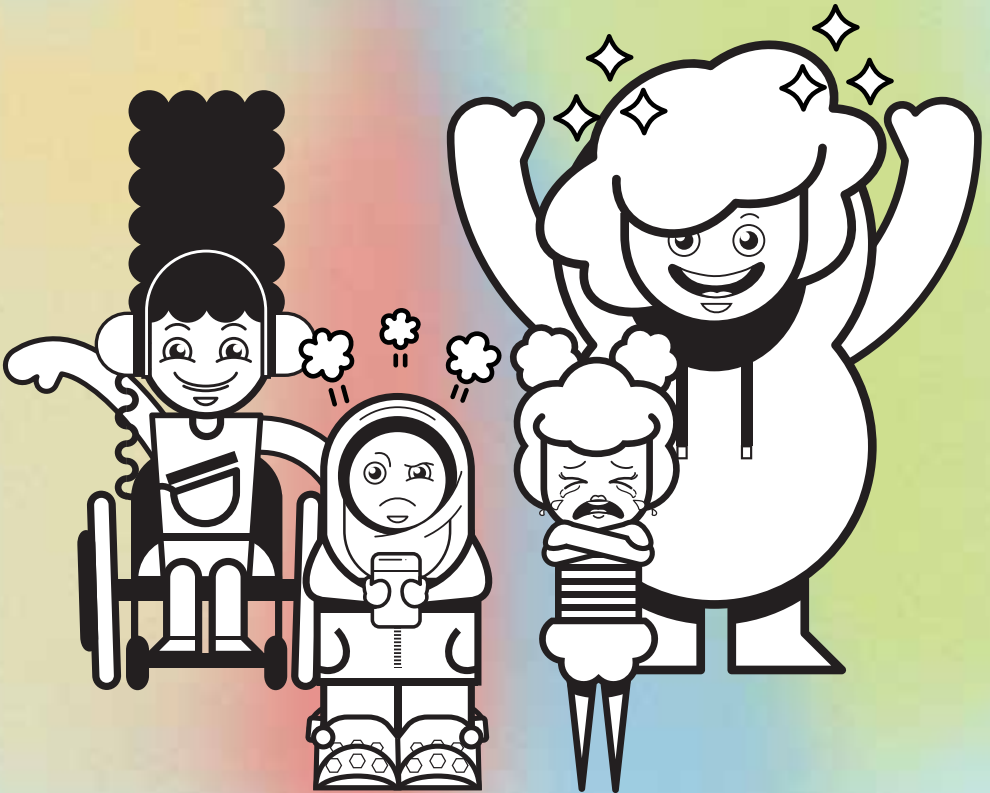




CANADIAN CENTRE for CHILD PROTECTION®
Helping families. Protecting children.

BE SMART, STRONG, AND SAFE

Activity Book for Grades 5 & 6





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 someone to talk to, Kids Help Phone offers free, 24/7, private support.
Visit [KidsHelpPhone.ca](https://www.kidshelpphone.ca) | Call 1-800-668-6868 | Text 686868



If something inappropriate or uncomfortable happens online, report it at [cybertip.ca](https://www.cybertip.ca) or call toll-free at 1-866-658-9022.

cybertip!ca®

Cybertip.ca is Canada's tipline where you can report concerns about kids being harmed online. 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.

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Emotions

WHAT IS THE PURPOSE OF OUR EMOTIONS?



Read the statements below and circle whether you think they are true or false.

1. There is a right way to feel in every situation. True **False**

2. Negative feelings are bad. True False

3. When a person is feeling really badly or having really intense feelings, these feelings will eventually pass. They won't last forever. True False

4. My emotions are who I am. True False

5. People should do whatever they feel like. True False

6. Some emotions are stupid. True False

7. All emotions have a purpose. True False

8. People go through all kinds of emotions. True False

9. I can change the way I feel by changing the way I think about a situation. True False

10. It is important to be happy all the time. True False

check your answers on page 32

WHY DO WE NEED EMOTIONS?



Emotions serve three main purposes:

1. Communication — so we can share how we feel

Add other words you think express these emotions below.

When we communicate our emotions, we can use **OUR WORDS**.

Bert is saying words of...



Happiness:

happy, excited,
enthusiastic,

Sadness:

sad, depressed, lonely,

Fear:

anxious, panicked, worried,

Anger:

annoyed,
grumpy, frustrated,

Disgust:

grossed out, repelled, repulsed,

Embarrassment:

mortified, humiliated, shy,

When we communicate our emotions, we can use **OUR BODIES**.

We show how we feel through facial expressions, body language, and skin colour like...

