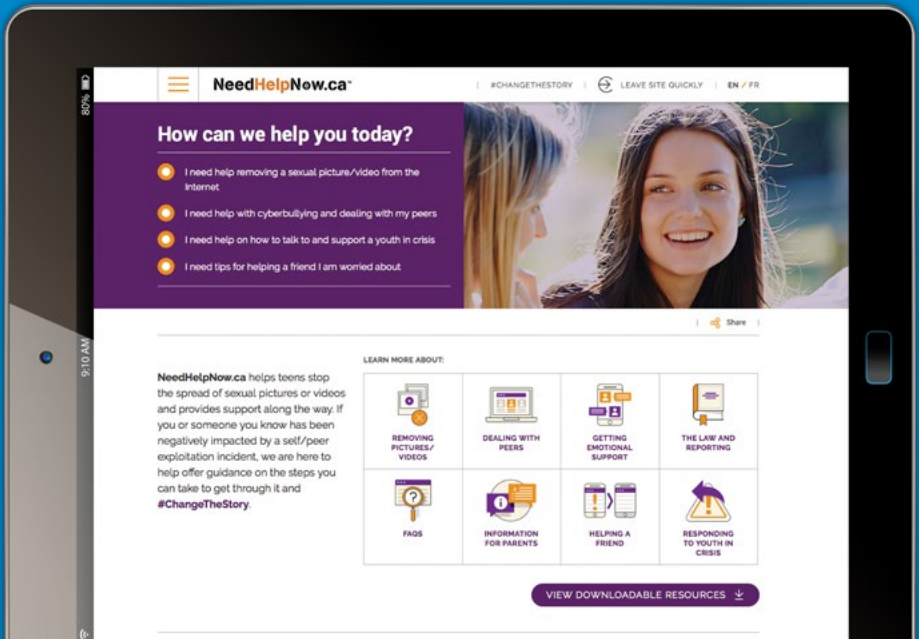
There is comfort in knowing that should a situation involving the online sexual victimization of children occur, there is a place to report the incident as well as gather important information that can address safety concerns. Operated by the Canadian Centre for Child Protection (the Canadian Centre), Cybertip.ca is Canada's national tipline for reporting the online sexual exploitation of a child. The tipline operates as a "front door" to the public for reporting concerns and obtaining current information about preventing and reducing child victimization and is part of the Government of Canada's *National Strategy for the Protection of Children from Sexual Exploitation on the Internet*.

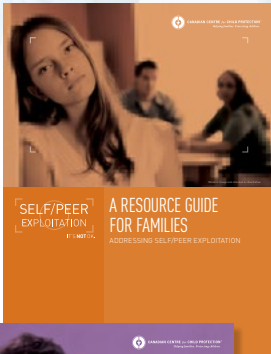
The importance of reporting child sexual exploitation to Cybertip.ca cannot be overstated. Since Cybertip.ca's inception in 2002, the tipline has received over 170,000 reports from the public. These reports have led to 550+ arrests, 490+ children removed from abusive environments and countless children protected.*

*statistics as of December 1, 2015

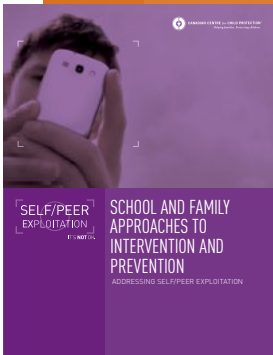
Reports into Cybertip.ca also help inform the Canadian Centre’s educational materials and resources for parents, schools and communities, resulting in close to 11 million pieces being distributed across Canada. This real-world data provides greater insight into these crimes as well as ways to better protect our children.

The self/peer exploitation article is an example of gleaning information from Cybertip.ca reports for the purpose of creating valuable educational resources to help address a concerning trend. In 2005, Cybertip.ca started to see a steady increase in youth, often in distress, making reports to Cybertip.ca and seeking advice on how to get sexual pictures and/or videos of themselves removed from the Internet. Sometimes these images and /or videos were created and distributed to another peer by the teens themselves in what is referred to as self/peer exploitation (coined in the media as “sexting”) and subsequent distribution of these images/videos was used as a form of cyberbullying. Recognizing the growing concern around this issue, particularly over the past few years, the Canadian Centre created the NeedHelpNow.ca website – a resource designed to help youth deal with the negative consequences of the creation and distribution of sexual images and/or videos online. The website provides teens with practical steps so that they can regain control over the situation, including how to stop the spread of sexual images online and how to seek the support of a safe adult.





