

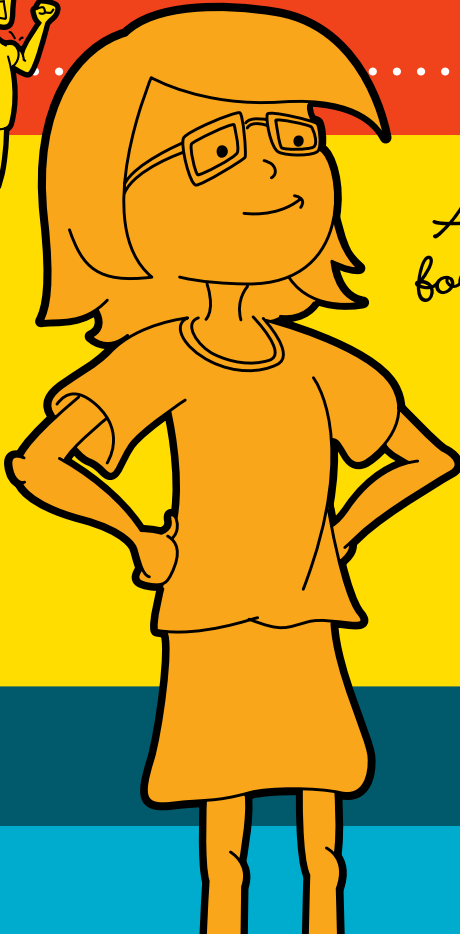


CANADIAN CENTRE *for* CHILD PROTECTION®

*Helping families. Protecting children.*



# Be SMART,<sup>TM</sup> STRONG & SAFE



*Activity Book  
for ages 10 & 11*



The purpose of this activity book is to teach you about healthy boundaries and how to be safe. Paying attention to strange behaviours and situations will help increase your safety.



**Make sure you talk to safe adults if you're unsure about something.**



## WHERE TO GO IF YOU OR A FRIEND NEEDS HELP:

- If there is an emergency, **call 911** or your local emergency number.
- If you need to talk to someone and don't want to give your name, call Kids Help Phone at **1-800-668-6868** or go to: **[kidshelpphone.ca](http://kidshelpphone.ca)**.
- If something inappropriate or uncomfortable happens online, report it at **[cybertip.ca](http://cybertip.ca)** or call toll-free at **1-866-658-9022**. 

**cybertip!ca**<sup>®</sup>

Cybertip.ca is Canada's national tipline where you can report concerns about kids being harmed on the internet. This can include:

- Kids sending or posting naked pictures of themselves or others online
- Coming across naked pictures of kids while online
- An adult communicating with kids online, asking them to send naked pictures, perform sexual acts, or meet in person

This booklet was made possible with support from:



**Government  
of Canada**

**Gouvernement  
du Canada**

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# TRUE, FALSE OR IT DEPENDS

Read the statements below and circle whether it is true, false, or if it depends.

1	It's okay to take pictures of people and share the pictures with others without their permission.	True False It Depends
2	It's illegal for an adult or older teenager to send you naked pictures of themselves.	True False It Depends
3	What you share online is private.	True False It Depends
4	It would be cool for a 12-year-old to date a 19-year-old.	True False It Depends
5	Pornography is about healthy relationships.	True False It Depends
6	If you promise to keep a friend's secret, you should never tell anyone, not even an adult.	True False It Depends
7	If an adult, even one you like, makes you feel uncomfortable, you should tell safe adults about it.	True False It Depends
8	If you think your friend is doing something unsafe or is being abused by an adult, you should tell safe adults, even if your friend tells you not to.	True False It Depends
9	It takes a lot of courage to talk to an adult about something you feel bad about.	True False It Depends
10	Adults and older teenagers know that it's wrong to touch a younger child's private areas.	True False It Depends
11	It's inappropriate for an adult to show favouritism to one child over another.	True False It Depends

check your answers on page 20

# WHO ARE SAFE ADULTS?

Sometimes it can be confusing to know who you can go to for help. Learning how to identify safe adults in your life who you can go to if you're feeling uncomfortable or need advice is important. Safe adults are people who make safe decisions around children, protect them and engage in safe behaviour around them. Look at the statements below and circle whether it describes safe or unsafe behaviour.