* **Happiness:** Smiling, silliness, laughing,

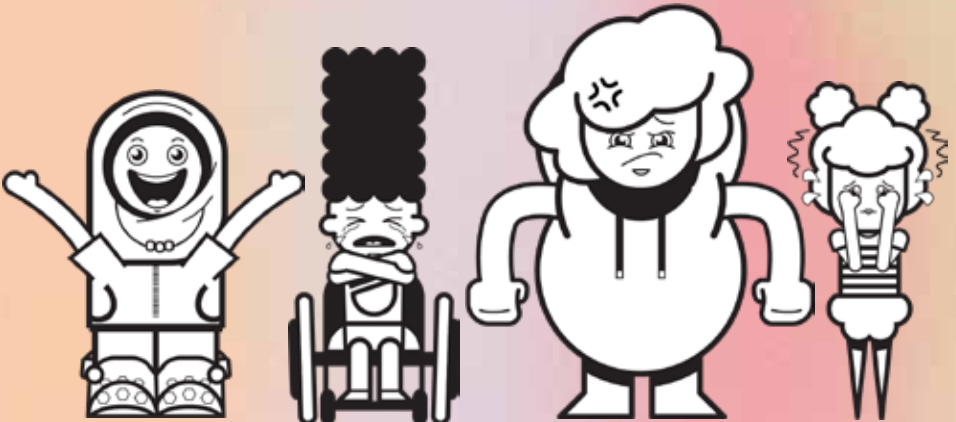
* **Sadness:** frowning, crying, moving slowly,

* **Fear:** heart racing, freezing or running, sweating,

* **Anger:** red face, clenching fists, stomping,

* **Disgust:** closing eyes, pushing away, nose and top lip
tighten up, _____

* **Embarrassment:** red face, slumped posture,
lump in stomach, _____



2. Motivation — urge us to take action

- * Our feelings get us ready to act, especially in the face of danger. Fear and anger prepare us for action when certain situations arise and we need to worry about our safety.
- * Emotions urge us to react, which could mean laughing, crying, or hiding.

Example: Teekay went to eat a burger that had an awful smell. They gagged and were grossed out, so they didn't eat the burger.

Describe a time when your emotions prepared you for action:



3. Awareness — bring something to our attention

- * Emotions can give us important information about a situation — they can signal we need to pay attention to something happening.
- * When our bodies send us signals, we need to identify how we feel and decide how to act.

Example: A random person online started contacting Sam. They were over-the-top friendly and asked for a picture. Sam felt a ball in the pit of their stomach and sensed something was off, so they blocked the person.



Describe a time your body alarm system alerted you to something:

On a scale from 1-10 how do you feel right now?

Colour in JJ Glenn’s scale to show how you feel. Why not lower? Why not higher?

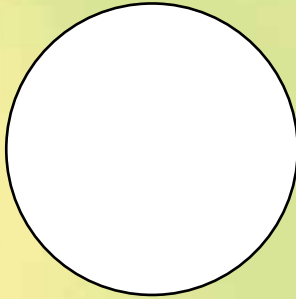


IDENTIFY EMOTIONS

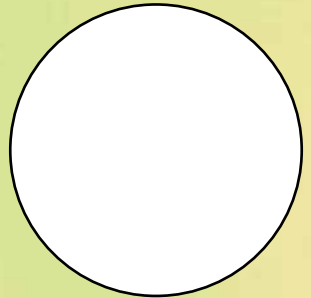
Facial Expressions



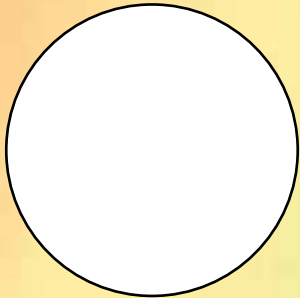
Draw a face that you think expresses the emotions listed below.



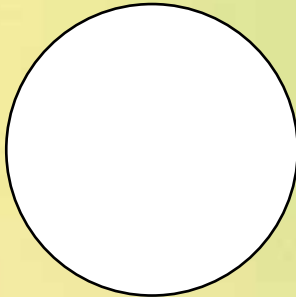
Disgusted



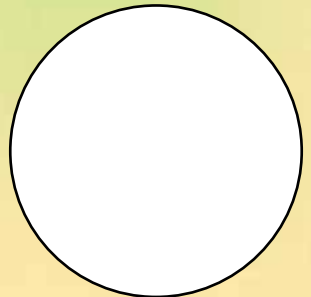
Mad



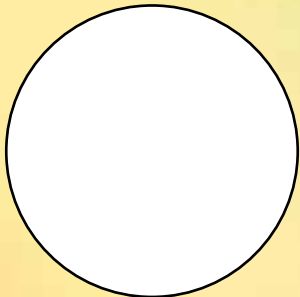
Sad



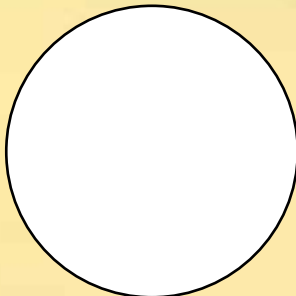
Happy



Scared



Embarrassed



Surprised

Body Language



Label JJ Glenn, Em, Teekay, Bert, and the other characters below with the emotion you think they express.

