

Online Safety for Kids

Up to 9 years



ΔΥΒΥΛΛΙΚ ΔΩΡΥΤ ΒΥΒΛΙΚ
 IQITTIAQHIMALUGU INUUHIQ KATIMAJIIT
 EMBRACE LIFE COUNCIL
 CONSEIL SAISIS LA VIE



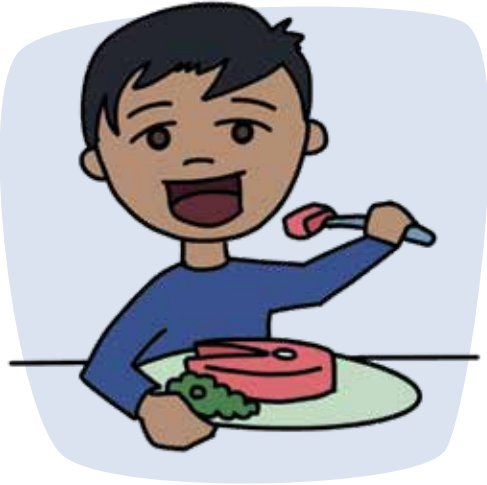
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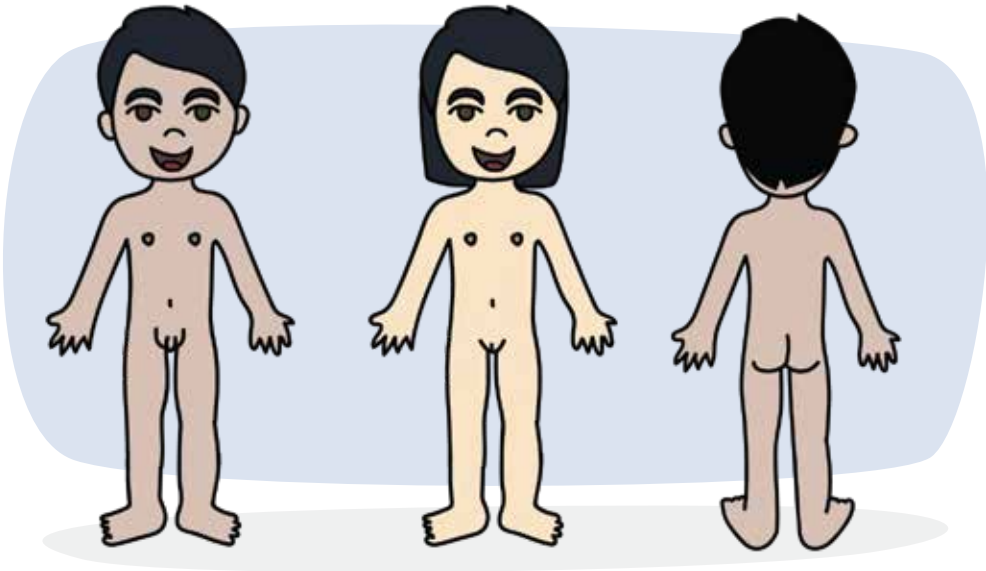


Knowing My Body

Your body is an amazing thing. It helps you to eat your favorite food, play with your friends, learn new things, and best of all, it belongs to YOU.



How many of your body parts can you name?
What about the body parts in the pictures?



Some parts of your body are private. That means you are the only one allowed to touch them or look at them.

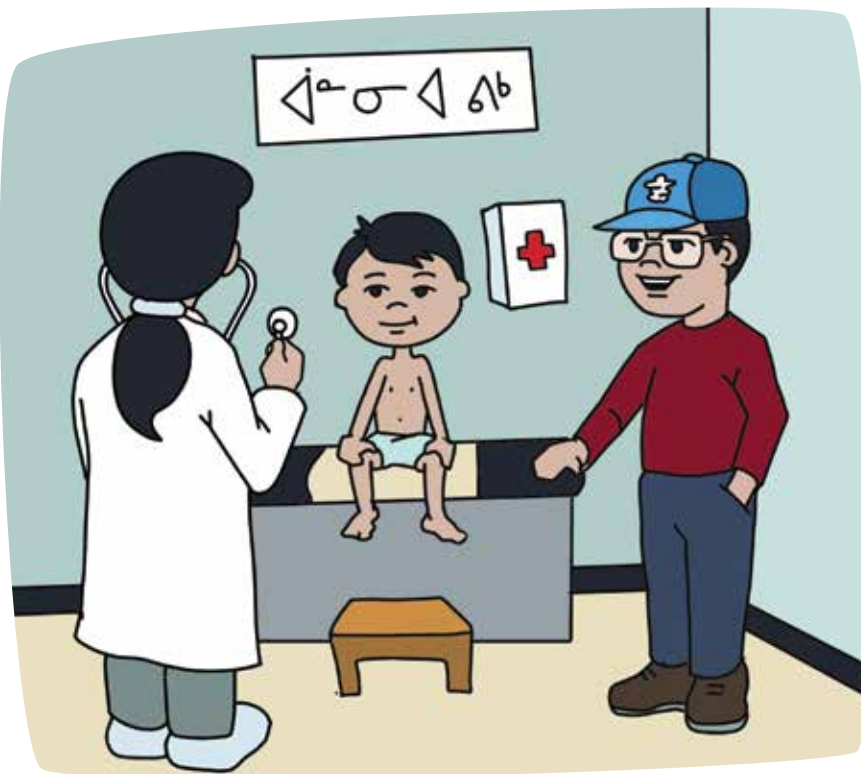
Do you know which parts they are?