1	An adult calls kids out on their behaviour when they step over the line.	Safe	Unsafe
2	An adult shows appropriate boundaries with kids.	Safe	Unsafe
3	An adult plays touching games with kids.	Safe	Unsafe
4	An adult asks kids to play games that seem weird and inappropriate – games kids would feel embarrassed to tell other people about.	Safe	Unsafe
5	An adult coaches children and helps them improve their skills.	Safe	Unsafe
6	An adult shows kids inappropriate movies and lets them break rules that their parents or other adults wouldn't.	Safe	Unsafe
7	An adult asks kids to do things that other healthy adults would not.	Safe	Unsafe
8	An adult threatens to hurt someone.	Safe	Unsafe
9	An adult helps kids when they need it and respects their boundaries.	Safe	Unsafe

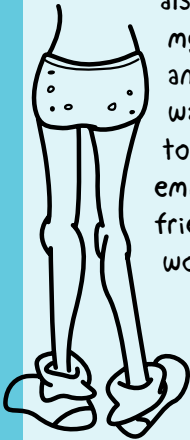
REMEMBER: an adult can be fun to be around, but if they ask children to do things that are uncomfortable or inappropriate, that is unsafe behaviour.

## LUCKY BREAK!

I have a friend who is really pretty. I think she could be a model. She loves having her picture taken and poses for them all the time. She likes to pose on video chat for people that she doesn't know. I think she likes it when people tell her how pretty she is. My friend has never modelled in her life, but she wants to.

She was so excited yesterday because she was messaging with this woman who works for a modelling agency. The woman told her that she could help her become a model. She asked my friend whether she had ever posed in front of a camera or ever done a photo shoot.

The woman my friend met asked her to video chat so she could see what my friend looked like. My friend did and the woman said she was really pretty. She said she could help her become a famous model. The woman also wanted to see a sexy picture of her, so my friend needed to pose for her in a shirt and underwear. The woman said if my friend was serious about being a model she needed to be able to do it. Can you believe it? How embarrassing! What I can't believe is that my friend did it! I could never do that – I guess I wouldn't make it as a model!



Jealous  
age 11

It is **ALWAYS** okay to go to safe adults for help, even if you do something you feel is wrong.

It is **NEVER** a child's fault when an adult makes them uncomfortable or does something they shouldn't.

*Dear Jealous,*

Your friend was tricked! What happened to her is wrong. There is no way this woman was a real modelling agent since no real modelling agent would ask her to do that. Your friend needs help from safe adults so that this doesn't happen again. This needs to be reported to [Cybertip.ca](http://Cybertip.ca).

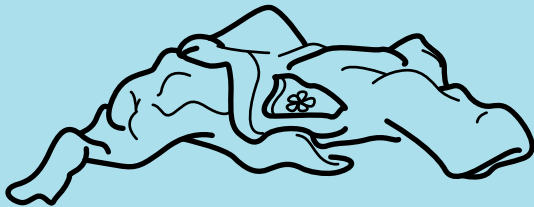
*Stay safe,  
Kate*

## WHAT'S WEIRD?

Find at least 3 things that seem weird about what happened to Jealous' friend:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

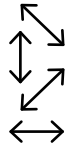
compare your answers to the ones on page 20



# VOCABULARY: WORD SEARCH

Try to find all of the hidden words in the puzzle below.

**Remember:** words can be diagonal, vertical, horizontal, forward or backward.



APPROPRIATE  
BOUNDARIES  
PEEPING TOM

SAFE  
PUBLIC  
FLASHER

TRICK  
SECURE  
PRIVATE



check your results on page 20



# CONFUSED



I don't know what to do. My friend told me about something that happened to him last year and it was really awful. I am not sure if I should tell my mom because he made me promise not to tell anyone. He said he would hate me if I told.

A friend of his family spends a lot of time with him, taking him to fun places. The family friend takes him hunting, out to movies and even on trips. Last year he took him camping and when he woke up in the middle of the night, my friend said his pajamas were off and the man was touching him. He said that he ran out of the tent. The man said he was sorry and has never done it again. My friend told me not to tell anyone because he knows that he won't be allowed to see the man anymore if his mom finds out. I don't know what to do.

WHAT WOULD YOU DO??

