



SEXTORTION: WHAT TEENS NEED TO KNOW

SLIDE 1

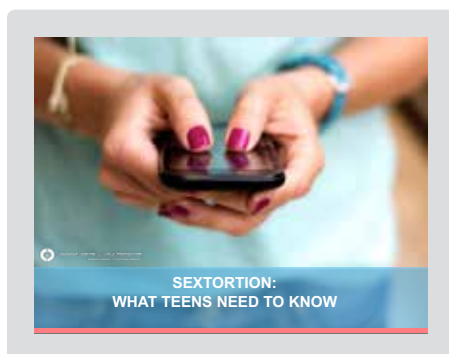
What Teens Need to Know

Start with *Activate Prior Knowledge* activity from the lesson plan.

As a class, brainstorm the following:

- How do youth use the internet?
- What are the benefits of the internet?
- What are the risks with the internet?

→ Continue to the next slide.



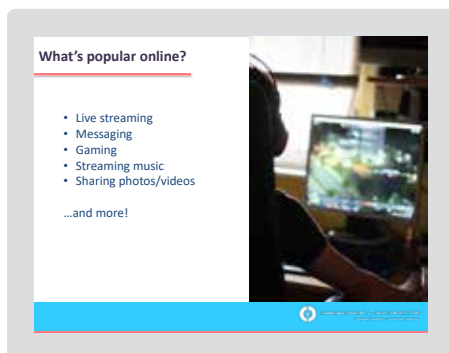
SLIDE 2

Go over the examples of what's popular online. Ask the students to discuss and share what's new and what's outdated.

Speaking Notes

- There are so many things to do online from gaming to chatting with friends through different apps. Because technology is so important, we see emerging issues related to technology that need to be addressed.

→ Continue to the next slide.





What is AWESOME about technology?

- Learning
- Socializing
- Entertaining



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SLIDE 3

Speaking Notes

- Technology is awesome. It helps us learn about different subjects and can help with school projects. It is also great to stay connected or in contact with family and friends that may not live nearby. Finally, it is great for entertainment as you can watch videos or movies through streaming apps and play video games.

→ Continue to the next slide.

What are some RISKS with technology?

- Losing control of personal information or images
- Contact with people online who act inappropriately
- Unhealthy boundaries – people being mistreated online
- Being threatened or blackmailed



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SLIDE 4

Speaking Notes

- We know that with technology comes risks. People can lose control of personal information or images. Anything online is public and youth may lose control of what happens to their posts, comments, or photos once shared online. For example, people can screenshot pictures or comments posted online and then misuse the content to embarrass or exploit youth.
- People can also be in contact with people online that act inappropriately.
- They can experience unhealthy boundaries. It is easier to break boundaries online because people are behind a computer/phone/device. It is important for you to know what your boundaries are and how they may differ online and offline.
- And finally, there are risks of receiving threats or being blackmailed. People can make demands of someone based on the information that is available on the internet.

→ Continue to the next slide.



Some questions that will be answered today:

- ✓ If I have a problem with pictures/videos online, **WHERE** can I get help?
- ✓ What acts are possibly **ILLEGAL** that teens should be aware of?
- ✓ What should I do if I am being harassed or threatened online?



SLIDE 5

Speaking Notes

- Read the slide.

→ Continue to the next slide.

Background: cybertip!ca

Canada's tipline to report the online sexual victimization of children

Cybertip.ca:

- Receives reports from youth and adults about the online sexual victimization of children
- Works with law enforcement across Canada
- Provides help to Canadian families

Over the last several years, the tipline has received reports from youth who:

- Have been negatively impacted by a sexual picture/video online
- Have been harassed with messages from peers
- Feel out of control with a situation online

SLIDE 6

Background Information

The Canadian Centre for Child Protection operates Cybertip.ca® – Canada's national tipline to report child sexual abuse and exploitation on the internet, as well as other prevention and intervention services to the Canadian public.

In addition to reporting, Cybertip.ca also responds to close to 100 requests for information or educational assistance per month, and receives more than 20,000 visits to educational pages per month on average.

Speaking Notes

- Read the slide.

→ Continue to the next slide.



TRUE OR FALSE?

Stand up or raise your hand if you think the following statements are

FALSE

SLIDE 7

True or False Activity

Going through the *True or False* activity together as a class gives you the opportunity to debunk some common myths and highlight some of the issues that youth are currently facing. This exercise can generate some great conversations with kids.