Embarrassed
Surprised
Mad

Disgusted

Sad
Happy
Scared



1. _____



2. _____



3. _____



4. _____



5. _____

6. _____



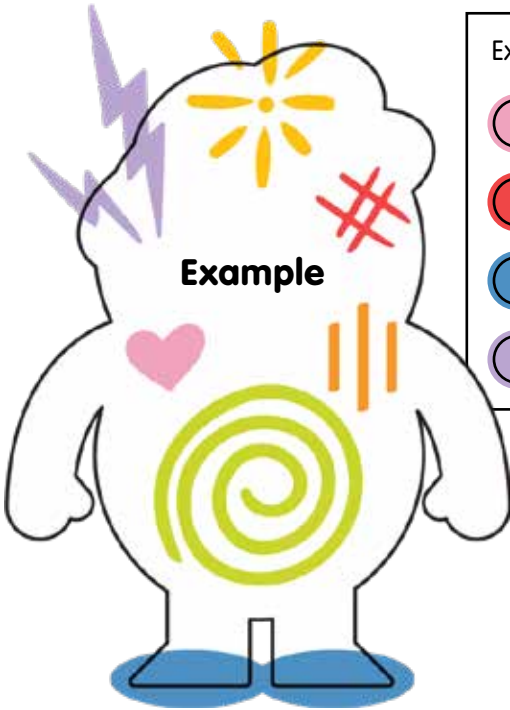
7. _____

check your answers on page 32

EMOTIONS IN COLOUR



Colour in the silhouette to represent your emotions today, and where you feel them the most in your body.



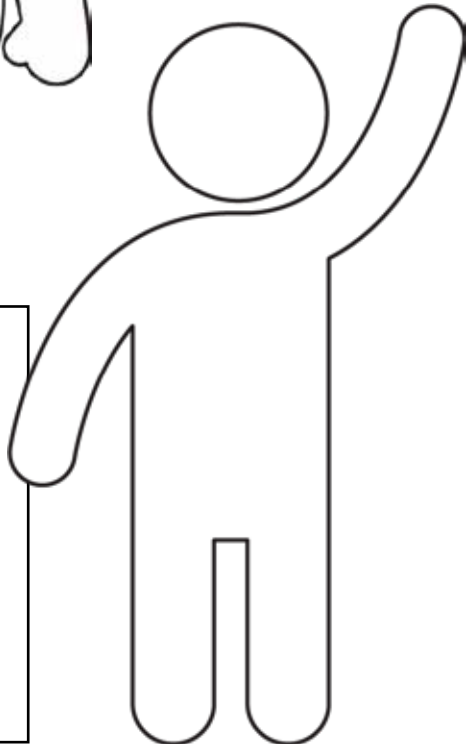
Example

Example: JJ Glenn's colours

- Happy
- Embarrassed
- Mad
- Disgusted
- Sad
- Surprised
- Scared

Choose a colour to represent each of your emotions

- Happy
- Embarrassed
- Mad
- Disgusted
- Sad
- Surprised
- Scared



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 shows 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. It's inappropriate for an adult to show favouritism to one child over another. **True False It depends**

check your answers on page 32

WHO ARE Safe Adults?

It can sometimes be confusing to know who to 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 behavior, or if it depends.

1. An adult calls kids out on their behaviour when they step over the line. **Safe Unsafe It depends**

2. An adult offers a high five if a child says they don't want to be hugged. **Safe Unsafe It depends**

3. An adult plays games that involve touching with kids. **Safe Unsafe It depends**

4. An adult asks kids to play a game they feel embarrassed to tell other people about. The game seems weird or inappropriate. **Safe Unsafe It depends**

5. An adult coaches children and helps them improve their soccer skills. **Safe Unsafe It depends**

6. An adult shows kids R-rated movies and lets them stay up way later than their parents would if they promise not to tell anyone. **Safe Unsafe It depends**

7. An adult talks to a child about their personal problems and asks them to keep secrets. **Safe Unsafe It depends**

8. An adult threatens to hurt someone. **Safe Unsafe It depends**

9. An adult helps kids when they need it and respects their boundaries. **Safe Unsafe It depends**

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

check your answers on page 32

Lucky Break!



