

## Internet Safety – Tips for Youth

The following is a step-by-step script to help you present the PowerPoint to youth.

### **Slide 1: Welcome and Introductions**

- Hello my name is \_\_\_\_\_, and I am pleased to talk to you today on the important topic of child internet safety for youth

### **Slide 2: Acknowledgments**

- First, just a few acknowledgments. The PowerPoint was produced by: Public Legal Education and Information Service of New Brunswick. They are a non-profit, charitable organization with a mandate to develop bilingual educational products and services about the law. They worked in collaboration with Victim Services – Department of Public Safety.

### **Slide 3: Partners and Funders**

- Many thanks as well to the ICE Task Force and others (refer to logos) who have helped to fund or review this presentation.

### **Slide 4: Let's take a quiz**

#### **When you are online has any ever done the following things?**

- Suggested over and over that you do something that you don't want to do?
- Said things that make you feel uncomfortable?
- Given you unwanted attention that makes you feel singled out?

### **Slide 5:**

- Invited you to a meet up alone to give you drugs or alcohol?
- Asked for or sent you "secret" pictures or messages of sexual nature?
- Scared you?

### **Slide 6:**

- **If YES, you are at risk of being exploited on the Internet**
- No matter how you connect with others on the Internet, you should be aware of the ways that someone could harm or exploit a young person under the age of 18 years.
- Visit [www.youthjustice.nb.ca](http://www.youthjustice.nb.ca) to learn more

### **Slide 7: Criminal Code**

- **The *Criminal Code* protects Youth Under 18 Years From Sexual Exploitation? Here are a few things you should know....**
  - Children under 12 years of age can never legally consent to sexual activity.

- The legal age at which a young person may consent to sexual activity is 16 years.
- A young person under 18 years cannot consent to sexual activity with a person in a position of trust or authority over them. This is considered sexual exploitation.
- A young person under 18 years cannot consent to pornography or prostitution.

**Slide 8: You may think that this could never happen to you, BUT:**

- Anyone can pretend to be something or someone they are not. Although you may think you are chatting with someone your own age, it may be an adult who is trying to exploit you by sending or asking for sexually explicit pictures.
- Photos or videos you post on the internet or attach to a text message may not stay private. Sexting naked pictures with your boy/girlfriend may seem harmless, but it's against the law for anyone – including you – to take, send or receive sexually explicit pictures of a person under 18 years of age.
- Sexting Naked Pictures of yourself is against the law, if you under the 18 years of age.

**Slide 9: Did you know that:**

- 43% of school aged children and youth talk to people they have only met online
  - and 29% of them post their contact information online for others to see.
- 17% of teens say they have talked with someone they do not know online in a way that made them feel afraid and uncomfortable.
  - Girls are more than twice as likely as boys to report this.
- More than 26% of youth in a relationship say they have experienced a form of cyber dating abuse.

The problem may be more wide-spread than you think.

**Slide 10: Here are some signs that something is Not Right**

**Is someone you met on line trying to:**

- **Deceive you:** Watch out for someone trying to make you believe information that is not completely true.
- **Using pushy tactics:** This happens when someone does not respect your personal space or privacy. They may ask you questions that test your personal boundaries by making comments or acting in a way that makes you feel uncomfortable.
- **Asking you to send sexually obscene material:** If someone sends you writings, drawings, photographs or videos of sexual nature, that's considered pornography. It's against the law for an adult to communicate with a young person for sexual purposes or show sexual pictures.
- **Asking you for naked or sexually suggestive pictures:** It is against the law for an adult to ask a young person sexual questions about his or her private areas. It is

also against the law to ask a you take your clothes off or suggest that you look at or touch your private areas. Taking a naked picture of a young person or asking you to send a naked picture is also against the law. It can happen on the Internet or in real life. This is considered child sexual abuse. When it happens online, you may hear it called “Internet Child Exploitation”.

- **Asking you to meet up – maybe saying they will give you alcohol or drugs:** an adult may use the Internet to try to get a young person to meet up for the purpose of sexual activity. Just because you agreed to meet up with someone, does not mean that you consented to sexual activity. When a young person has been sexually exploited, it is never the young person’s fault, even if the sexual activity was not forced.

**Slide 11: So, what is “sexting” and why is it dangerous?**

- Sexting is when you take a sexy or naked picture of yourself and share it with another person, like your boyfriend or girlfriend

**But, sexting is also:**

- A form of self-exploitation
- And it’s legal for anyone to do if they are under 18 years of age

**Slide 12: Youth are often quick to post pictures of themselves online. But ask yourself these questions before you upload a photo or video to the Internet:**

- Could the video/photo embarrass or humiliate me if it became public?
- Could it affect some future opportunity – job, travel, school?
- Could an Internet predator download the picture and share it with others for sexual purposes?
- Is the video/photo against the law (i.e. naked pictures of youth under 18 years)?

