



CANADIAN CENTRE *for* CHILD PROTECTION®

Helping families. Protecting children.

Do you know what is a big deal?

This book will teach you about relationships and sexual consent.

Hopefully, this information will help you and your friends with complicated situations and the challenges you may face in your relationships. You will understand what is considered a big deal and how to stay safe.

Funded in part by
the Government
of Canada



The Canadian Centre for Child Protection Inc. is a registered Canadian charity, BN#106913627RR0001.
Our goal is to reduce child victimization by providing programs and services to the Canadian public.

All content and design (except stock photos) is © 2014-2019, Canadian Centre for Child Protection Inc., 615 Academy Road, Winnipeg, Manitoba, Canada, R3N 0E7. All rights reserved. **You are not authorized to post all or any part of this book online. You may not use this booklet or make copies of it (in whole or in part, in print or electronic form) to generate revenue or promote a business interest.** The contents of this publication may not be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the written permission of the Canadian Centre for Child Protection Inc. Unauthorized use beyond this privilege is prosecutable under applicable law. Stock photos are used under license from a stock photo provider. Stock photos depict models and are intended as illustrative.

ISBN # 978-1-927103-38-8 (electronic version)

ISBN # 978-1-927103-39-5 (print version)

January 2019 , with minor revisions March 2020

Table of Contents

I	Stereotypes	3
II	Dating Relationships	8
III	Sexting	11
IV	Sexual Consent	15
V	Sexual Violence	21
VI	The Law – It is a BIG Deal	24
VII	Uncomfortable Situations	27
VIII	Answer Key	28
IX	Getting Help	29

Need to talk to someone?

Sometimes it can feel like you are trapped in a situation and there is no way out. Remember no situation is so hopeless that there is no way out. Tell a safe adult who can help you. It is okay to talk about it.

If you want to talk to someone about yourself or a friend and do not want to give out your name,
call Kids Help Phone @ 1-800-668-6868.

If you have been negatively impacted by a sexual video or picture that is online, **visit NeedHelpNow.ca** for more information.

If you are being threatened, intimidated, or blackmailed, it is important to immediately involve a safe adult in your life, contact police, or report to **Cybertip!ca®**.

If you have been sexually assaulted or exploited,
report to your local police.

Stereotypes



What is a Stereotype?

A stereotype is an oversimplified idea of a type of person or group. Believing that all people or things with a particular characteristic are the same is a stereotype. Most people, whether they are aware of it or not, stereotype individuals or groups of people. An example of a stereotype is guys don't cry.

Did You Know?

Our experiences, opinions, and feelings shape how we think about people and how we treat them. Read the *Reality Check* below to see what you think and how you feel about stereotypes, labels, media messages and sexual violence.

True or False?

If a girl kisses a boy at a party it could ruin her reputation, but the boy may become more popular.

True False

There are double standards with males and females. For example, if a girl sends a sexual photo of herself she is labelled a slut. If a guy does it, it's funny.

True False

Reality Check: Do you think the following stereotypes exist?

- Guys are not sensitive
- Guys are stronger than girls
- Girls are weak
- Girls are emotional
- Girls are flirts
- Guys are users
- Girls are drama queens

* Check your answers on page 28

“Stereotypes can shape our thinking about people and situations, rather than recognize all people as unique individuals.”



All males...

- ♂ aggressive
- ♂ independent
- ♂ dominant
- ♂ athletic
- ♂ tough
- ♂ not talkative
- ♂ rarely cry
- ♂ cruel
- ♂ blunt
- ♂ not nurturing
- ♂ players
- ♂ like to be alone
- ♂ like the colour blue

NOT!



All females...

- ♀ gentle
- ♀ nice
- ♀ passive
- ♀ easily influenced
- ♀ easily hurt
- ♀ talkative
- ♀ kind
- ♀ nurturing
- ♀ dependent
- ♀ sensitive
- ♀ cry easily
- ♀ easily led by others
- ♀ need a partner
- ♀ can't be alone
- ♀ like the colour pink

NOT!

THINKING THAT ALL MALES BEHAVE THE SAME WAY AND ALL FEMALES BEHAVE THE SAME WAY = **STEREOTYPES**

Did You Know?

How we **THINK** influences how we **ACT**.



REALITY:

Each person is an individual with different strengths and experiences. Everyone is unique and has special qualities!

Did You Know?

- * Crying is a healthy way to relieve stress. BOTH males and females cry.
- * Some guys are aggressive and some girls are aggressive. Guys and girls are also sensitive, gentle, assertive, passive, and usually a combination of all, depending on the situation.
- * All people have the right to be treated with respect and dignity.



Who influences what teens think about relationships?

FAMILY



FRIENDS



MEDIA



Attitudes and beliefs are also influenced by individual experiences, both positive and negative.

Media Messages - Under Pressure!

Youth are constantly bombarded with media messages that create unrealistic and unhealthy standards about what a person should be.