When going through the statements as a class, you may want to have the students stand up or raise their hand if they think the statement is false, and address some questions or comments the students may have. Or you can choose to go over all of the statements and open up the discussion at the end.

Speaking Notes

- We will now be doing a true or false activity. Please stand up or raise your hand if you think the following statements are false.

→ Continue to the next slide.

It's not a big deal to post nude pictures/videos – it's just for fun!

TRUE OR FALSE?

SLIDE 8

Speaking Notes

- Read the slide.
- Ask the students if the statement is true or false. Have the students provide you with their reason as to why they have answered true or false.

→ Continue to the next slide.

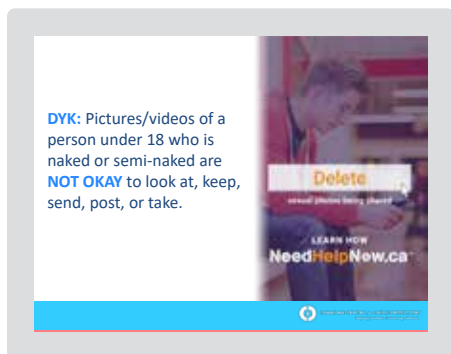


SLIDE 9

Speaking Notes

- Read the slide.
- This is not limited to intimate pictures; it is also for any embarrassing pictures, comments, or posts. Before posting a photo or a video, people should think about who could potentially see it. It could be a grandmother, sibling, or even future employer.

→ Continue to the next slide.

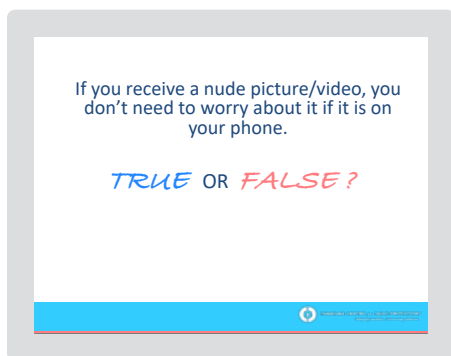


SLIDE 10

Speaking Notes

- Did you know that pictures and videos of a person under 18 who is naked or semi-naked can be illegal? It is never okay to look at, keep, send, post, or take pictures/videos of a person under 18 who is naked or semi-naked.

→ Continue to the next slide.



SLIDE 11

Speaking Notes

- Read the slide.
- Ask the students if the statement is true or false. Have the students provide you with their reason as to why they have answered true or false.

→ Continue to the next slide.



FALSE

A naked picture/video of someone under 18 years old is child pornography and if it is stored on your phone you may be possessing child pornography, which is illegal. If you receive a picture or video, delete it.

 CANADIAN CENTRE for CHILD PROTECTION

SLIDE 12

Speaking Notes

- Read the slide.
- Having a sexual picture or video on your phone is being in possession of child pornography and it is illegal.

→ Continue to the next slide.

If you receive a nude picture/video and choose to share it without the consent of the person who is in the image, it is illegal.

TRUE OR FALSE?

SLIDE 13

Speaking Notes

- Read the slide.
- Ask the students if the statement is true or false. Have the students provide you with their reason as to why they have answered true or false.

→ Continue to the next slide.

TRUE

Sharing nude pictures/videos of another person without their consent is illegal in Canada.

SLIDE 14

Speaking Notes

- Read the slide.

→ Continue to the next slide.



Everything online is temporary...
just press delete!

TRUE OR FALSE?

SLIDE 15

Speaking Notes

- Read the slide.
- Ask the students if the statement is true or false. Have the students provide you with their reason as to why they have answered true or false.

→ Continue to the next slide

FALSE

It is easy to lose control of what
happens to information, images,
and videos shared online.

SLIDE 16

Speaking Notes

- Read the slide.
- Screenshots of photos and videos can be captured, and the videos themselves can be recorded using a separate program. Once saved by others, it can be easily misused to embarrass or harm youth.
- Remind the students: Adults know that youth make mistakes and adults are there to help in case someone is facing a situation where they think they are losing control. Remember that you are never alone and that there's people that can help.

→ Continue to the next slide.



Threatening another person in order to get a sexual picture/video from them is illegal.

TRUE OR FALSE?

SLIDE 17

Speaking Notes

- Read the slide.
- Ask the students if the statement is true or false. Have the students provide you with their reason as to why they have answered true or false.

→ Continue to the next slide.

TRUE

It is very serious if someone threatens another person to get them to send a sexual picture/video/engage in sexual acts.