I have a friend who is really pretty. I think she could be a model. She loves having her picture taken and takes selfies all the time. She likes to pose and dance on livestream. 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 asked my friend 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 more mature picture of her, so my friend needed to pose for her in a tank top and underwear. The woman said if my friend was serious about being a model she had to do it. What a weirdo... I can't believe my friend did it! I could never take pictures in my underwear, I'd be too embarrassed. I guess I wouldn't make it as a model!



Jealous
age 11

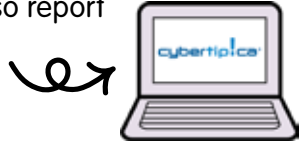


It is **ALWAYS** okay to go to safe adults for help, even if you do something you feel is wrong.

Dear Jealous,

That modelling agent may have seemed trustworthy, but it was wrong of them to ask for photos of your friend in her underwear. That is not something a safe adult would do. You made the right decision by reaching out to tell someone about your friend's experience, and we recommend you and your friend talk to a safe adult about what happened. You can also report this to [Cybertip.ca](https://www.cybertip.ca), so we can help.

**Here to help,
Alex**



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

WHAT'S WEIRD?

Help JJ Glenn find **three** things that seem weird about what happened to *Jealous'* friend:

1. _____

2. _____

3. _____



compare your answers to the ones on page 32

Word Search



Try to find all of the hidden words in the puzzle below with Bert and Em.

↖ ↕ ↔ Remember: words can be diagonal, vertical, horizontal, forward or backward.

Appropriate

Safe

Uncomfortable

Boundaries

Livestream

Awkward

Weirdo

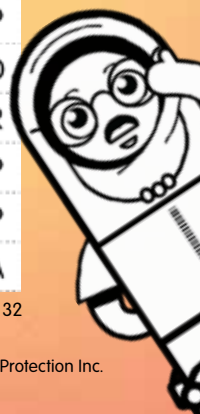
Selfie

Secrets

Perv

Online

Emotions



check your results on page 32

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... His Dad's friend Monty spends a lot of time with him and takes him fun places. Monty takes him fishing, out to movies, and even on trips. Last year, Monty took him camping, and when my friend woke up in the middle of the night, he said his pajamas were off and Monty was touching him. He said that he ran out of the tent. Monty 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 Monty anymore if his mom finds out. I don't know what to do. What should I do??