What's the message?

Males are rough and aggressive

Relationships are about status not connection

PERFECTION

Females are sexual objects

Pressures on each gender are influenced by the internet, music videos, music, movies, video games, magazines, advertising, and pop culture:

Girls

- SMART
- POPULAR
- SKINNY
- STYLISH
- PRETTY
- FIT
- ACCEPTED
- FRIENDLY
- OUTGOING
- HAPPY
- SENSITIVE



Boys

- TOUGH
- BRAVE
- COOL
- UNEMOTIONAL
- POPULAR
- DIRECT
- POWERFUL
- PHYSICALLY STRONG
- COCKY
- ATHLETIC



**DON'T BUY INTO HARMFUL STEREOTYPICAL MESSAGES.
THINK FOR YOURSELF!**

Pornography Messages: Positive or Negative?

Pornography is widely available online. It is normal for youth to be sexually curious, but using pornography to learn about sex can be harmful. Pornography does not portray realistic body images or accurately represent relationships, sex or sexuality.

The messages in pornography are often degrading, humiliating, and unrealistic.

**MOST PORNOGRAPHY
OBJECTIFIES WOMEN
AS SEXUAL OBJECTS TO BE
USED BY MEN.**

Why can pornography be harmful for teens?

- * Pornography is not reality
- * Pornography makes sexual violence seem okay
- * Pornography isn't about healthy relationships
- * Pornography reinforces gender stereotypes

Stinkin' Thinkin': Harmful Gender Messages

- Guys call the shots
- Girls are meant to be used for a sexual purpose
- Violence against women is okay - pain is not a big deal
- Guys do not need an emotional connection in a relationship
- Being aggressive gets you what you want - persistence works
- "No" means "yes"



HERE'S THE DEAL...

Pornography is not reality! It can create confusing expectations, attitudes and beliefs about what to expect in a healthy sexual interaction. Copying this behaviour can be harmful.

OBJECTIFY = TO SEE AN INDIVIDUAL AS A THING TO BE USED NOT AS A PERSON.

Dating Relationships

What is a Healthy Dating Relationship?

- * Dating relationships are about connection
- * Emotional closeness is an important part of relationships
- * In order to be close to someone, the following factors are needed:
 - Kindness
 - Trust
 - Respect
 - Equality
 - Communication
 - Acceptance
 - Compromise
 - Chemistry



Physical Closeness in Dating Relationships

- * Physical affection is part of a dating relationship. It's important to regularly discuss what both people are okay and not okay with. Changes in the type of physical contact you want or are comfortable with may change day to day.
- * Both people should be honest about what they are comfortable with. For example, maybe you like holding hands, hugging, and kissing but are not ready for anything more.
- * A person has a right to their own boundaries and limits, and those should be respected.
- * People who care about each other respect one another's decisions.



Signs of a healthy relationship include:

- * Having more good times in the relationship than bad
- * Having a life outside the relationship with your own friends and activities
- * Being prepared to compromise at times
- * Dealing with conflicts by talking honestly
- * Feeling comfortable and being able to be yourself
- * Feeling supported by your partner

Signs of an unhealthy relationship include:

- * Focusing all your energy on your partner
- * Dropping friends and family or activities you enjoy for your partner
- * Feeling pressured or controlled a lot
- * Having more bad times in the relationship than good
- * Feeling sad or scared when with your partner



Did You Know?

Sometimes people say that they (or everyone) are doing sexual 'stuff' more than they actually are – some may say this to try to pressure a person and challenge their boundaries.



HERE'S THE DEAL...

Don't buy it! It is controlling and disrespectful! Only do what you feel is right for you.

Controlling behaviour

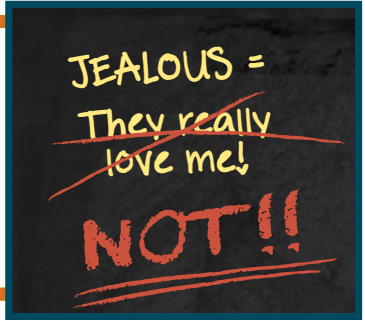
- ! Constantly texting or sending instant messages wanting to know where a person is
- ! Pressuring a person to get serious very quickly
- ! Pressuring a person to do what the other person wants all the time
- ! Acting very jealous or bossy
- ! Pressuring a person to do things they are not comfortable with (breaking rules, engaging in sexual acts, sending sexual pictures, etc.)
- ! Threatening to hurt a person or themselves if they break up with them
- ! Mistreating a person and then blaming them for the problems in the relationship
- ! Yelling at and intimidating a person
- ! Isolating a person – not wanting them to be close to anyone else (e.g., friends, family)



Violence is NEVER okay...
even if a person says:



- * Sorry after and feels badly
- * They will never do it again
- * They care about you



Should I stay out of it?