SLIDE 18

Speaking Notes

- Read the slide.
- A threat is a control tactic and we suggest not complying with any threat or demand.

→ Continue to the next slide.



SLIDE 19

Define Sextortion

Watch the video *Naked Mole Rat* as a class and ask the students to share their reaction to the video.

→ Continue to the next slide.



Sextortion

Simply put, sextortion is **blackmail**.

It's when someone threatens to send a sexual image or video of you to other people if you don't pay them or provide more sexual content.

SLIDE 20

Speaking Notes

- Sextortion is when someone is making threats to expose a sexual image or video in order to make a person do something (e.g., pay money, send more nude images, get back into a relationship).
- Threatening to send a sexual image/video of someone unless they meet certain demands is illegal.

Think/Pair/Share Activity

Follow the steps in the lesson plan.

→ Continue to the next slide.

Example Sextortion Reports



CASE #1

- A 15-year-old sent a picture of his face to someone he met online.
- They took his face, morphed it onto another person's nude body, and then threatened to send it all over the internet if the boy didn't send money.
- The boy did not send money and reported it to Cybertip.ca.

SLIDE 21

Case Studies Activity

Follow the steps in the lesson plan.

Ask each group that received Case #1 to share their findings with the rest of the class. Discuss as a class and ask other groups to add anything relevant.

→ Continue to the next slide.

Example Sextortion Reports



CASE #2

- A 15-year-old girl described that her ex-boyfriend, who goes to a different school, had a nude image of her.
- He was threatening to share the picture with peers at his school if she did not send him more nude images. The ex-boyfriend also told her peers about the nude image which resulted in her being bullied at school.
- She denied his request for more images and begged him to delete her picture. She did not tell her parents about the image, but ended up reporting the situation to Cybertip.ca and expressed that sending this picture was just a mistake.

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Ask each group that received Case #2 to share their findings with the rest of the class. Discuss as a class and ask other groups to add anything relevant.

→ Continue to the next slide.



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Example Sextortion Reports



CASE #3

- Cybertip.ca received a report from a concerned parent regarding an incident involving her teenage son.
- He had been coerced to share sexual images with an online user who, at first, represented himself as a teenage girl. The adult male then threatened to distribute the images online if the youth did not comply with his demands for more images.
- The adult male was charged with over 400 luring, making and possessing child pornography, and extortion offences.
- He subsequently pleaded guilty to offences against over 80 victims (some of whom were not identified by law enforcement).



Ask each group that received Case #3 to share their findings with the rest of the class. Discuss as a class and ask other groups to add anything relevant.

→ Continue to the next slide.

SLIDE 24

The Law – It Is A BIG Deal!

In Canada there are criminal offences that cover the following:

- Unwanted or illegal sexual contact
- Acts that make others feel unsafe
- Acts that hurt the reputation of another person
- Acts that violate privacy
- Underage sexual pictures and videos
- Sharing someone else's sexual pictures or videos without their consent



Background Information

On [NeedHelpNow.ca](https://www.needhelpnow.ca)™ you will find information on certain criminal offences in Canada to help give you a general understanding of the type of behaviour(s) that could be illegal and result in charges by police, as well as the places to report these issues.

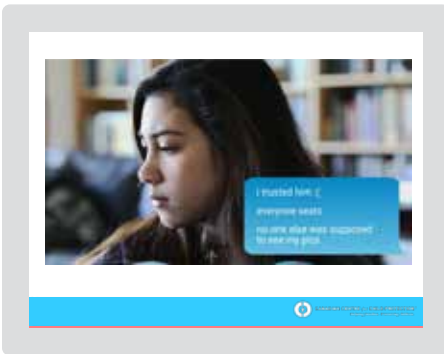
Speaking Notes

- Both boys and girls can be victims of sextortion. Boys are often blackmailed to send money or additional sexual pictures. Girls are often blackmailed to send additional sexual pictures or to get back together in a dating relationship.
- In Canada, there are criminal offences that cover the following:
 - Unwanted or illegal sexual contact
 - Acts that make others feel unsafe
 - Acts that hurt the reputation of another person
 - Acts that violate privacy
 - Underage sexual pictures and videos
 - Sharing someone else's sexual pictures or videos without their consent



- Ask the students: Why do you think these laws exist? Have the students provide you with their answers.

→ Continue to the next slide.