Confused friend  
age 12

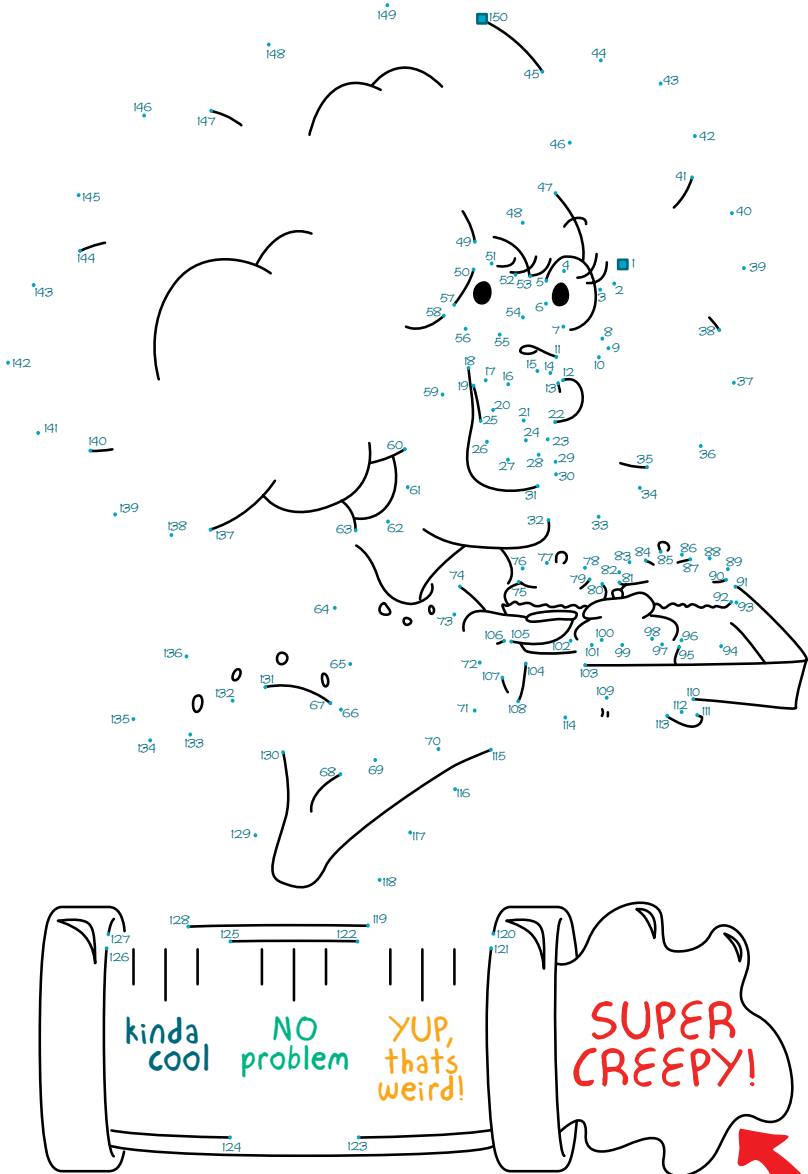
*Dear Confused Friend,*

What happened to your friend is abuse. Your friend was very brave for telling you! This can be very hard to share with someone. I understand how you must be confused about what to do. It is important to remember that what this adult did is not okay. You need to tell safe adults what happened so that your friend gets support and so that this doesn't happen to another child. Let your friend know that this man needs help to stop this type of behaviour.