A resource guide was also created to assist school personnel and families with guidelines on how to intervene and support youth involved in self/peer exploitation incidents. Titled *School and Family Approaches to Intervention and Prevention*, the guide helps educate school personnel about this form of victimization, offering a framework on how to respond if a self/peer exploitation incident occurs with students in their school.



Each year, Cybertip.ca sees an increasing volume of reports from Canadians – reinforcing that the online protection of children is a responsibility we all share. Additionally, we know that our collective commitment to encouraging and advancing the personal safety of children makes a difference and that through working together, we are best equipped to build safer communities for children and youth.

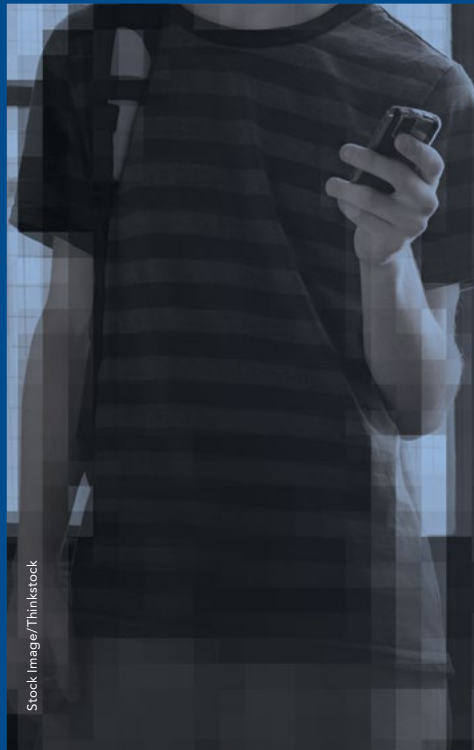
Self/Peer Exploitation –

WHAT PARENTS OF TEENS NEED TO KNOW

As a parent, it can be difficult to receive the news that your child has been involved in a *self/peer exploitation* (often coined in media as “sexting”) incident. *Self/peer exploitation* is generally defined as youth creating, sending or sharing sexual images and/or videos with peers via the Internet and/or electronic devices (e.g., through cell phone messaging, messaging apps, social networking sites).

If your child has been involved in a *self/peer exploitation* incident, you are likely feeling a wide range of emotions. This may include embarrassment, shame, anger, and a certain degree of vulnerability and uncertainty about what may happen next. Rest assured, it is completely normal to be feeling these things and more.

Reasons why youth may become involved in a *self/peer exploitation* incident will vary, as will the impact of the incident on the youth. Some youth may feel embarrassed and extremely vulnerable, however others (including the youth whose image has been taken and/or distributed as well as the youth who has taken and/or distributed an image/video of someone else) may appear unconcerned, and seem to not fully appreciate the potential damage that such content and behaviour may have caused or what it might mean in the future.



What should parents know about this issue?

- Be aware that adolescents do not typically share experiences they are embarrassed or ashamed of with their parents – don't assume you would know if there was a problem.
- Youth will make errors in judgment – it is all a part of growing up. When an adolescent does make a mistake, use this as an opportunity for her/him to learn and grow. Encourage her/him to separate the error in judgment from how s/he defines her/himself.
- The circulation of sexual images/videos among peers and their distribution via the Internet can have short- and long-term impacts. The effects will vary according to an adolescent's personality, temperament, available support systems and resiliency.

It is very important that you monitor interactions between your child and her/his peers following a self/peer exploitation incident. S/he may be targeted by peers and subjected to verbal, and in some cases, physical bullying or harassment as well as alienation. In some instances, this can leave your child feeling isolated, shamed, helpless or humiliated. Take any threat of self-harm seriously and immediately seek professional help.

Conversations to have with your adolescent:

1 Discuss the difference between healthy relationships (i.e., loving, respectful, caring) and unhealthy relationships (i.e., manipulative, intimidating, pressuring). Remind your teen that pressure from a boyfriend/girlfriend to engage in sexual conversations or share sexual images/videos does not constitute a caring relationship. See page 24 for more on healthy relationships.

2 Explain the importance of establishing and respecting personal boundaries when using technology. Both the information your teen has shared and the information others have shared with your teen should be protected and handled with respect (e.g., not shared with others). Emphasize that this continues to apply once a relationship has come to an end.