My name is Nicole and my friend Ashley has been dating her boyfriend for two months. We've been best friends since grade three. Ashley is hilarious and really outgoing. Since she started dating Jake she has totally changed. I never see her anymore and when I do Jake is texting her the entire time because he is mad that she isn't with him. It is so annoying! The other day when we were at school Jake went way too far. We were in the cafeteria talking and Jake pushed through us, grabbed Ashley's arm and said, "let's go now!", and pulled her out of the cafeteria. She left with him and didn't say a word. I tried to talk to her about it, but she says he was just having a bad day. She says that he apologized and they made up. I don't know what to do because I don't think what Jake is doing is okay, but Ashley doesn't see it. She loves him! Should I stay out of it?

1. Why might it be difficult for Nicole to help Ashley?

2. List the behaviours that are unhealthy in the relationship between Ashley and Jake.

3. What should Nicole do?

4. What might happen if Nicole doesn't do or say anything?

Sexting

There are many reasons why guys and girls may share explicit photos online.

These are some of the reasons why girls said they sent sexual pictures of themselves:

- * To get closer and build a relationship with the other person
- * To be intimate and show they love the person
- * Because they trust the person
- * To be liked
- * For the attention



Sending sexual pics online...REALLY?!

Hmmm... what do YOU think?

These are some of the reasons why guys said they got girls to send them pictures:

- * To increase their popularity
- * To show how powerful they are ("I can get a girl to do anything")
- * To use as their trophies

IF YOU OR SOMEONE YOU KNOW HAS SEXUAL PICTURES CIRCULATING ONLINE AND IT IS CAUSING PROBLEMS FOR YOU OR YOUR FRIEND, VISIT NEEDHELPNOW.CA FOR INFORMATION OR HELP.

"Young Women and Men's Perspectives on Self/Peer Exploitation, Adult Exploitation and Cyber Bullying: Workshop Report", March 10, 2014, The Students Commission of Canada.

These are some of the reasons why youth forward pictures that other people have shared with them:

- * For a joke
- * To gain popularity
- * To fit in because their friends are doing it
- * So as many people as possible will see it
- * For revenge, to ruin the reputation of an ex-boyfriend's new girlfriend or to get back at a girl to ruin her reputation
- * To humiliate the person
- * To gain status and acceptance from others



Risks of sending a sexual picture:

- * You lose control of what happens to the photo/video
- * Your picture/video can be easily shared on many sites
- * You may be ridiculed and/or harassed by peers
- * You may feel humiliated, anxious, and/or depressed
- * You may feel alone

**IT IS A BIG DEAL TO SEND SEXUAL PICTURES TO OTHERS:
IT MAY BE ILLEGAL!**

Myths and Facts

MYTH

Most sexual assaults happen by someone the person doesn't know.

FACT

82% of all reported sexual offences against children and youth occur by someone they know.*

MYTH

Sexual assaults are usually violent and physical force is used.

FACT

In many cases, violence and physical force are not used. Often, there is no physical evidence of the assault. This doesn't mean a sexual assault didn't occur.

What is sexual assault?

Sexual assault is sexual contact without consent.

*Juristat, Statistics Canada, "Police-reported sexual offences against children and youth in Canada, 2012"

**MYTH**

If a girl drinks too much at a party then whatever happens to her is her own fault.

FACT

Nobody brings sexual assault upon themselves. The person who commits the assault is the one responsible. If someone is intoxicated, they cannot legally consent to sexual activity. Engaging in sexual activity with a person who does not or cannot consent is considered sexual assault.

MYTH

If a guy is persistent and keeps trying sexual stuff with a person even after the person has had a few drinks then the guy obviously really likes them.

FACT

If someone does not consent it may be because they aren't ready or they just don't feel like it. Persistence is controlling behaviour. Both parties must consent freely and willingly to engage in sexual activity because they want to without use of pressure, threats, imbalance of power, substance use, etc.

MYTH

Teenage guys don't get sexually assaulted. They can protect themselves.

FACT

Teenage guys can be sexually assaulted. It has nothing to do with how physically strong they are. Sexual assault is any unwanted sexual contact regardless of gender.

MYTH

If a girl sends a sexual picture of herself to a guy then he has the right to send it to anyone else.

FACT

If someone shares a sexual image of themselves with someone and that person distributes that image to others, it is unethical and illegal.

MYTH

A 14-year-old can date a 20-year-old, as long as the 14-year-old is okay with it.

FACT

There are laws about the age at which a person is legally able to consent to sexual activity. In Canada, the age of protection (also called the age of consent) is generally 16 years old. There are limited “close-in-age” exceptions where a 14-year-old can consent, but the age difference between 14 and 20 is too great for the exceptions to apply. See page 15 and 16 for more detailed information on the age of protection (age of consent).

MYTH

If person is drunk or high when they sexually assault another person, they won't be criminally charged.

FACT

A person is responsible for their actions at all times. Being intoxicated does not excuse criminal behaviour.