Conflicted friend
age 12



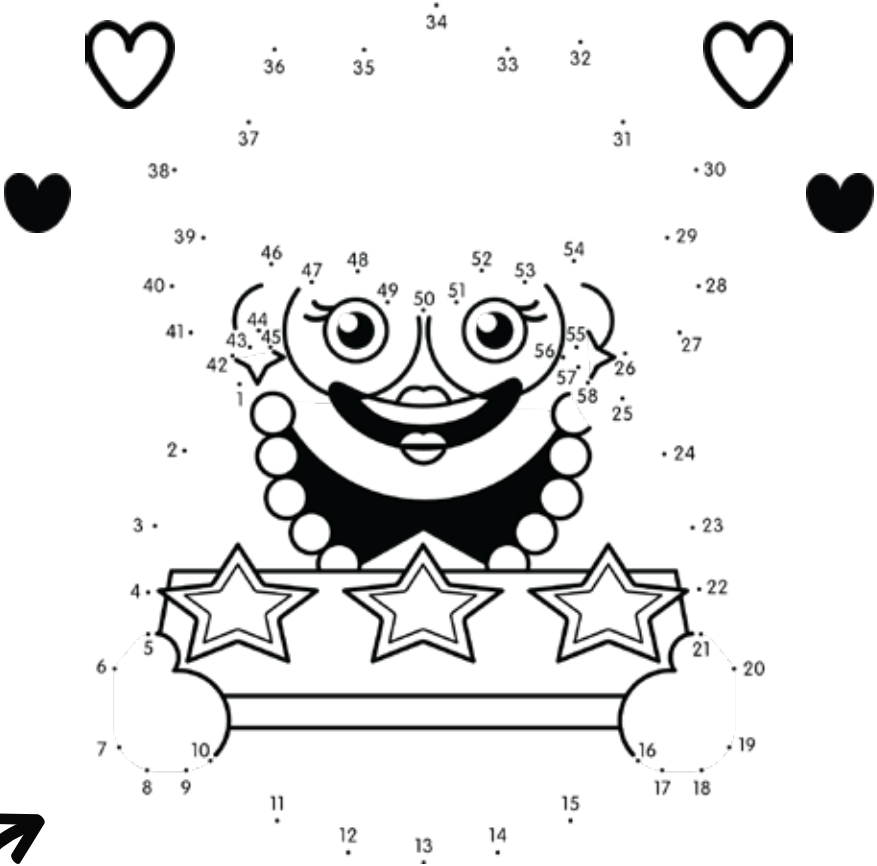
Dear Conflicted Friend,

What happened to your friend is not okay. You may feel conflicted telling a safe adult about what your friend shared with you as a secret, but it's important that you do. Telling a safe adult can help protect your friend and support him. Your friend also might not feel like he can tell them himself, so he needs your help. Tell your friend that you care about him, which is why you have to tell a safe adult.

Here to help,
Kate

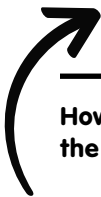
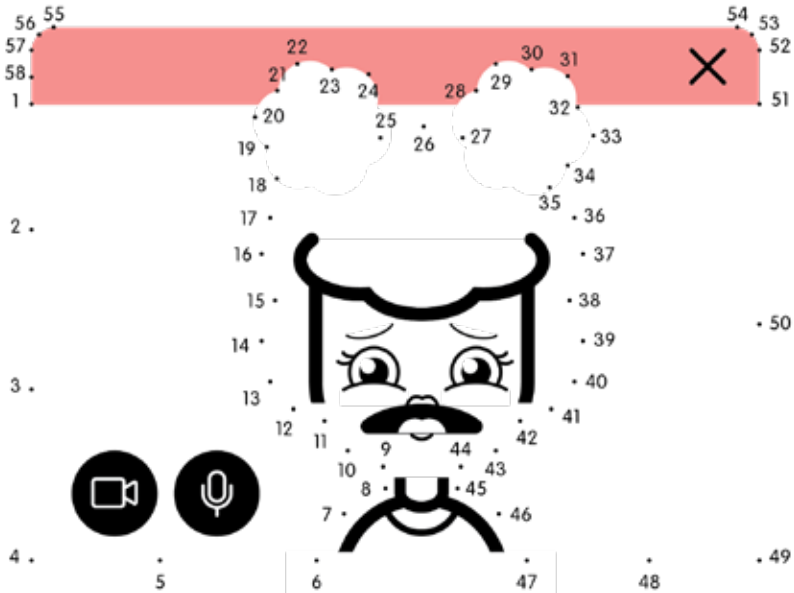
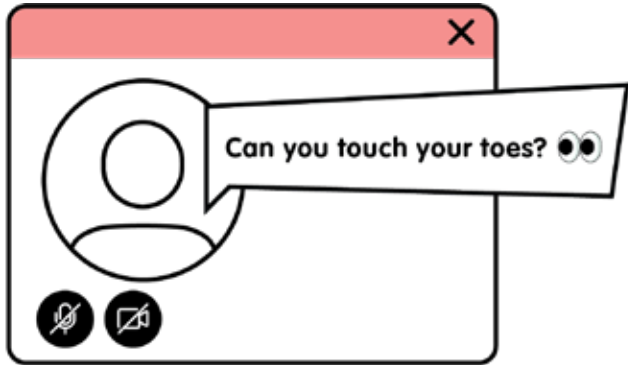
THE Creepy Meter

 Connect the dots to reveal a photo.



How creepy is this to you? Colour in the Creepy Meter and explain your answer below.





How creepy is this message Bert got? Colour in the Creepy Meter and explain your answer below.



Creepy Meter FACTS

DID YOU KNOW?



Just because someone looks weird or different, doesn't mean they are unsafe!



You can't tell if someone is safe or unsafe by the way they look! Stay safe by paying attention to weird behaviour, leaving situations that make you feel uncomfortable, and telling safe adults about how you feel.



Just because someone is friendly, doesn't mean they are a safe person!

Pay attention to weirdness from an adult or someone else who is:

- * pressuring you to do something you don't want to do
- * saying or doing things that make you feel uncomfortable
- * giving you attention that makes you feel singled out from others
- * telling you it's okay to touch secretly
- * wanting to give you drugs or alcohol
- * wanting to take pictures of you in private
- * not taking NO for an answer
- * wanting to be in a dating relationship or acting like they're in a relationship with you

WHAT TO DO ABOUT WEIRDNESS

Tell safe adults about it. If you feel weird about things people around you are doing, share these feelings with safe adults. This can be awkward, but it's important to know that you aren't expected to handle it on your own. Even if you're with a friend, safe adults want to help and be told about it.