- | | | |
|-----------------------------------|--------------------------------|----------------------------------|
| <input type="checkbox"/> head | <input type="checkbox"/> vulva | <input type="checkbox"/> feet |
| <input type="checkbox"/> eyes | <input type="checkbox"/> penis | <input type="checkbox"/> arms |
| <input type="checkbox"/> nose | <input type="checkbox"/> anus | <input type="checkbox"/> fingers |
| <input type="checkbox"/> mouth | <input type="checkbox"/> legs | <input type="checkbox"/> toes |
| <input type="checkbox"/> ears | <input type="checkbox"/> knees | <input type="checkbox"/> chest |
| <input type="checkbox"/> buttocks | <input type="checkbox"/> hands | <input type="checkbox"/> nipples |



**Nobody is allowed to look at your private parts, or try to show you theirs.
That is UNSAFE.**

The only time another person should see your private parts is if they are a doctor who is looking at you, with a safe grown-up or helper also in the room, or if a safe grown-up helps you to wash yourself/dress yourself/go to the bathroom.



If somebody shows you their private parts, or if they show you pictures that make you feel upset or uncomfortable, there are three things you should do.



SAY **NO!**



GO!

GET AWAY FROM
THE PERSON.



TELL!

FIND A SAFE
GROWN-UP AND
TELL THEM WHAT
HAS HAPPENED.

Parents and caregivers – ask your child's teacher about the Canadian Red Cross Be Safe! Program.

It is always OK to tell a safe grown-up, even if someone tells you to keep it a secret. You won't get in trouble for telling, and a safe grown-up will help you if you're feeling scared or worried. **If the first person you tell doesn't help you, find a different person and tell them.** You can keep telling until you find someone who helps you.

Knowing My Feelings

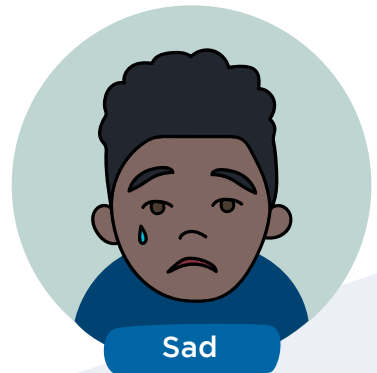
Everybody has feelings.

There are lots of different feelings - what are some that you can think of?

Some feelings, like being happy, are fun. Can you think of a time where you felt happy?

Some feelings, like being scared, are not much fun, but they do help to keep you safe. If you saw a polar bear near your house, you might feel scared and stay inside instead of going out to play.

All feelings are important. It's always OK to have feelings, even if you are angry or sad.

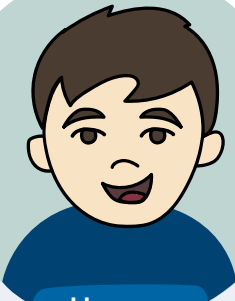


Activity

SCENARIOS

How would you feel if:

1. It was your birthday?
2. Your parents/caregivers made your favorite food for supper?
3. Somebody stole your new bike?
4. Your best friend moved to another community?
5. You saw a bumblebee?



Happy



Scared



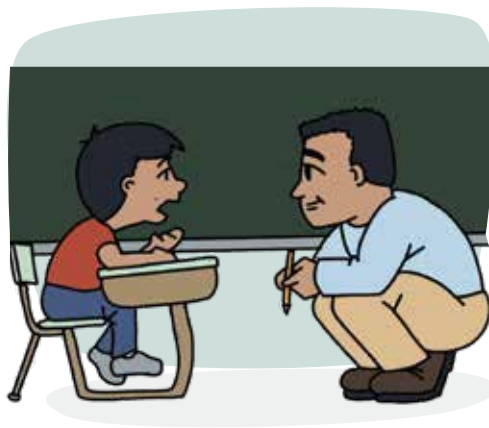
Surprised

Safe and Unsafe

Who are grown-ups?