MYTH

Most sexual assaults occur in isolated places like back lanes.

FACT

The vast majority of police-reported sexual assaults take place in a public place or home. Sexual assaults can happen in a home, at a party when others are around, cars, public places, etc.*

Did You Know?

- * Children and youth account for **OVER HALF** of all victims of sexual assault reported to police
- * Youth 12 to 17 report the **HIGHEST RATES** of sexual violence
- * Sexual assaults are the **MOST UNDERREPORTED** crimes in Canada
- * Overall, **82%** of reported sexual assaults are committed by someone **KNOWN TO THE VICTIM**
- * **FEMALES** are victims of **80%** of reported sexual assaults

* Juristat, Statistics Canada, “Police-reported sexual offences against children and youth in Canada, 2012”

Sexual Consent

What is Sexual Consent?

Sexual consent means giving permission, through words or actions, to sexual activity, which can range from sexual touching, such as kissing to sexual intercourse. **Remember that just because someone doesn't say "no" to something doesn't mean they have said "yes."** Also, consenting to one thing does not mean the person has consented to everything. It also doesn't mean they consent to it happening again in the future.

What is the Age of Protection (Age of Consent)?

The age of protection (often referred to as the age of consent) refers to the age at which a person can legally consent to sexual activity.¹ The age of protection exists to protect young people from being sexually exploited or abused by adults. It takes into account the vulnerability of youth and is meant to protect them in situations that involve a power or other imbalance.

In Canada, the age of protection is generally 16 years old but some exceptions* apply. The table below sets out the age at which a person can legally give consent based on their age and the age of the other person.

Child's Age	Can Child Consent to Sexual Activity?
UNDER 12 YEARS OLD	NO. No person can engage in sexual activity with the child under any circumstance.
12 OR 13 YEARS OLD*	SOMETIMES. The age difference between the child and the other person must be LESS THAN 2 years AND the relative positions of the parties must be such that the child is legally able to give consent. ²
14 OR 15 YEARS OLD*	SOMETIMES; The age difference between the child and the other person must be LESS THAN 5 years AND the relative positions of the parties must be such that the child is legally able to give consent. ²
16 OR 17 YEARS OLD*	SOMETIMES. The relative positions of the parties must be such that the child is legally able to give consent.

¹ The term sexual activity can refer to a range of activities, from sexual touching such as kissing and touching, to sexual intercourse.

² Also, if the sexual activity involves a **child under 16** and **two or more other people**, the use of a **weapon** against the child, **threats** to the child, or results in **physical harm** to the child, the child is **unable to legally consent**.

Exceptions to Consent – Persons under 18

At age 16, you are generally able to consent to sexual activity but any child under 18 **CANNOT** legally consent to sexual activity:



- ➔ If the other person is in a **position of trust or authority** over the child (e.g., coach, teacher, employer, priest)
- ➔ If the child is **dependent** on the other person (e.g., for food, shelter); or
- ➔ If the **relationship is exploitative** of the child (e.g., trafficking the child)

Sexual activity in the above circumstances is **illegal**, regardless of the **age of the other person**. Also, keep in mind that **creating, accessing, and sharing sexual images of a child under 18 is always illegal**.

**IN THE ABOVE SITUATIONS,
YOU MUST BE AT LEAST 18 YEARS OLD TO CONSENT.**

Quiz: True or False

1. A person under the age of 12 can consent to sexual activity depending on who it is with. True False
2. If you are 13 years old you can consent to sexual activity with a person who is 16. True False
3. Once you turn 16 you can always consent to sexual activity. True False
4. If you are 14 the oldest person you can consent to having sexual activity with is a 20-year-old. True False
5. If you are 16 you can consent to sexual activity with your boss at work. True False

Getting and Giving Consent

Before engaging in any sexual contact, each person participating must take steps to make sure there is consent. Figuring that out involves three things:

1 Each person must be **OLD ENOUGH** to consent to the activity with the other person.

It doesn't matter if the younger person **WANTS** to consent, what matters is if they legally **CAN** consent – see page 15 of this booklet on the age of protection (age of consent). Note that because of the exceptions to consent (see page 16), even if a 16-year-old **WANTS** to consent to sexual activity with their 24-year-old coach, the 16-year-old **CANNOT** consent and the 24-year-old could be criminally charged with an offence.

HAVING SEX WITH SOMEONE WHO IS NOT OLD ENOUGH TO LEGALLY CONSENT IS A CRIME.



2 Each person has to let the other person know that they want the sexual contact.

This can be through words (like “yes”) or actions (e.g., nodding yes, willingly responding to the activity). This consent should be given **BEFORE** any sexual contact and consent can be withdrawn at **ANY TIME**. Be careful not to assume anything – just because someone isn't saying “no,” that does not mean they are saying “yes!”