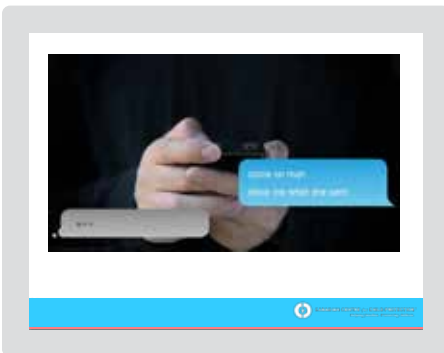
SLIDE 25

Watch the video *It's Your Body, It's Your Image, Take back Control* as a class and ask the students to share their reaction to the video.

Speaking Notes

- Although we say people should not share intimate images, if you are in a dating relationship and you decide to share pictures, you should always say that you do not consent to the sharing of the pictures.

→ Continue to the next slide.



SLIDE 26

Watch the video *Sharing Someone's Sext is Illegal* as a class and ask the students to share their reaction to the video.

Speaking Notes

- Remind the students: Being in possession of a naked picture of someone under 18 is considered child pornography and it is illegal.

→ Continue to the next slide.



**Non-consensual Distribution
of an Intimate Image**

If someone has a sexual picture/video of you that was created in private circumstances, and that person knowingly posts it online or shares it with someone else knowing that you would not consent to that (or being reckless about whether you would consent to it), the person could be criminally charged.



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Background Information

Canada 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.

Speaking Notes

- Discuss the law regarding the non-consensual distribution of an intimate image.
- Read the slide.
- Ask the students to give examples of what would constitute a situation of non-consensual distribution of an intimate image.
- Remind the students: The misuse of intimate images can be very harmful and it is never okay for a person to share someone else's intimate picture or video. It can not only potentially lead to criminal charges, but it's unethical.

→ Continue to the next slide.



Controlling Behaviour

Getting a person to send intimate images/videos or participate in sexual activity through:

- Persistence
- Guilt
- Pity
- Silent treatment
- Threats
- Deception/tricking the person
- Emotional manipulation
- Intoxication - alcohol, drugs

...is not considered consent.....it's harmful



SLIDE 28

Speaking Notes

- It is harmful when someone uses controlling behaviour to get someone to send intimate images/videos or engage in sexual acts. Some examples include:
 - Persistence
 - Guilt
 - Pity
 - Silent treatment
 - Threats
 - Deception/tricking the person
 - Emotional manipulation
 - Intoxication - alcohol, drugs
- Ask the students: Do you think some of these red flag behaviours could be mistaken for healthy rather than unhealthy behaviours? Which ones? Explain how they may be mistaken as caring rather than controlling behaviour.

→ Continue to the next slide.



What Kind of Controlling Behaviour Was Used?

"My boyfriend told me that if I loved him I would send him nude pictures or videos."

"My girlfriend persisted in asking...even though she knew I didn't want to."

"My boyfriend hinted that he might go out with another girl since I wasn't obviously committed; if I did not send him a nude picture or video."



SLIDE 29

Go over the examples with the students.

Speaking Notes

- Read the first statement on the slide and allow students time to provide answers and discuss. Move to the next statement.
- **Answers: Statement 1: Guilt; Statement 2: Persistence; Statement 3: Threat**

→ Continue to the next slide.

SLIDE 30

- Watch the video *Spot Red Flag Behaviour* as a class and ask the students to share their reaction to the video.

→ Continue to the next slide.

Protect yourself from sextortion.
Send a naked mole rat instead.

DontGetSextorted.ca



SLIDE 31

Speaking Notes

- There are various ways that youth can respond to uncomfortable situations. One of the ways is to use humour. DontGetSextorted.ca provides youth with humorous pictures, memes, and gifs they can send if they're asked to send a sexual picture.

→ Continue to the next slide.



Sharing Sexual Content

1 in 5 youth consented to sexting when they didn't want to.*

- Sexting coercion
- Youth dating abuse/aggression

*Teens' Consensual Sexual Activity: Finding It Safe After All? A national survey of Canadian youth, 2014. Research by the Canadian Centre for Child Protection.



SLIDE 32

Speaking Notes

- According to a study that was completed with hundreds of youth, one in five youth consented to sexting when they did not want to. This happened through sexting coercion and/or youth dating abuse/aggressions. Youth surveyed said they sexted because they felt pressured.

→ Continue to the next slide.