3 Discuss the types of problems that may arise from sharing private and intimate information, including images and videos electronically. Once information is sent, it can be easily misused. This may include the recipient showing it to friends, sending or posting it online or using it to manipulate the other person, for example, to engage in further sexual activity.

4 Teach your adolescent that it may be illegal for people to manufacture, possess or distribute naked or sexually explicit pictures/videos of people under 18 years of age.

To help parents manage this growing social challenge, the Canadian Centre for Child Protection (through its Cybertip.ca program) has created a resource guide for families. For more information, please visit cybertip.ca/self_peer_exploitation.



WHAT TO DO
IF YOUR CHILD
IS BEING

Cyberbullied

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Over the past few years, the Canadian Centre for Child Protection has witnessed a marked increase in reports to Cybertip.ca from youth ranging from 13 to 17 years of age. A large percentage of these reports are with regard to sexual images/videos being created and distributed among their peers via the Internet and/or electronic devices, sometimes as a form of cyberbullying. When children are sexually exploited/abused and technology has been used to memorialize the sexual harm, there is often an additional layer of trauma for the child.

The Canadian Centre defines cyberbullying as a form of extreme bullying among youth via technology. It is abusive, targeted, deliberate and repeated behaviour that is intended to damage and harm another young person.

Educators, school-based resource (liaison) officers, families and the community-at-large play a fundamental role in assisting and supporting youth who are cyberbullied. If you are concerned that your child may be affected by cyberbullying, consider the following strategies.

1 Discontinue the contact

Make sure your child does NOT respond to the bully. Teach your child not to respond to any attempts made by the bully to engage in conversation or dialogue (e.g., walking away or ignoring any in-person contact and not responding to any texts or other online messages). Explain to your child that responding may only fuel the bully into escalating the activity. Not responding is especially critical if your child is being threatened or blackmailed – this should be reported to the police immediately.

Have your child adjust her/his privacy settings on social networking sites and block or delete the bully as a friend/contact on these sites. Most sites allow users to set limits on who can access their profile and send/post messages to their profile, and many provide users with the option to block or delete contacts. Having your child adjust her/his settings and block or delete contacts will help her/him limit or eliminate unwanted contact by the bully. This will not only help reduce her/his exposure to hurtful comments but will also help to reduce any distress s/he may feel whenever s/he is exposed to what the bully is posting. *Before your child deletes the bully, s/he should make a copy of any prior communication in case s/he needs to involve the police at some point.*

Have your child change her/his email address and username. Deleting her/his accounts for a period of time will give your child an important emotional break from seeing the cruel commentary that may be happening online. S/he may also wish to create new accounts that only close and trusted friends and family know about.

2 Address any sexual pictures/videos posted online

Contact the site where the picture/video is posted. Most popular sites (i.e., Facebook®, Twitter®, Instagram®) have a process for reporting, and many place a higher priority on situations involving youth. It's important to include the exact URL (website address) where the content is posted and your child's age at the time the image/video was taken. Also identify your child as the person in the picture/video and indicate that your child did not post the picture/video, did not consent for it to be posted and objects to the continued posting of the content. For more information on how to contact popular websites, please visit needhelpnow.ca.

3 Report the bully

Report the bully to your child's school. If the bullying involves school peers, telling people in a position to do something about it, such as the administrators at your child's school, is important.

Report to the website or cell phone service providers. If the bullying is occurring online, your child can report the situation to the provider that runs the website or service where the bullying is taking place (e.g., Facebook®, Twitter®). For bullying occurring via text messaging, explore what options exist to block contacts with your mobile service provider.



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Report the bully to the police. Depending on the nature of the situation, who is involved and what the bullying has escalated to, there may be *Criminal Code* (Canada) violations to consider such as criminal harassment, intimidation, uttering threats, extortion, defamatory libel, personation, use of a computer in an unauthorized way or interference with data, child pornography, luring, counselling to commit suicide etc.

Remember, if you are at all concerned that the situation involves something potentially illegal, reporting to a law enforcement agency as soon as possible is extremely important.



4 Reinforce the importance of friends

Being around close friends can help your child feel safe, supported and give her/him strength to get through this difficult time.