IF YOU AREN'T SURE IF SOMEONE IS SAYING “YES,” CHECK IT OUT! IT IS UP TO YOU TO TAKE STEPS TO MAKE SURE THE OTHER PERSON IS OKAY WITH WHAT IS HAPPENING.



3 Each person has to be **CAPABLE** of consenting at the time and not have been forced or manipulated into it.

A person who is drunk or on drugs **CANNOT** give consent. A person can be charged with sexual assault if they take advantage of someone who is drunk or high.

SEXUAL ACTIVITY WITHOUT CONSENT IS CALLED SEXUAL ASSAULT.



Getting a person to participate in sexual activity through...

- * Physical Force
- * Manipulation
- * Guilt
- * Deception
- * Persistence
- * Intimidation
- * Bullying
- * Intoxication
- * Threats

...is **NOT** considered consent.

Remember -
A person
cannot
consent if:

- * They are drunk or high
- * They are passed out
- * They are sleeping



Did You Know?

Sexual contact should be enjoyed by both people and not done just to make one person happy.

Sexual Assault Stinkin' Thinkin' - Not TRUE!

- If she is drunk or high and is flirting with guys, then she wants it
- It's none of my business
- I thought he was just joking around
- She seemed into it
- To show someone you like them, you have sex with them
- It just went a little too far. It's not a big deal

THE PERSON WHO COMMITS SEXUAL ASSAULT IS ALWAYS THE ONE WHO IS RESPONSIBLE. IT IS NEVER SOMEONE'S FAULT FOR BEING SEXUALLY ASSAULTED, NO MATTER WHAT.



Quiz: True or False

1. A person who says “no” really just wants you to try harder. True False
2. It is not okay to get someone drunk then try to have sex with them. True False
3. Consent is required for all sexual contact. True False
4. If the other person doesn't say the word “no” then that means they consented. True False
5. A 14-year-old and a 17-year-old are able to consent to sexual contact with each other. True False
6. You don't need to worry about consent if you've made out with the person before. True False
7. If both people are the same age, they don't have to worry about consent. True False
8. A person can mean “no” with an action like turning away. True False
9. Once you're over 16 you can consent to sexual contact with anyone. True False
10. It is okay to assume the other person is consenting if that person isn't fighting back. True False



* Check your answers on page 28

Multiple Choice

1. Consent is:

- a. Required before any sexual contact.
- b. Something that both people must give and be able to give.
- c. Making sure the other person says or shows they want to have sexual contact.
- d. Something that can be taken back at any time.
- e. All of the above.

2. Which of the following people might be in a position of trust or authority over you?

- a. An employer
- b. A teacher
- c. A coach
- d. A family member
- e. All of the above

3. In which of the

following situations is consent possible?

Assume that none of the scenarios involve a position of trust or authority, relationship of dependence, or exploitation (as described on page 16).

- a. Both people are 14, but one person has been drinking.
- b. One person is 16 and the other is 13.
- c. One person is 12 and the other is 11.
- d. One person is 19 and the other is 16.
- e. One person is 21 and the other is 15.
- f. None of the above.

* Check your answers on page 28



Sexual Violence

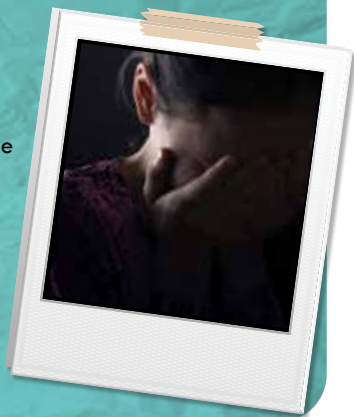
What is harmful sexual behaviour?

Harmful sexual behaviour ranges from inappropriate sexual attention and comments to inappropriate and/or unwanted sexual touching and sexual touching causing injury.

- ✳ Slapping someone's butt
- ✳ Snapping someone's bra
- ✳ Spreading sexual rumours about someone
- ✳ Randomly sending sexually graphic pictures, messages, and/or videos to someone
- ✳ Taking sexual advantage of someone who is drunk or vulnerable

Examples of harmful sexual behaviours:

- ✳ Shouting sexual comments or making noises at someone
- ✳ Making sexual comments about someone's body even if only to make your buddies laugh



Possible impacts of sexual harm

This may include:

- ➔ Difficulty trusting people
- ➔ Feeling depressed and anxious
- ➔ Changes in behaviour
- ➔ Feeling insecure
- ➔ Feeling scared
- ➔ Feeling angry
- ➔ Having trouble sleeping
- ➔ Not feeling anything - numbness
- ➔ Regular headaches and/or stomach aches

Humiliated!

Today, my friend was totally humiliated. I feel really bad for her. We stopped by the drop-in centre by our school today and one of the youth leaders totally embarrassed her. I couldn't believe it! Everyone really likes him, but I think he is weird. In front of everyone, he says, "Hey, Sarah, I hear you're a hockey puck." At first none of us understood what he meant. Sarah joked back with him and asked him what he was talking about. He looked at her and said, "The guys tell me you get passed around the hockey team." Everyone started laughing. Sarah's face turned white and she was really quiet for the rest of the afternoon. I can't believe he said that to her! It was so mean and sort of creepy! He is an adult... weird! Should I do something?