If your answer is “yes” to any of these questions, think twice about what you are about to share. In the wrong hands, it could put you at risk of cyber abuse, jeopardize your future, or worse—you could be in trouble with the law.

**Slide 13:**

- **And Remember:**
  - It may be hard to get it back.
  - Your post could be on the Internet forever. Think twice before uploading.

**Slide 14:**

**So always:**

- **Respect yourself.** The pictures you post online today may embarrass you years from now. Consider how sexy pictures might hurt you in the future if an employer uses search engines to find out about you when you apply for a job.
- **Respect others.** Get permission from others before posting pictures or videos of them on the Internet. Never take part in cyber-bullying. You could really hurt someone.

- **Share cautiously.** To protect your information travelling over the Internet, limit who can view your social media sites to “friends/family only”.

**Slide 15:**

You deserve to feel safe when you are online—whether it is at home or elsewhere. If you’re ever not feeling safe, or just feel like something is not quite right, here are some ways to get help.

**Slide 16:**

When you feel uncomfortable about what is happening when you go online, you should ask for help. Remember, if you have experienced abuse online, it’s not your fault.

- **TELL a parent or trusted adult**
  - Tell a parent or another safe adult any secret that involves someone asking you to touch their or your private areas, or to take your clothes off. Always remember that when you feel upset or confused about something an adult does or says to you, it is not your fault.
- **TALK to a guidance counsellor at school and get support from your friends**
  - If you or someone you know is being abused online or cyber-bullied, talk to your guidance counsellor, a teacher or the principal about how to stop it. It can help to get the support of your friends when you are concerned about personal information that may be circulating about you on the Internet. Be cautious about sharing personal stories on the web.
- **CONTACT the Kids Help Phone (1-800-668-6868)**
  - This service provides free, anonymous, confidential and non-judgmental counseling and support to people ages 20 and under. Kids Help Phone responds to questions and comments over the phone and online. The website also covers a variety of relevant topics.  
[www.kidshelpphone.ca/Teens/Home.aspx](http://www.kidshelpphone.ca/Teens/Home.aspx)
- **Call a HelpLine.**
  - Crisis interveners at the Chimo HelpLine are available to give you immediate support or refer you to services in your area 24 hours a day, 365 days a year. For a better idea of the services they offer, check out [www.chimohelpline.ca](http://www.chimohelpline.ca)
  - Fredericton Sexual Assault Crisis Centre 24 Hour Crisis Line at 506-454-0437. - Anyone who has experienced sexual violence can call the crisis line for referrals and information. There is also confidential counselling available for women and girls in crisis.

**Slide 17: Getting Help continued**

- **REPORT the abuse to Cybertip.ca**
  - You can report the sexual exploitation and luring of youth under 18 years of age on Canada’s online reporting website. [www.cybertip.ca](http://www.cybertip.ca)

- **NOTIFY your Internet Service Provider**
  - Your Internet Service Provider (ISP) will have policies and protocols around blocking or filtering abusive content. Contact them directly to find out more about the tools available to help protect you online.
- **TELL the local Police or RCMP**
  - If someone you are connecting with online is making you feel uncomfortable, or asking you to do secretive things, like touch your body, you should tell the local police or RCMP. If you are in danger and need help right away CALL 911!
- **CALL the Victim Services Office**
  - You can get more information on support and services for youth victims of sexual exploitation from your provincial Victim Services Office. Look in the provincial Blue Pages of your phone book under Victim Assistance Services or check them out online

**Slide 18:**

- **Consider signing a Contract for Safe Internet Use with your parents. (You can use the PLEIS-NB contract on the Youth Justice Website [www.youthjusticenb.ca](http://www.youthjusticenb.ca))**
- The contract is an agreement between you and your parent or guardians ensuring you understand and agree to safe internet rules.

**Slide 19:**

If you are ever meeting someone you met online:

- **Take time to get to know each other.** Get to know this person better. Ask lots of questions. If the other person won't answer all your questions, he or she may be trying to hide something.
- **Always tell your parents or a safe adult where you are going and who you'll be with.** Check in with them at set times.
- **Don't go alone.** No matter how long you talk to someone online, if you decide to meet up, bring along a trusted friend or go out with a group of people. Make sure you meet in a public place where there will be other people close by, such as a restaurant or a teen centre. Arrange your own transportation and don't offer to pick up the other person or invite him/her to meet you at your house.
- **Trust your instincts.** If something does not feel right, it probably is not. Leave as soon as possible.
- **Be careful with your personal information.** Until you get to know the person better, do not give out your address or any information which would help someone find you. If you want this person to call you, be safe and use your cell phone number. People can find where you live from your home phone number.

**Slide 20:**

**Have fun online...but stay safe.**

It pays to be informed so check out the helpful websites like

- The Door that's Not Locked,
- Cybertips.ca,
- Respect Yourself, and
- Need Help Now and
- others which can be found in these handouts.

*Hand out resources*

*You may wish to ask if there are any questions.*