WHEN PEERS OR FRIENDS ARE BEING BULLIED

Often, youth aren't sure what to do when a peer or friend is being bullied and feel that being silent is the answer. They may think: it's not my problem, s/he isn't my friend, I don't really like her/him anyway, s/he deserves it, I don't want to make it worse by bringing attention to it, I don't want to be targeted next, etc.

It's important for youth to have a variety of options for ways they can stand up against the mistreatment of others and **this needs to be reinforced by adults**. You can encourage a range of actions that include:

- Refusing to participate (including not "liking" or forwarding harmful messages) and removing themselves from the situation
- Including the person being bullied in school groups, what your child is doing at lunch, etc.
- Challenging hurtful messages with responses such as, "That's not cool," "I think s/he is awesome," etc.
- Letting the person who is being mistreated know how they are being treated is wrong and that it's not okay
- Going to a safe adult to let them know what is going on

If you are concerned that your child may be having suicidal thoughts seek professional help immediately. Take all signs of suicidal behavior seriously.



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Non-consensual Distribution of an Intimate Image

If your child has shared an intimate/sexual picture or video with a person and that picture/video is being shared with others online or by phone (or your child is worried this may occur), there are steps your child can take to regain control over the situation. Canada now has a law to help deal with the non-consensual distribution of an intimate image. It is illegal for a person to distribute an “intimate image” of another person without that person’s consent. If the image involves someone under 18, it may be illegal to distribute the image regardless of whether consent was provided.

It is important to note that given the serious nature of criminal charges, it is likely that for something to be done, it will need to be clear that the person in the image is your child – for example, your child’s face or some other identifying feature is showing.

HERE ARE THE STEPS YOU CAN TAKE:

1 If the image is already online, you can take action to have it removed. Determine what service (e.g. YouTube®, Facebook®, Twitter®) the picture/video is displayed on and contact that service to request that they remove the picture/video. Let the provider know that your child is a Canadian citizen who did not post the picture/video to their site, did not give permission for the content to be posted and that you want it removed.

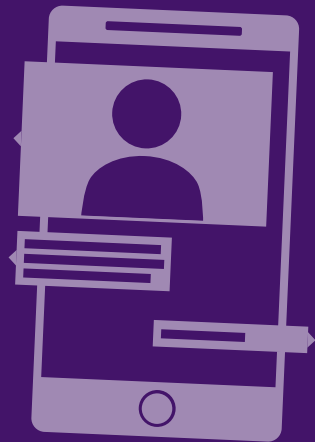
2 If your child does not know whether the image is online or otherwise being shared, but is worried that it might happen, or even if your child knows it is being shared and wants it to stop, your child could send a message to the person who has the picture/video saying something like:

"I do not consent to you having the picture/video of me [add description, such as "that I sent you on (DATE)"], I want you to delete it and I do not give you permission to share it with anyone else."

Sending a message like this is important because once the person knows how your child feels, they can no longer say they didn't know your child's views. Your child can send a text or email, tell the person by phone or in person or have someone else communicate the message. The best way to send a message is in writing so there will be a copy of what was sent.

3 Whether your child sent the person who has the image a message or not, if your child is scared that an intimate image will be shared by someone, this law does allow you to apply to the court for something called a "prevention order". Local courthouses have information about how to obtain a prevention order. If the judge is satisfied that your child's fear is reasonable, the order should be granted.

NOTE: The above information is based upon a review of the legislation. It is provided as a courtesy and for general information only. The above is NOT intended as legal advice; the non-consensual distribution of intimate images offence is a new offence and it is not possible to anticipate how the legislation will be interpreted and enforced by police and the courts.





Smartphone Safety Tips

Smartphones offer both communication and safety benefits for parents and teens. However, like most technologies, they also pose some safety risks to adolescents. In order to better protect your child, it's important to know the steps you can take to make her/his smartphone use safer.

IMPORTANT SAFETY GUIDELINES

1 Take the time to learn about what features are included on the smartphone. Are there pre-installed apps (such as Instagram® and Facebook®) or games that you need to become more familiar with? Do you understand how the location-based services work and why it may be a good idea to turn location services off for photos and some apps?

2 Early on, set the expectation that you will monitor your teen's use of their smartphone. It's important that you follow-through on what you have told your teen, and as required, enforce consequences for any inappropriate behaviour/actions.

3 Explore the possibility of blocking access to sites (such as those with sexually explicit content) by using the settings on the device and/or parental control apps or by contacting the carrier/service provider.