RESPONSE:

What happened to your friend wasn't okay. The behaviour of the youth leader is sexual harassment. Encourage your friend to tell a safe adult who can help her report what happened at the drop-in centre. The youth leader needs to be spoken to about his behaviour so he doesn't do it again to anyone. When something happens that feels embarrassing, it can be difficult to talk about it with an adult. Your friend may need you to help and be the one to talk to a safe adult about it.

What prevents people from getting involved in helping people at parties?*

- * They think other people are okay with it
- * They think someone else will do something about it
- * They are worried about causing trouble and being targeted
- * They do not know what to do



WHAT WOULD YOU DO TO HELP IF YOU SAW SOMETHING HAPPENING TO SOMEONE THAT WAS WRONG?

#DOTHERIGHTTHING

*In consultation with Keith Kaufman, 2012

Some facts about alcohol:*

- ➔ Alcohol affects your senses, thoughts, emotions, and behaviour. It impairs perception and judgment, making it harder to interpret other people's words and actions. This can increase the risk of being a victim or perpetrator of sexual assault.
- ➔ It takes about 30-60 minutes for **an adult** to absorb and eliminate one standard drink.
 - * A 1.5 ounce shot of 40% liquor, a standard glass of wine (five ounces), a can of beer, or a bottled/canned cooler that has 5% alcohol, all contain the same amount of alcohol and are considered a standard drink.
- ➔ Caffeine and energy drinks won't sober you up. Caffeine and energy drinks are stimulants and alcohol is a depressant. The only thing that will make you sober is time.
- ➔ Adding alcohol to energy drinks may be dangerous. Fatigue is one of the ways the body tells someone they have had too much to drink. The stimulant effects from an energy drink can prevent a person from realizing how intoxicated they are.
- ➔ When people drink to the point of being unresponsive (passed out) or delirious, they are suffering from alcohol poisoning. Leaving them alone to "sleep it off" can have catastrophic consequences.



FYI: ALCOHOL AND DRUGS PLAY A SIGNIFICANT ROLE IN SEXUAL ASSAULTS AGAINST TEENS.**

*Some adaptation from *Do You Know... Alcohol*. 2012. Centre for Addiction and Mental Health

**In consultation with Keith Kaufman, 2012

The Law - It is a BIG Deal

The following briefly describes certain criminal offences to help give you a general understanding of the type of behaviour that could be illegal and result in charges by police. The descriptions are NOT comprehensive.

Unwanted or Illegal Sexual Contact

- * **Sexual Assault** is any sexual contact **without lawful consent** (e.g., kissing or touching without permission). It is even more serious if violence or a weapon is involved.
- * **Aggravated Sexual Assault** is a sexual assault where the person assaulted is seriously hurt or in danger of dying during or after the assault.
- * **Sexual Interference** is any touching of a person under 16* for a sexual purpose. It includes indirect touching, such as with an object.
- * **Invitation to Sexual Touching** is encouraging a person under 16* to touch themselves or someone else for a sexual purpose (whether in person or online). It includes indirect touching, such as with an object.

** For the offences of sexual interference and invitation to sexual touching, when both people are close enough in age AND have consented, charges may not be laid. Refer to the age of protection (age of consent) table on page 15.*

*** An example of a person in a position of trust or authority is a parent, guardian, teacher, coach, boss, priest, etc. See page 16 for more information on dependency and exploitation.*

- * **Sexual Exploitation** is when a 16- or 17-year-old is touched by or encouraged to touch themselves or any other person for a sexual purpose by a person who is:

- ➔ In a position of trust or authority** over the young person
- ➔ A person upon whom the 16- or 17-year-old is dependent on in some way
- ➔ Exploiting the young person in some way

- * **Online Luring** is a situation where one person (typically an adult but not always) communicates with a young person through technology, like texting, direct messaging, or emailing, to make it easier to commit a specific sexual offence against that young person.

An example of a communication that could qualify as online luring is if the person asks, hints at, or tries to convince the young person to create or send naked or semi-naked sexual pictures or videos.

With online luring, communications may not start out sexual. They may seem friendly or casual at first and then evolve into sexual subjects (e.g., the other person describing or sharing details of sexual acts or fantasies). The other person may also randomly send sexual pictures of themselves or other people. Common questions asked where it is an adult luring a youth can include: "Are you a virgin?", "What colour bra/underwear are you wearing?", "Are you okay with how old I am?"