Embarrassing Moments



Unbelievably close call! I was watching music videos on my mom's tablet last night and I came across videos of naked people. At first, I thought it was kinda funny, so I looked at one video, but when I clicked on it there were way more videos. The next morning my mom went on her tablet and saw what I was looking at. She was really upset. I hope she doesn't tell my dad! Cringe! How would you feel?



Coming across pornography can easily happen online and can make you feel uncomfortable. Remember: pornography isn't real and doesn't show healthy, safe relationships.

My hockey team won the city championship! To celebrate, we had a party at my coach's house. Just the guys from the team went; none of our parents were there. We went into the hot tub, 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 he knows our parents would be mad about?

A safe adult wouldn't ask you to keep a secret from other adults — adults should protect kids, not the other way around.



Creepy!

I was gaming 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 so cool. I said "ew no way," but he wouldn't listen. He started begging me to be his boyfriend. Can you believe it? Something is seriously wrong with this guy. He told me that he had other 12-year-old boyfriends before me. How gross is that? He said I was really mature for my age. I blocked him 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, block them right away. This is something you can tell safe adults about so 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.

Here to help,
Kate



Sexual attention from an adult is **NEVER OK.**

WHAT'S WEIRD?

Help Bert find at least **three** things that seem weird about what happened to *Grossed Out*:

1. _____

2. _____

3. _____

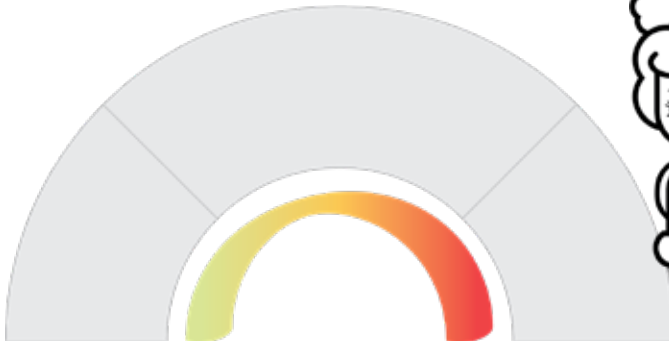
Did *Grossed Out* do the right thing? Explain.

compare your answers to the ones on page 32

THE CREEPY METER



How creepy was this story? Colour in the Creepy Meter to match your answer.



Maze



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

Start here

Asked to livestream in your underwear

Someone making fun of you

Someone shows you pornography

Sexual comments made about you

A 20-year-old asks you on a date

Received nudes from a stranger

Home

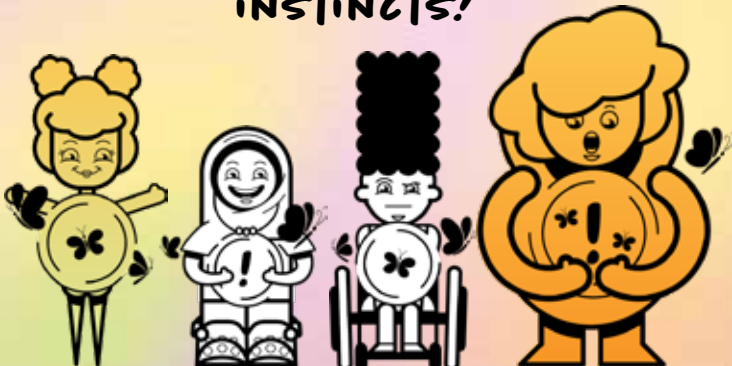
check your results on page 32

Keep in Mind

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, or know is wrong, but it's an adult's job to help protect you. Some people need help so they stop treating kids inappropriately. It's okay for you to tell safe adults about anything you're unsure about. Safe adults want to know so they can help. It's always best to ask for help. What do you think?