*Stay safe,  
Kate*

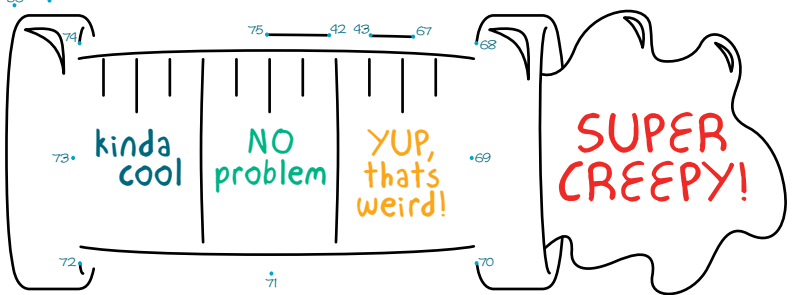
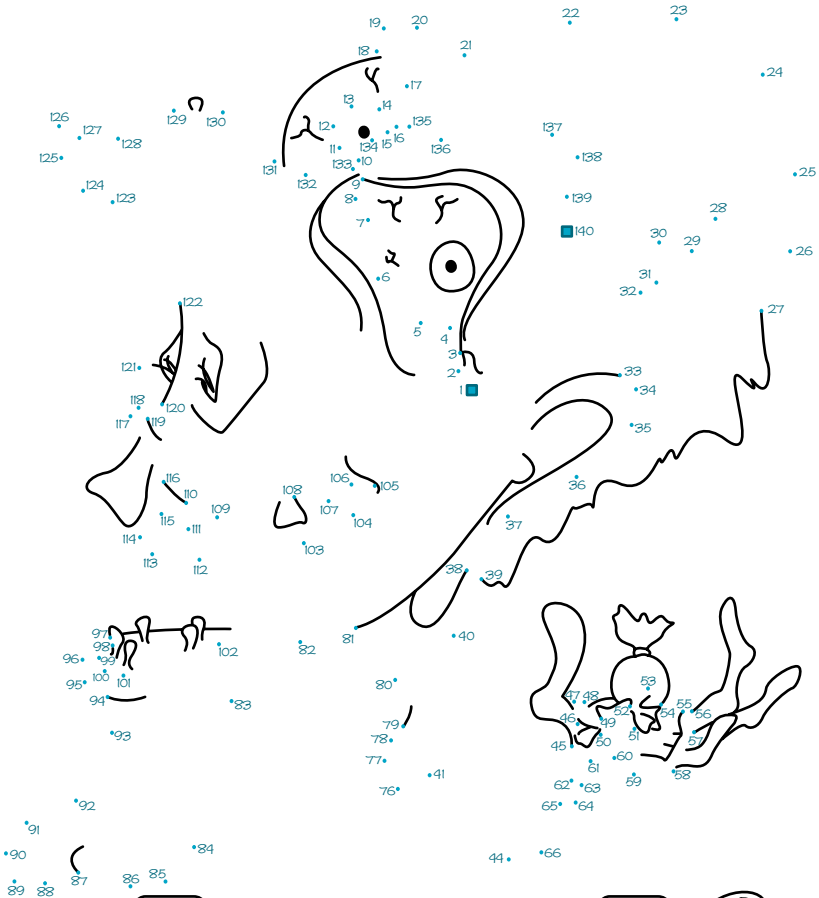
# the CREEPY METER

Connect the Dots to find out what's going on here.



How creepy is this to you? Why?

Turn the page to find out more about the  
**CREEPY METER**



What about this one? Why?

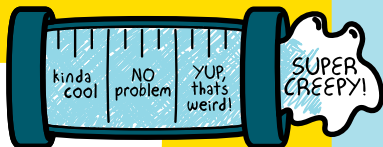
# CREEPY METER

FACTS

Did you know?



Just because someone looks weird or is different looking **DOESN'T MEAN THEY ARE UNSAFE!**



Just because someone is friendly **DOESN'T MEAN THEY ARE A SAFE PERSON!**



**YOU CAN'T TELL IF SOMEONE IS SAFE OR UNSAFE BY THE WAY THEY LOOK!**

Paying attention to weird behaviour, getting out of dangerous situations where you feel uncomfortable, and telling safe adults about how you felt will help you stay safe.

## PAY ATTENTION TO weirdness FROM AN ADULT OR SOMEONE OLDER THAN YOU WHO IS:

- **pressuring you** to do something that you do not want to do
- saying or doing things that make you **feel uncomfortable**
- **scaring you**
- giving you attention that makes you feel **singled out** from others
- telling you that **secret touching** is okay
- wanting to give you drugs or alcohol
- wanting to take pictures of you in private (**secret pictures**)
- not willing to take **NO** for an answer
- pressuring you to **spend time alone** with them
- wanting to be in a dating relationship or acting like they are with you

## WHAT TO DO ABOUT weirdness:



### TELL SAFE ADULTS ABOUT IT.

Weird things you notice that people do should be shared with safe adults you know who can help you. This can be awkward, but it's important not to try to handle it on your own. Even if you are with a friend, safe adults should be told.

# EMBARRASSING MOMENTS

Unbelievably close call! I was searching for music videos online last night and I came across naked pictures of people. At first I thought it was kind of funny so I looked at one picture, but when I clicked on it there were way more pictures. The next morning my mom went online and saw what I was looking at the night before. She was really upset. I hope she doesn't tell my dad! HOW EMBARRASSING! How would you feel?