- * **Making Sexually Explicit Material Available to a Person under 18** is showing or sending material like pornography to a child to make it easier to commit a sexual offence against the child.
- * **Agreeing or Arranging to Commit a Sexual Offence against a Person under 18** through technology, like texting, direct messaging, or emailing, is also prohibited by law.
- * **Homeowners and Building Managers** cannot knowingly permit people under 18 to engage in illegal sexual activity within their home or building.
- * **Flashing** is where a person exposes their genitals to a person under 16 for sexual reasons.
- * **Offences related to the commercial sexual exploitation of children and youth.** It is an offence to exchange money or other things, like drugs or alcohol, for any type of sexual activity with a person under 18, or to live on the profits of a young person's sexual activity. This includes parents and guardians. It is also an offence to direct, control or influence someone to engage in sexual activity in exchange for money or other things.

Acts That Make Others Feel Unsafe

- * **Harassment** is doing or saying something that makes someone else scared for themselves or someone else (e.g., making threats, stalking, repeatedly texting/emailing, constantly following).

- * **Blackmail (extortion)** is getting a person to do something, like pay money, go on webcam, by making threats or being violent (e.g., pushing, shoving, yelling).
- * **Uttering Threats** is threatening to hurt someone, damage their property, or hurt an animal they own.
- * **Intimidation** is being violent or making threats of violence against a person, someone in the person's family, or the person's property in order to get a person to do something or stop doing something.
- * **Counselling to Commit Suicide** is encouraging another person to take their own life.

Acts that Hurt the Reputation of Another Person

- * **Defamatory Libel** is publicly making statements about another person that are likely to hurt their reputation or cause others to treat them badly or ridicule them (e.g., posting online that another person is a racist).
- * **Pretending or claiming to be someone else** (living or dead) to benefit yourself or someone else, to hurt the person you are pretending to be, or to hurt another person.

Acts that Violate Privacy

- * **Non-consensual Distribution of Intimate Images** is when someone has a private sexual/intimate picture/video of someone and they share it on purpose without the person's consent.
- * **Voyeurism** is secretly observing or recording a person who reasonably believes their actions are private and:
 - ➔ who is in a place where the person might be expected to change or remove clothing (e.g., bedroom, bathroom, change room, cabin, tent) OR
 - ➔ who is all or partially naked or engaged in sexual activity at the time OR
 - ➔ is for sexual reasons

Illegal Pictures and Videos

- * **Child Pornography** is any naked or semi-naked sexual picture or video of a person under 18, or of a person under 18 engaging in a sex act. It is illegal to view, keep, send, post, or take such pictures or videos.

Uncomfortable Situations

Why uncomfortable situations can be difficult

When you really like a person, it can feel uncomfortable telling them you aren't okay with something they want to do. Some people feel uncomfortable being direct and saying "no!" or "stop it!" Reasons can include:

- * It feels embarrassing
- * It feels awkward
- * The situation is confusing
- * You don't want the person to be mad at you
- * You still want the person to like you
- * You are worried about what the person might do to you
- * You are worried about what the person might say to other people
- * You enjoy some things but not everything and you don't know how to say that

These are all understandable reasons why people may feel uncomfortable about being direct when it comes to sexual activity.

Tips for Dealing with Uncomfortable Situations:

- ➔ **Be direct — say it like it is** — In some situations, just saying "no" without arguing and/or explaining your reasons is the best response. For example, "I don't want to," "I'm not okay with this," or "Stop." Remember, no means no, and does not require an explanation.
- ➔ **Be honest** — Healthy relationships are respectful and honest. Being honest with yourself about what you want and don't want is important. For example, "I would rather take it slow" or "I am not comfortable with that."

- ➔ **Be politely assertive** — For example, “*I am not ready to do that.*”
- ➔ **Use humour** — Sometimes humour can turn the attention away from you and onto something else.
- ➔ **Make an excuse for why you can't** — Tell the person that you have something else you have to do. For example, “*I can't stay – I have to go now.*”
- ➔ **Blame your parents** — For example, “*My parents are really strict – I can only have people over until 8:30 p.m. on school nights.*”
- ➔ **Repeat yourself, if necessary** — If the person is not listening and they are being pushy, then push back. Rather than giving in, repeat your answer again. You can take control back by being firm with your response. Don't change your mind because they are bugging you.
- ➔ **Leave** — Slip out of the situation with no explanation.

What are some other examples of ways to get out of an uncomfortable situation?

1.

2.

3.

**DO NOT LET YOURSELF
BE PRESSURED INTO
DOING ANYTHING
YOU ARE NOT
COMFORTABLE WITH.
SEXUALLY HEALTHY
RELATIONSHIPS
ARE RESPECTFUL.**

Answer Key

Quiz: True or False? (page 3)

Both answers are True

Quiz: True or False (page 16)

All answers are False.

Quiz: True or False? (page 19)

Questions 2,3,5 and 8 are True

Questions 1,4,6,7,9 and 10 are False

Quiz:

Multiple Choice
(page 20)

1. e.