**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 don't 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?**

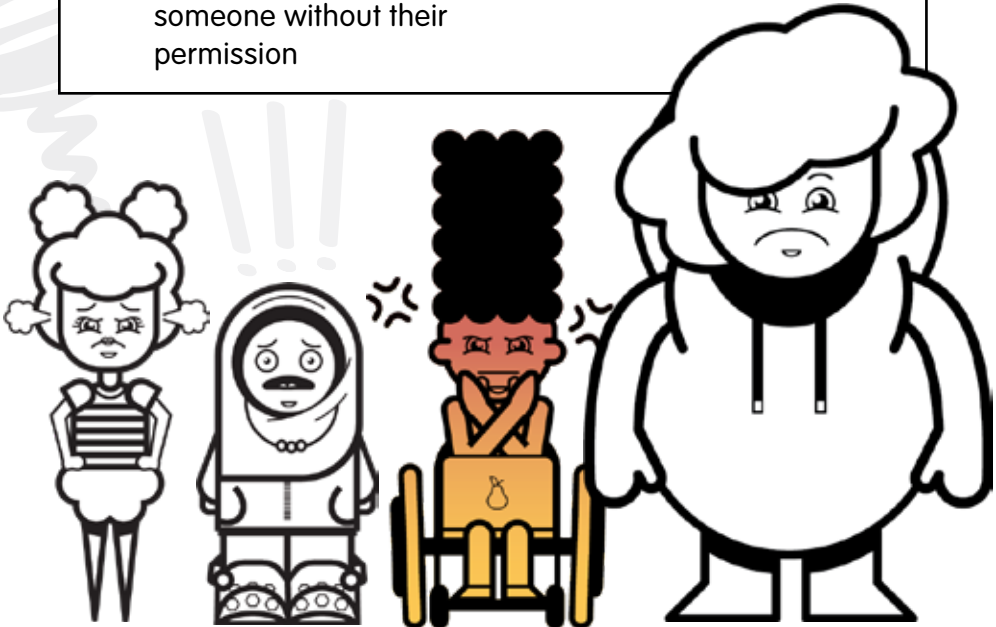
Did you know that sharing private information publicly is an example of **unhealthy boundaries?**

How can healthy boundaries be respected online?



UNHEALTHY BOUNDARIES

- ✗ Grabbing, pulling, or hitting someone
- ✗ Asking someone personal questions in front of other people to embarrass them
- ✗ Touching someone when they asked you not to
- ✗ Making sexual remarks to someone
- ✗ Touching someone's private areas
- ✗ Making fun of someone
- ✗ Asking someone personal questions when you don't know them well
- ✗ Peeking at someone in the bathroom
- ✗ Telling people personal information when you don't know them well
- ✗ Purposely walking in on someone changing
- ✗ Taking pictures or sharing pictures of someone without their permission
- ✗ 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. JJ Glenn's pencil broke so they 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, Teekay and Bert 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. Em scored a hockey goal so their coach patted their helmet and said "Nice job!"

Healthy Boundaries **Unhealthy Boundaries**

If unhealthy, what about the behaviour is not okay?

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

Healthy Boundaries **Unhealthy Boundaries**

If unhealthy, what about the behaviour is not okay?

5. Renée 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 with the names of the students in the pictures without their permission.

Healthy Boundaries **Unhealthy Boundaries**

If unhealthy, what about the behaviour is not okay?