Coming across pornography can easily happen online and can make you feel uncomfortable. Remember that pornography isn't real and that the people are actors.



My hockey team had an **AMAZING** season. We won the city championship! To celebrate, we had a party at my hockey coach's house. Just the guys from the team went; none of our parents were there. We went into the hot tub and then we ordered pizza and watched movies. One of the movies was inappropriate.

**My parents would NEVER let me watch a movie like that!** It was really uncomfortable and embarrassing!

My coach told us not to tell our parents because we would get him into trouble. It seems so weird.

Why would an adult let us do something that he knows our parents would be mad about?

**THAT'S WEIRD!**

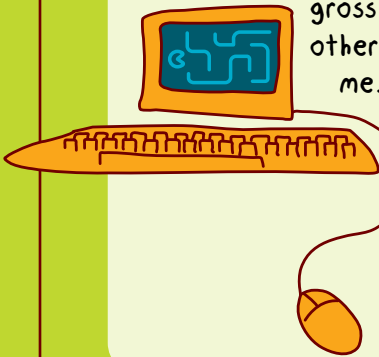
Watching pornography can be harmful. It often depicts unhealthy relationships!

**YOUR THAT'S WEIRD! RADAR SHOULD BE GOING OFF!**

**TRUST YOUR INSTINCTS! TELL SAFE ADULTS ABOUT WHAT HAPPENED.**

# CREEPY!

I was playing a game online tonight and I started chatting with this guy. He seemed really nice, but then he told me he was 19 years old. He said that he wanted to be my boyfriend because I was awesome. I told him, “**Forget it!**” But he wouldn’t listen. He started begging me to be his girlfriend. Can you believe it? Something is seriously wrong with this guy. How gross is that? He told me that he had other 12-year-old girlfriends before me. He said I was really mature for my age. I blocked the guy and went and watched TV! If my parents ever found out, I would be grounded forever.



**Grossed Out**  
age 10

*Dear Grossed Out,*

Way to go! You did the right thing. If someone makes you uncomfortable you need to block them right away. Keep up the good work! This is something you need to tell safe adults so that they can take action to protect other kids. It is illegal for an adult to date or behave sexually with kids. What this adult did is wrong.

*Stay safe,  
Kate*

Sexual attention from an adult is **NEVER** okay – it is always the adult that should protect children.

# WHAT'S WEIRD?

Find at least 3 things that seem weird about what happened to *Grossed Out*:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

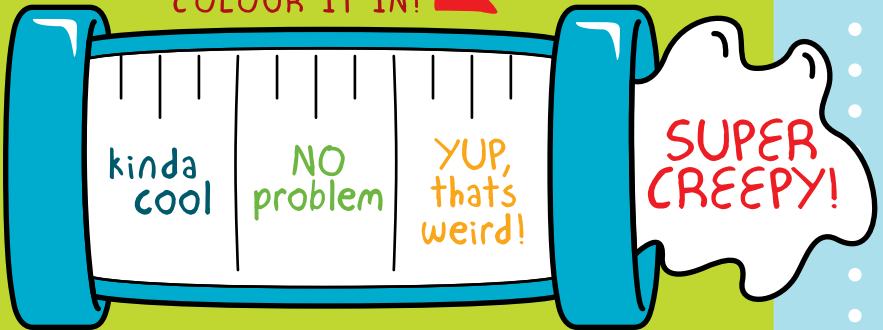
**Did *Grossed Out* do the right thing? Explain.**

compare your answers to the ones on page 20

## The CREEPY METER

HOW DOES THIS STORY RATE ON **YOUR** CREEPY METER?