4 Set a time every evening in which all technology, including smartphones, are shut off in the house. Also, establish guidelines around texting and gaming (who teens can do these things with and on what sites/apps).

5 Discuss the importance of not responding to harassing, harmful or unsolicited calls or messages sent to them and to save these types of messages. Teach your child how to block calls/messages from unwanted users and reinforce the importance of talking to a safe adult if in receipt of these types of messages.

Teens will make mistakes. Re-establish the boundaries around responsible phone use and remind your child on a regular basis that s/he can talk to you about any issues s/he may be facing.



Your child's smartphone and the information it carries, may be used in urgent safety-related situations (e.g., if a child goes missing). It is important to know what information and tracking capabilities exist on the phone. As the contract owner of the phone, you are entitled to access information regarding inbound/outbound calls as well as the last known time of use of the device. Some devices also allow you to load apps that can track the location of the phone. A code is required - make sure you know it!

Visit mobility.protectchildren.ca for more information.



Tweens/Teens and the Growing Use of Apps

Over the past few years, the number of mobile apps has grown exponentially with the significant rise in smartphone usage, particularly among youth. Most of the time that teens spend on their smartphones and tablets involves gaming, social networking, instant messaging and music apps. Generally speaking, apps are simple and fun to use and provide tweens and teens with tools that can readily prompt reactions from peers in the form of likes, followers and comments.



As a parent/guardian, it is important to remain informed about the spaces online where your child may be negatively impacted. The following tips are designed to inform any conversations you may wish to have with your tweens/teens regarding apps.

1 Using parental controls can limit what your child can access.

Some devices allow parents to limit access to specific apps, social media sites, Internet content and features available within the device, in addition to restricting the ability to edit privacy settings. For example, on iPhones and iPads parents can “Enable Restrictions” under the “Settings” icon.

You may also want to create an account for your child rather than allowing your child to use your account. The birthdate entered for an Apple ID account, for example, restricts what a user can download based on the age ratings for the apps.

2 Most apps are available to download for free.

The only requirement to download free apps is to have an account with an app service such as iTunes®, Google Play® or BlackBerry App World™. Paid apps are generally inexpensive, averaging between \$0.99 and \$5.00. However, there are also websites that allow for paid apps to be downloaded for free.

Many game apps are free to download but profit by enticing players with in-app purchases (extra items) that will aid them in the game. These kinds of apps may unexpectedly run up a bill.

3 Messaging, chat and social networking apps allow you to easily connect with random individuals.

There are messaging apps that come with the device (i.e., SMS, iMessage® or BBM™) in addition to numerous apps that can be downloaded. Most allow you to connect with individuals using only a username (no identifying information). Some apps have “group chat” features that allow three or more users to message together. Youth may be exposed to individuals who are not on their approved contact list depending on the settings within the app.

4 The history of the communication through apps may not be saved.

Some chat and social networking apps log the conversations but allow them to be easily deleted with the swipe of a finger. Other apps may log conversations by default or offer settings to save them; however, they can be difficult to navigate. Some apps may allow text/video/voice chat without any record of the messages sent between users.



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5 Many messaging, chat or social networking apps encourage users to create a profile.

When creating a profile, some services require certain fields be completed but allow users to choose the information entered into others. In most cases, there are no restrictions on what can be added to a profile, including personal information and photos/videos. Many also permit geo-tagged images to be saved and/or identified on a map which may allow other users to view the location the images were taken/posted. The information entered into a profile is made available to other users of the service, although some services provide privacy settings to limit what is shared.

6 Gaming apps provide a method to randomly connect with individuals.

Many apps provide a multi-player environment, allowing you to connect with other users to play games. Some even connect to services such as Twitter® and

Facebook® to play with individuals on these services. Users may be provided with limited information about other users but have the ability to chat while in the game environment. In most cases, records of these chats are not saved.

7 Some apps give the user a sense of security that their information is only shared temporarily.

These apps may provide an opportunity to share images or videos on a time-limited basis, however, these may not be as secure as the claims they make. Innovative ways to capture the shared information are always being developed.

8 Apps can be 'hidden' on the device.

Most devices provide pages and folders to display and store the icons for apps on the device. These icons can be arranged to be more discreet and can be placed in folders where they are no longer visible from a quick glance at the device.