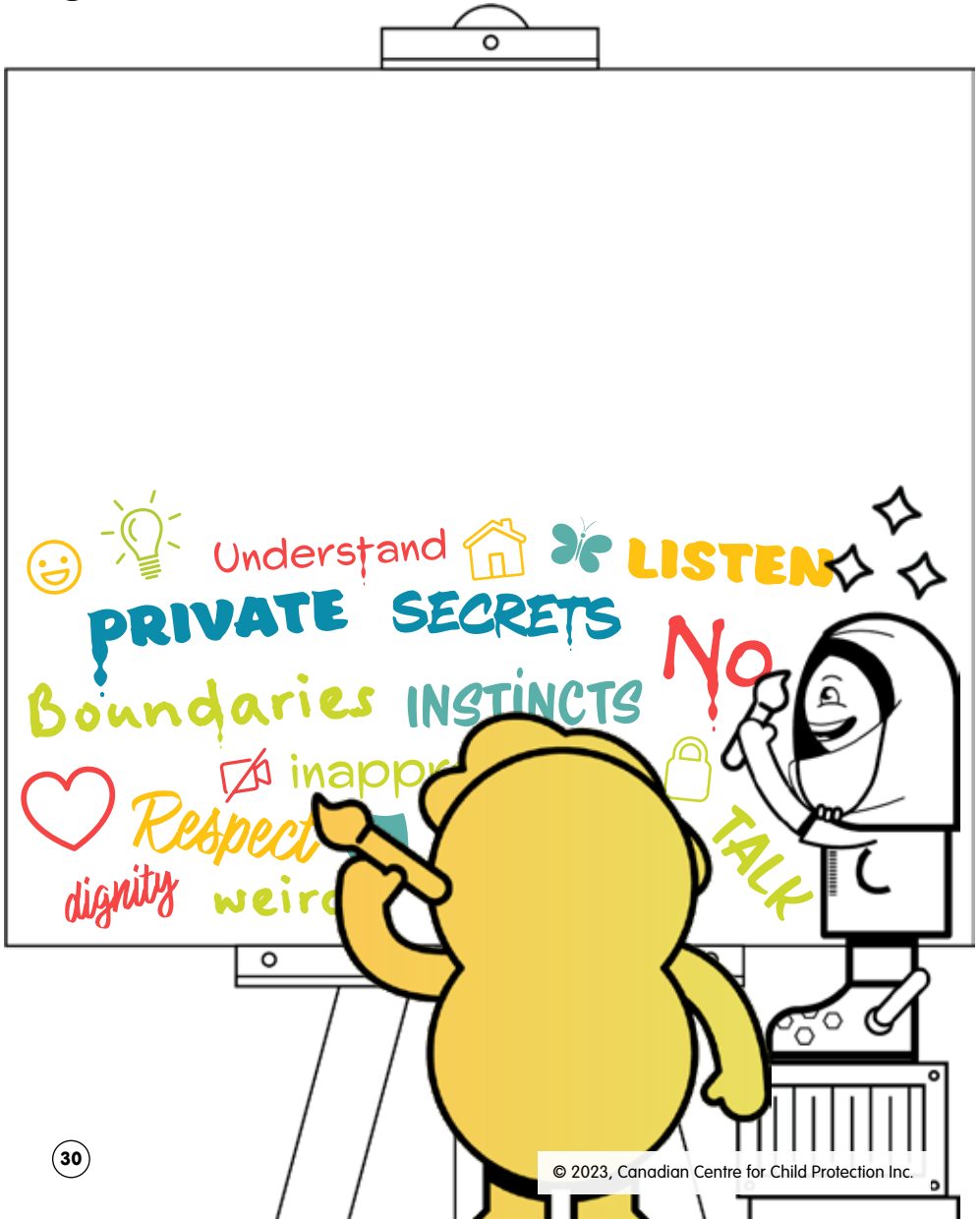


check your answers on page 32

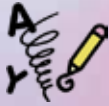
Word Art GRAFFITI



Create your own safety message with JJ Glenn and Em.
Try using symbols and words:



Word Jumble



Try to unscramble these words:

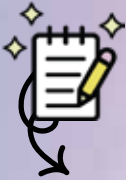
1. **nlpairpptoar** hint: something that is NOT okay to do

2. **lubpic** hint: out in the open, people in the community

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

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

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 32

Answers

What is the Purpose of Our Emotions?

(p2)

1. False
2. False
3. True
4. False
5. False
6. False
7. True
8. True
9. True
10. False

Identify Emotions — body language (p8)

1. Happy
2. Scared
3. Embarrassed
4. Disgusted
5. Sad
6. Surprised
7. Mad

True, False, or It Depends (p10)

1. False
2. True
3. False
4. False
5. False
6. False
7. True
8. True
9. True
10. True

Who Are Safe Adults? (p12)

1. Safe
2. Safe
3. It depends — if the game makes you feel uncomfortable or embarrassed, you should tell a safe adult. If the game is something you play in gym class with your classmates, like basketball, or the Macarena, it should be safe.
4. Unsafe — If you feel uncomfortable with a game, you should tell a safe adult.
5. Safe
6. Unsafe — If an adult encourages you to break your parents rules, you should tell a safe adult.
7. Unsafe — It isn't a child's responsibility to comfort an adult.
8. Unsafe — If an adult threatens to hurt someone, tell a safe adult.
9. Safe

“Lucky Break” Answers (p15)

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 “mature” 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.

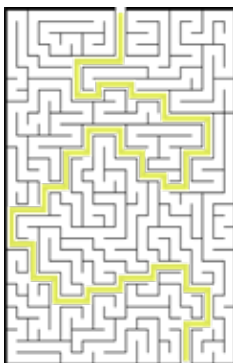
Word Search (p16)



Creepy! Answers (p23)

Examples: A 19-year-old wants to date a child.
He didn't listen when Gressed Out said “no way.”
He said he'd dated other 12-year-olds.
Explain: Gressed Out didn't tell his parents or other safe adults what happened.

Maze (p24)



Quiz (p28)

1. Unhealthy — JJ Glenn didn't get permission from Brooke to borrow a pencil.
2. Unhealthy — Teekay and Bert did not respect Scott's right to privacy.
3. Healthy
4. Unhealthy — May shared Tatum's personal information with other people.
5. Unhealthy — Renée shared pictures of other people without asking their permission first.

Word Jumble (p31)

1. Inappropriate
2. Public
3. Picture
4. Tricking
5. Respect

Glossary

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

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.

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

Pornography — Sexually explicit 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.



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