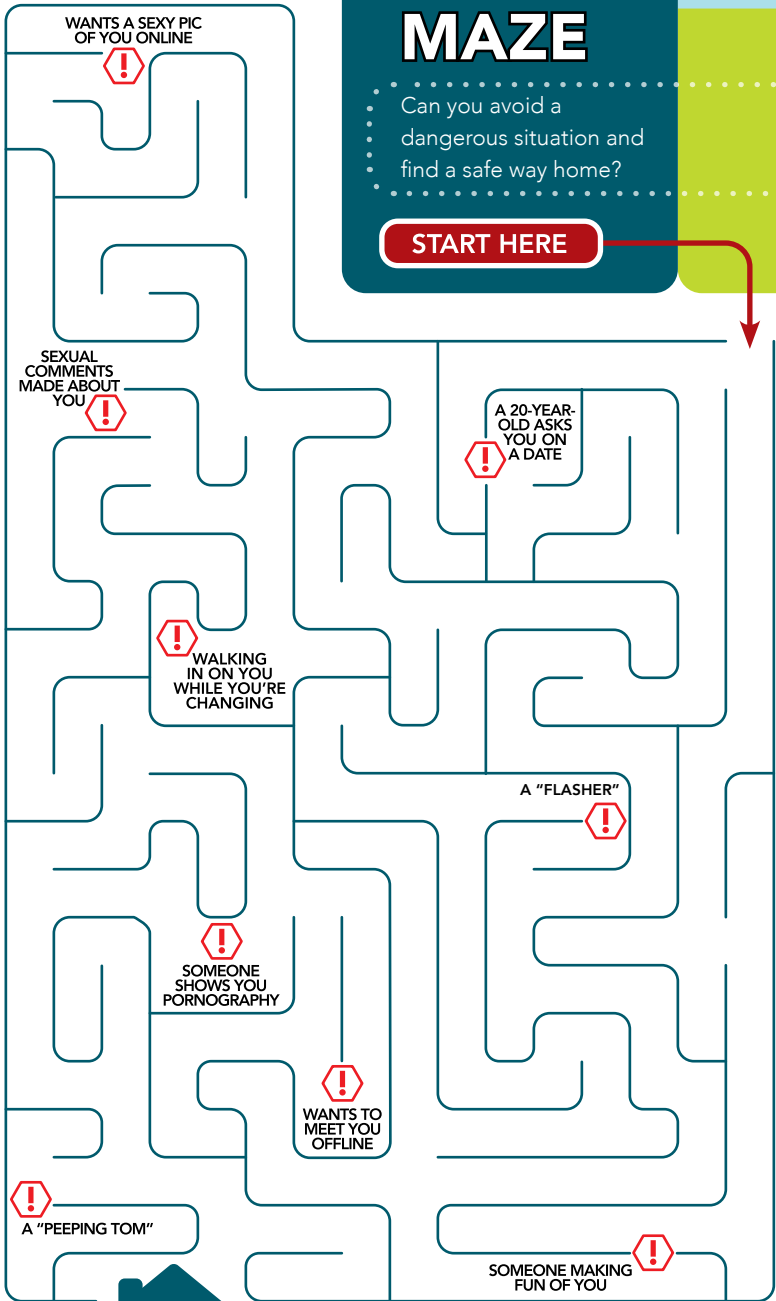
COLOUR IT IN!



# MAZE

Can you avoid a dangerous situation and find a safe way home?

**START HERE**



check your results on page 20





## Awesome TIPS:

★ If someone makes you feel uncomfortable or you know something has happened that is wrong, **it's okay to tell safe adults about it** — even if you didn't tell the person to stop or you enjoyed parts of it. It's **NEVER** a child's fault when someone touches them inappropriately or asks them to do inappropriate things.

★ A caring touch from a safe adult that doesn't make you feel uncomfortable, like a hug, is **healthy and important**.

★ It's okay to tell safe adults about something another person does that makes you feel uncomfortable or awkward, **even if that person seems very important** and is really liked by your family.

★ It can be really confusing when an adult or someone you really like does something that you feel bad about, but it's an adult's job to help protect you. Some people need help so that they stop treating kids inappropriately. **It's okay for you to tell safe adults about anything you are unsure about.** It's always best to check things out .

**TRUST YOUR  
INSTINCTS!**

# HEALTHY OR UNHEALTHY BOUNDARIES?

Setting personal boundaries can feel uncomfortable and awkward, but everyone has a right to set personal boundaries. Healthy boundaries include respecting people's limits about what they are comfortable doing or what they do not want to do.

## Healthy BOUNDARIES

- Respect private space around people's bodies
- Respect private space around people's personal things
- Remember people's right to privacy when they are changing, showering, in the bathroom, etc.
- Private areas are private
- Private thoughts are private
- Personal information is private

Did you know that ridiculing someone because of their body, thoughts or behaviour represents unhealthy boundaries?