Popular Apps Among Tweens/Teens



Instagram®:

Instagram allows users to take images and videos, edit them with a choice of filters, add captions and post the photo/video to their profile. Depending on the user's privacy settings, the content may be viewed, "liked" and commented on by only their followers or by any Instagram user. Hashtags (#) can be added to the caption for the image/video by the user who posted it. Words associated to a hashtag can be searched by other Instagram users to locate photos. Instagram users can also direct message (DM) other users.



Facebook Messenger:

Messenger is a mobile app that allows users to text, make voice calls or video chat with their friends using their existing data plan. The app allows users to share photos, videos and include friends of friends (on Facebook) in conversations. Messenger users can send messages to friends who do not have the app; their messages will be received whenever they log into Facebook. Users can also message other users by entering their phone numbers.



Kik Messenger®:

Kik is an instant messaging app that enables the sharing of photos, sketches, voice messages, videos and text. It can be downloaded by most handheld devices, enabling more basic mobile phones to transfer photos and videos effectively.



SnapChat™:

SnapChat allows users to take images or videos, adjust them with a variety of settings, add text and drawings, and then send the "snap" (image/video) to other SnapChat users. If the "snap" is not sent as a direct "snap" to a specific user, it is made available to view by all of the user's followers. Within the app, the image is designed to disappear from the recipient's and sender's devices, as well as SnapChat's servers, after a set amount of time designated by the sender (to a maximum of 10 seconds). This however, does not prevent a user from capturing and saving the image/video prior to it disappearing from their device.



WhatsApp Messenger®:

WhatsApp Messenger is used to send and receive instant messages (text, photos, videos, audio recordings) without the need for a phone service plan, operating through the user's Internet data plan. Users can only chat with other WhatsApp users who are existing contacts in each other's phones; however, the service records the phone numbers of contacts and retains these numbers.

For more information on these apps and others, please visit cybertip.ca/parents.

The information contained in this article was compiled from variety of sources, including the content posted on the websites of the apps named within the article as of November 19, 2015; the descriptions posted in the App Store and on Google Play as of November 19, 2015; and use of the apps during the month of November, 2015. Terms and conditions, ratings, features, and functionality of apps change rapidly and accordingly all content within this article is provided "as is" and for general information purposes only. To learn more about the apps featured in this article, visit the website related to the app and carefully review the content made available on the website, as well as all information provided at the time of download and thereafter.



HOW TO TALK TO YOUTH ABOUT

Sextortion

Sextortion involves individuals who coerce youth into sending sexual images or engaging in sexual acts via webcam and then blackmail them with the threat of distributing the sexual images/videos if they do not pay money or provide more sexual images/videos. The use of live streaming services has increased the vulnerability of youth to this type of exploitation. Through live streaming services, youth are recorded without their knowledge and then blackmailed with the threat of distributing the recorded content.

RISKS TO YOUTH

Online conversations that may initially appear as friendly banter can easily progress to sexual conversations. Understandably, youth may feel intrigued and flattered by these conversations and continue to engage thinking it's harmless. In other instances, the young person may really believe that they are in a relationship with the person they are communicating with online. Live chat, videos or webcams are commonly introduced for the purpose of receiving non-sexual pictures but can progress to sending nude or partially nude pictures, and possibly sexually explicit content. This content may later be used to blackmail or extort the teen.

WHAT YOU CAN DO

Conversations with youth about the risks associated with using technology to experiment sexually and the potential risk of blackmail/extortion are necessary as:

- Youth will often comply with threats received online in an effort to try to manage the situation on their own.
- Situations escalate quickly and youth find themselves in over their heads.
- It is often very difficult for youth to seek adult assistance as they are embarrassed and terrified that the sexual pictures will be distributed to people they know.
- Youth require supportive responses from adults to help them manage serious situations they encounter online.
- Youth need practical steps for how to get out of harmful situations and to understand that they can come to adults for help.
- Adults have an obligation to be responsive and supportive when youth make mistakes.



HOW TO SPEAK TO YOUTH ABOUT THIS ISSUE

1 Use media stories about this issue to engage in a conversation with your teen. For media examples, visit www.cybertip.ca/extortionexamples.

2 Seize the opportunity to discuss the risks and what could have been done differently. Talk about options for getting out of difficult situations such as not responding and blocking all contact.

3 Reassure your youth that if s/he ever ends up in a problem situation, you are there to help her/him. Acknowledge that while this may be a difficult step to take, her/his safety is your number one priority. Emphasize that it's never too late to come to you for help.