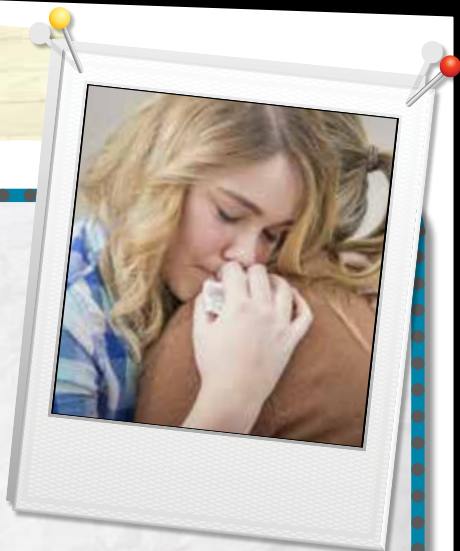
2. e.

3. d.

Getting Help

Helping Friends

People often confide in a close friend if they have something difficult to share. If a friend tells you something has happened to them that might be abuse or an assault:



- * Listen to your friend
- * Believe your friend
- * If your friend tells you to keep it a secret, tell your friend that this is too serious to handle without help from an adult
- * Offer to go with your friend to tell an adult what happened
- * If talking to an adult as the first step is too overwhelming for your friend, suggest writing a note or an email to their parent or another safe adult explaining what's happening and asking for their help
- * Tell your friend that what happened to them is not their fault
- * Help your friend choose a supportive adult to tell
- * It may also be helpful for your friend to practice what they are going to say before approaching a supportive adult. They may want to make notes about what they want to say and discuss it with you. This may help your friend figure out how to approach a supportive adult
- * If your friend is reluctant to tell an adult, give them some time to think about it. If they do not change their mind, then you need to get help from a supportive adult

WHAT YOUR FRIEND HAS TOLD YOU IS PRIVATE. IT IS NOT FOR EVERYONE TO KNOW. THE INFORMATION SHOULD ONLY BE TOLD TO PEOPLE WHO CAN HELP.



There are options for where teens can go to get help. Some options include:

- * Family members can offer guidance, support, and be an important advocate. While it may be difficult to tell parents or another safe adult about what happened, it is important. Remember, it's a parent's/guardian's job to help keep you safe so while they may be upset, they should also be concerned about what has happened and help you figure out how to deal with it.
- * In some situations, there may be reasons why talking to a parent/guardian may not be an option. In those situations, speak with another safe adult (like a teacher, coach or relative) about what's happening.
- * If unable to identify a safe adult to talk to, contact **Kids Help Phone (1-800-668-6868 or kidshelpphone.ca)** or find a counsellor in your area (e.g., school guidance counsellor, drop-in community counselling). A counsellor may be able to help you make decisions about what to do next.

You can make a difference: #DoTheRightThing

WHAT YOU CAN DO:

- ✓ Take a stand on what you believe in
- ✓ Challenge sexist or harmful statements made by friends or peers
- ✓ Expect people to be treated with respect
- ✓ Don't stand by and watch when you know that what is happening is wrong
- ✓ If someone is intoxicated make sure they get home safely
- ✓ Do not leave a friend alone who has been drinking or is high
- ✓ Together, with other friends, call someone out on their behaviour if they are taking advantage of someone
- ✓ Have empathy for people. How would you feel if that was you or your sister?
- ✓ Take sexual assault seriously
- ✓ Speak out if you notice something concerning
- ✓ Do the right thing. Don't walk away. Say something, interrupt, get help
- ✓ Believe people
- ✓ Support people
- ✓ Make an anonymous call to a parent if you are worried about someone at a party
- ✓ If you are concerned about someone's safety, call the police

BE SAFE:

- ✓ Use the Buddy System and look out for friends at parties
- ✓ Don't leave drinks unattended
- ✓ Trust your instincts
- ✓ Involve an adult if necessary



CANADIAN CENTRE for CHILD PROTECTION®
Helping families. Protecting children.

protectchildren.ca

The Canadian Centre for Child Protection is a registered Canadian charity that provides programs and services to help reduce the incidence of child sexual exploitation. Here are two other resources you may be interested in:

NeedHelpNow.ca™

NeedHelpNow.ca is designed to provide information to youth who have been negatively impacted by a sexual picture/video being shared by peers. The goal of the site is to provide teens with practical steps they can take to regain control over the situation. For more information, visit needhelpnow.ca.

cybertip!ca®

Cybertip.ca is Canada's tipline to report the online sexual exploitation of children. Any sexual picture/video on the Internet involving a person under the age of 18 can be reported to Cybertip.ca.

"CANADIAN CENTRE for CHILD PROTECTION" and "Cybertip!ca" are registered in Canada as trademarks of; and "NeedHelpNow.ca" and "It is a Big Deal" are used in Canada as trademarks of; the Canadian Centre for Child Protection Inc.

All third party trademarks are the property of their respective owners.