Did you know that sharing private information publicly is an example of unhealthy boundaries?

## UNHEALTHY BOUNDARIES

- Grabbing, pulling or hitting someone
- Touching someone when they have asked you not to
- Touching someone's private areas
- Asking someone personal questions when you do not know them well
- Telling people personal information when you do not know them well
- Asking someone personal questions in front of other people to embarrass them
- Making sexual remarks to someone
- Making fun of someone
- Peeking at someone in the bathroom
- Walking in on someone changing
- Taking someone's personal things without permission



# QUIZ

Read the following examples and check off whether the boundaries are **Healthy** or **Unhealthy**. If the boundaries are unhealthy, explain what behaviour is not okay.

1. Sarah's pencil broke so she reached into Brooke's desk and took one of her pencils.

HEALTHY BOUNDARIES       UNHEALTHY BOUNDARIES

*If unhealthy, what about the behaviour is not okay?* \_\_\_\_\_

2. While Scott was in his house, Jennifer and Kate thought it would be funny to spy on him through a window.

HEALTHY BOUNDARIES       UNHEALTHY BOUNDARIES

*If unhealthy, what about the behaviour is not okay?* \_\_\_\_\_

3. Brent scored a hockey goal so his coach patted his helmet and said "Nice job!"

HEALTHY BOUNDARIES       UNHEALTHY BOUNDARIES

*If unhealthy, what about the behaviour is not okay?* \_\_\_\_\_

4. Emma shared private information about her parents getting divorced with her best friend May. The next day May asked Emma about it in front of other kids at school.

HEALTHY BOUNDARIES       UNHEALTHY BOUNDARIES

*If unhealthy, what about the behaviour is not okay?* \_\_\_\_\_

5. Jenny was very excited about her new cell phone. She took it to school and was taking funny pictures of other students and later posted those photos online along with the names of the students in the pictures.

HEALTHY BOUNDARIES       UNHEALTHY BOUNDARIES

*If unhealthy, what about the behaviour is not okay?* \_\_\_\_\_

# WORD ART GRAFFITI



Create your own safety message.  
Try using symbols and words:

# WORD JUMBLE

SEE IF YOU CAN UNSCRAMBLE THESE WORDS:

1 LUBPIC

*hint:* out in the open, people in the community

2 PTEIURC

*hint:* a visual representation of a person, place or thing

3 KITRCNGI

*hint:* to mislead someone and tempt them to do something or go somewhere

4 NIPAIRPPTOER

*hint:* something that is NOT OKAY to do

5 TECSRPE

*hint:* to treat someone with consideration

Use this space to help you figure out what these words are:



WRITE YOUR ANSWERS HERE:

1

2

3

4

5

check your answers on page 20

# ANSWERS:

## TRUE, FALSE OR IT DEPENDS (P2):

1. *It Depends* • 2. *True* • 3. *It Depends* • 4. *False* •  
5. *False* • 6. *It Depends* • 7. *True* • 8. *True* • 9. *True* • 10. *True* •  
11. *True*

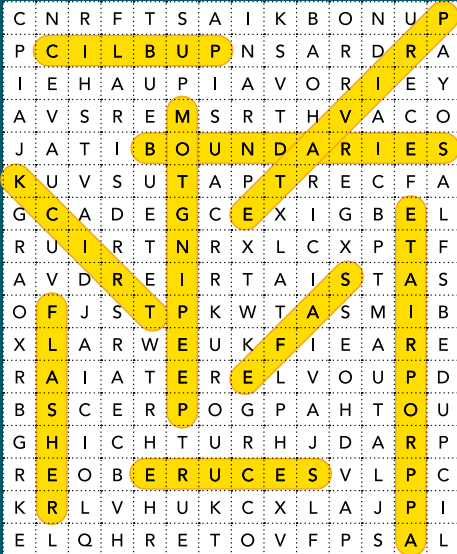
## WHO IS A SAFE ADULT (P3):

1. Safe Behaviour • 2. Safe Behaviour • 3. Unsafe Behaviour •  
4. Unsafe Behaviour • 5. Safe Behaviour • 6. Unsafe Behaviour •  
7. Unsafe Behaviour • 8. Unsafe Behaviour • 9. Safe Behaviour