4 Explain what extortion is and that it is illegal. Extortion is when, without reasonable justification or excuse and in order to get another person to do something or cause anything to be done, a person:

- threatens another person (through words or actions);
- accuses another person of something; or
- is violent or scares another person through words or actions (such as pushing, yelling, throwing things, breaking things).

5 Talk to your youth about live streaming services (live cam). Reinforce that:

- What happens over live cam can be easily recorded – don't be fooled by thinking it is live and therefore "no big deal." The same risks exist for live cam as sending pictures or videos.
- Unless the other person is known offline, there is no way of verifying who is on the other end of the webcam.
- Pre-recorded content can be "live streamed." For example, an adult could stream a video of a teenage girl, so the youth thinks s/he is talking to a teenage girl in real-time when that's not actually the case.
- S/he should trust their instincts, be skeptical and cautious. If the person your youth is communicating with on cam is not visible (e.g., "I am having problems with my webcam today – that is why you aren't seeing me"), that person may be trying to hide her/his identity.





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REMINDERS FOR YOUTH:

Steps to take if you are dealing with extortion online:



1 Never comply with the threat



2 Stop all forms of communication with the individual (block from accounts)



3 Deactivate all accounts used to communicate with the individual



4 Speak to a safe adult about what is happening



5 Contact law enforcement or Cybertip.ca

Talking with Teens



ABOUT HEALTHY RELATIONSHIPS

Healthy peer relationships play a central role in adolescent development. They help your teen build her/his identity and can be an important source of emotional support. A large percentage of teen relationships (including romantic) are cultivated through the use of technology – particularly around texting and mobile apps. Parental guidance is critical to influencing beliefs and shaping values around the use of social media in the context of teens developing healthy and fulfilling relationships.

Important **ongoing** conversations to have with your teen:

1 Discuss the important qualities of a healthy relationship (being loving, caring, respectful) and compare this with examples of unhealthy relationships (one person who is persistent, manipulative, or uses guilt and pity tactics). Without a clear understanding of what makes a healthy relationship, youth are more likely to tolerate relationships that put them at risk. For example, it may be easy for a teen to interpret jealousy or constant text messaging as a sign of love rather than seeing it as a controlling/abusive behaviour.

2 Discuss ideas for how to get out of an uncomfortable situation. Talk about ways to be direct (e.g., “I don’t want to”) as well as using subtle excuses (e.g., “My mom needs my help, I have to go now.”) to get out of a difficult situation.

3 Use stories that arise in the media as an opportunity to identify healthy and unhealthy relationship behaviours (while watching movies, shows or advertisements). Challenge media messages about relationships, and help her/him start to think critically about negative messages and stereotyping.

4 Discuss the types of problems that may arise from engaging in sexually explicit conversations and creating or sharing sexual pictures or videos with people online. Once content is sent, s/he loses control of what is done with it. The images/videos can be easily misused (e.g., the recipient may show it to friends, send or post it online) or used to manipulate the other person, for example, to engage in further sexual activity.

5 Explain the importance of establishing and respecting personal boundaries when using technology. The information, images or videos your teen has shared and that others have shared with your teen should be protected and handled with respect (i.e., not shared with others). Emphasize that this continues to apply once a relationship has come to an end.



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6 Teach your child how to end relationships. Ending a relationship is always a hard thing to do but it's important not to drag it out. Talk to your child about being honest, thoughtful, considerate and to-the-point.

7 Be emotionally available and keep the lines of communication open. It is important to remind your child that s/he can always come to you for help without fear of getting into trouble, and reinforce that it's never too late to ask for help.

WHAT IS THE AGE OF CONSENT FOR SEXUAL ACTIVITY?

Child's Age	Can Child Consent?
Under 12 years old	NO ; no person under 12 is able to consent to sexual activity.
12 or 13 years old	SOMETIMES ; only if the age difference is LESS THAN 2 years* .
14 or 15 years old	SOMETIMES ; only if the age difference is LESS THAN 5 years* .
16 years old or over	YES ; BUT there are exceptions which are outlined below*.
18 years old	YES .

*The close-in-age exception (12-15 years old) and exception to consent for persons 16 years and over does not apply where the other person is in a position of trust or authority over the child, the child is dependent on the other person, or the relationship is exploitative.

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