Impacts of Sextortion and Coercion

1 in 4 people saw a medical professional.*

- | | |
|------------------------------------|--------------------------------------|
| • Feeling unsafe and fearful | • Nausea, headaches |
| • Feeling isolated and alone | • Weight loss/weight gain |
| • Feeling anxious and/or depressed | • Increased difficulty sleeping |
| • Sadness, hopelessness | • Increased difficulty concentrating |
| • Increased substance use | • Increased difficulty with memory |
| • Withdrawn/numbness | • Difficulty managing emotion |

*Teen Health, Sexual Health: "Impacts of Sexual Coercion and Sextortion." Journal of Adolescent Health, 2016.



SLIDE 33

Speaking Notes

- When someone is pressured into doing something they don't want to do, they can experience very negative feelings.
- According to another study, one in four people saw a medical professional after being sextorted.
- Continue the conversation by sharing the possible harmful impacts on individuals when controlling tactics are used to get a person to participate in sexual activity.
- Read the slide.

→ Continue to the next slide.



Remember:

If someone tries to get you to do something you don't really want to do, they are being controlling. They are NOT respecting your limits – **it's not okay.**

#DontComply



SLIDE 34

Speaking Notes

- Explain to the students they should never be pressured into doing something they don't want to do. People using controlling tactics are not respecting limits and it's never okay.

→ Continue to the next slide.

What You Need to Know

- 1 Sending nudes or engaging in sexual acts using technology creates a record that can easily be misused to cause you humiliation and distress. Seriously consider what could go wrong.
- 2 Live streaming can be easily recorded or screen grabbed. Don't be fooled by thinking it's live and therefore no big deal. The same risks exist for live streaming as sending photos or videos.
- 3 Pre-recorded video can be live streamed. For example, an adult could stream a video of a teenage girl, so you may think you are talking to a teenage girl in real time when that's not actually true.
- 4 Trust your instincts, be skeptical, and cautious. For example, if the person you are chatting with on cam has an excuse as to why their camera isn't working then that person might be trying to hide their identity.



SLIDE 35

Speaking Notes

- Go over points to remember with students.

→ Continue to the next slide.

What should you do if you are being
sextorted or threatened?



SLIDE 36

Speaking Notes

Ask the students to give ideas of what someone should do if they are being sextorted or threatened.

→ Continue to the next slide.



Tips If You Are Being Threatened or Demands Are Being Made

- **NEVER** comply with the threat
- **STOP** all forms of communication with the individual (block from accounts)
- **DEACTIVATE** all accounts used to communicate with the individual
- **SPEAK** to a safe adult about what is happening

 needhelpnow.ca

SLIDE 37


Speaking Notes

- Read the slide.

→ Continue to the next slide.



Resources for Teens

 needhelpnow.ca

SLIDE 38

Speaking Notes

- Explain to the students they are never alone and that they can always reach out for help. They can also find out more about how to get out of uncomfortable situations and take back control of their content at NeedHelpNow.ca. The website is designed for youth and can help if someone has problematic pictures or videos circulation without their consent.

→ Continue to the next slide.

What is NeedHelpNow.ca?

A website that can help if someone has problematic pictures or videos circulating without their consent.

Provides information on:

- Removing pictures
- Getting help
- Dealing with others
- Reporting
- Coping

 needhelpnow.ca

SLIDE 39

Speaking Notes

- NeedHelpNow.ca provides information on removing pictures or videos from popular sites, how to get help, how to talk about the situation to a safe adult, and how to report a situation. The website also provides a sample message about how to contact someone who may in possession of someone else's content without their consent.

→ Continue to the next slide.



Remember

It's always **okay** to get help, even if you feel that you have done something wrong or have made a mistake.

Youth **make mistakes** and adults are here to help them get through it.



SLIDE 40

Speaking Notes

- Read the slide.
- Remind the students: It is never too late to reach out for help.
- Ask the students to share ideas of where they can go for help.

→ Continue to the next slide.

GET HELP

Where Can Teens Go?

- ✓ Family members or another safe adult, such as a teacher, school guidance counsellor, or school resource officer
- ✓ If you're unable to identify a safe adult to talk to, contact a crisis line like Kids Help Phone at 1-800-668-6868
- ✓ Contact Cybertip.ca either online at cybertip.ca or call 1-866-658-9022 if something inappropriate or uncomfortable happens online
- ✓ Visit needhelponow.ca if you need help gaining control of a sexual image/video circulating online



SLIDE 41

Speaking Notes

- Read the slide.

→ Continue to the next slide.



SLIDE 42

Watch the *#ChangeTheStory Manifesto* video as a class.

Speaking Notes

- Remind the students: You are the author of your story and mistakes do not define you.

→ Continue to the next slide.



SLIDE 43

→ End of presentation.



SLIDE 44

Legal information.