## "LUCKY BREAK" ANSWERS (P5):

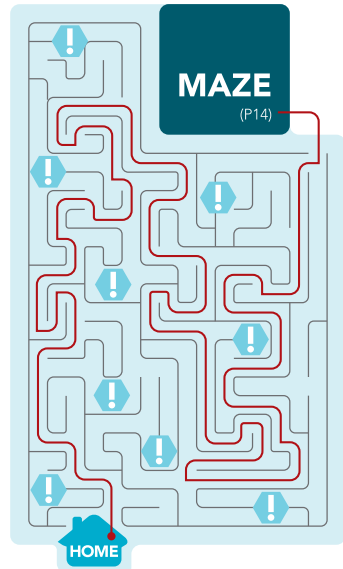
- She met a modelling agent online.
- She poses on video chat, especially for people she doesn't know.
- The adult told her to take a sexy picture of herself.
- The adult didn't ask to speak to her parents.
- The adult told her she could only be a model if she did what she was told to do.

## WORD SEARCH (P6):



## "CREEPY" ANSWERS (P13):

- A 19-year-old wants to date a child.
- He didn't listen when Gressed Out said forget it.
- He said he dated other 12-year-olds.
- Gressed Out didn't tell her parents or other safe adults what happened.



## QUIZ (P17):

1. *Unhealthy* – Sarah didn't get permission from Brooke to borrow a pencil. • 2. *Unhealthy* – Jennifer & Kate did not respect Scott's right to privacy • 3. *Healthy* • 4. *Unhealthy* – May shared Emma's personal information with other people • 5. *Unhealthy* – Jenny shared pictures of other people without asking their permission first.

## WORD JUMBLE (P19):

WORD:	ANSWER:
LUBPIC	PUBLIC
PTEIURC	PICTURE
KITRCNGI	TRICKING
NIPAIRPPTOER	INAPPROPRIATE
TECSRPE	RESPECT

# GLOSSARY:

**Deceit** • Convincing another person to believe information that is not true or is not the whole truth (maybe it's half true).

**Flasher** • Someone who shows their private areas to people in public.

**Instincts** • Signals your body sends to warn you of danger.

**Intrusive** • Not respectful of others' personal space or privacy. It includes asking someone questions that are too personal, such as, "How much money do your mom and dad make?" Intrusion can also be subtle and happen when someone tests another person's personal boundaries by making comments, asking questions or acting in a way that makes them uncomfortable.

**Peeping Tom** • The act of secretly watching someone who is changing or is naked when he or she doesn't know you are there. This includes watching someone through a window or peeking at someone changing.

**Personal boundaries** • A person's own space and privacy. All people need to set personal limits and respect the limits of others.

**Pornography** • Sexually obscene writings, drawings, photographs or videos.

**Private** • Away from the sight, presence or intrusion of others.

**Respect** • Treating others with dignity and expecting to be treated with dignity.

**Secure** • Free from danger or attack.

**Sexual abuse** • Sexual abuse happens when an adult or older person touches a child's private areas (other than when a child hurts a private area and needs an adult's help, such as a doctor or parent). Sexual abuse also includes an adult or older person asking a child sexual questions about their private areas, showing sexual pictures to a child, asking a child to take their clothes off, taking a naked picture of a child or asking for a naked picture. It also includes an adult or older person asking a child to look at or touch their private areas. It can happen on the internet or in real life. It can be forced or not. It can feel bad or uncomfortable and make you scared, but it can also be confusing and even feel good. Any kind of sexual action by an adult or older person towards a child or teenager is illegal.



The Canadian Centre for Child Protection is a charitable organization dedicated to the personal safety of all children. Our goal is to reduce child victimization by providing programs and services to the Canadian public. For more information visit [protectchildren.ca](http://protectchildren.ca).

**cybertip!ca®**

Cybertip.ca is Canada's tipline for reporting the online sexual exploitation of children.

**cybertip.ca**

**missingkids.ca**

MissingKids.ca is Canada's missing children resource and response centre.

**missingkids.ca**

**kids in the know®**

Kids in the Know is a safety education program for children from kindergarten to high school.

**kidsintheknow.ca**

**COMMIT TO KIDS®**

Commit to Kids is a program that helps organizations reduce the risk of child sexual abuse of children in their care.

**commit2kids.ca**



Learn more: [protectchildren.ca](http://protectchildren.ca)



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