Grown-ups are people like teachers, your parents, your grandparents, and aunts or uncles who are older than you. Part of being a safe grown-up means keeping kids safe and healthy.

1. Who are some grown-ups you know?
2. Who are the grown-ups who take care of you?
3. What do grown-ups do to keep kids safe and healthy?





Sometimes, kids need help from grown-ups.

Who are grown-ups you can ask for help:

1. at school/daycare?
2. at home?
3. at an activity?
(sport/day camp/
pool/church etc.)
4. at the store?

Grown-ups that you can ask to help you are **SAFE** grown-ups. They know how to help with your problems and will make you feel better and keep you safe.

You probably already know lots of safe grown-ups.
Who are they?



Part of a grown-up's job is to make sure that kids have everything they need for a safe, happy and healthy life. Sometimes, it can be hard to figure out the difference between the things you want to have, and the things you need to have.



Can you decide which of these things are wants, and which of them are needs?

1. Shoes and clothing that keep you comfortable in every season.
2. Cool new clothes you see in the store.
3. Meals and snacks to keep you healthy and help you grow.
4. Having your favorite foods every day.
5. Grown-ups who play with you, help you learn, take care of you, and love you.
6. Grown-ups who buy you lots of toys, take you on airplane trips, and give you spending money whenever you ask for it.
7. Books, school materials and other things to help you learn.
8. A new computer and cool pens and notebooks for class.
9. Some free time each day to play and relax.
10. Not having any chores to do.
11. Being given medicine or going to the doctor when you're sick.

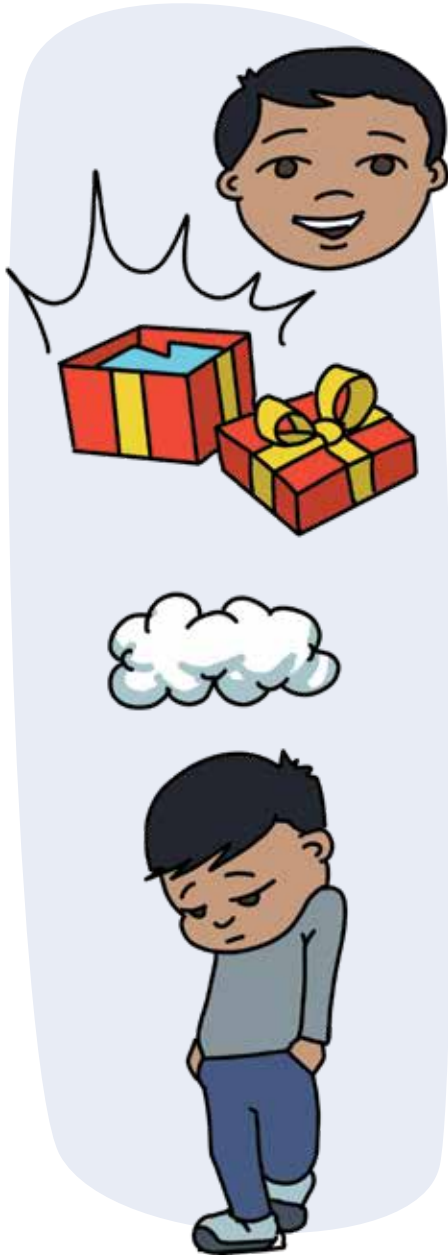
Having wants isn't a bad thing, and it's healthy for kids to get the things they want when their family is able to provide them (for example, as a birthday gift, or a special treat.)

Even though wants are nice, you can still live a happy life without them.



Needs are different, because if your needs aren't being met, you may not be able to stay safe and healthy. Needs can also be called "rights". Every person has rights, and children have their own special set of rights.

To learn more about what they are, you can visit www.unicef.org/sop/convention-rights-child-child-friendly-version and have a grown-up help you to understand what they mean.



Keep and Speak Secrets

A secret is something that another person asks you not to tell anyone about.

Some secrets are safe and fun.

You can keep these secrets because they have an ending, and the ending won't make anyone sad or hurt. They are called **KEEP** secrets. **KEEP** secrets are things like a gift you bought your friend for their birthday, a surprise party for a family member, or some art you made at school to give to someone.

Other secrets are unsafe.

Keeping these secrets can hurt you or other people, and they make you feel bad when you think about them. They are called **SPEAK** secrets. You should always tell a safe grown-up about **SPEAK** secrets.

Activity

KEEP OR SPEAK?

Choose which kind of secrets these are.

1. Your grandpa's birthday is this weekend. You made him a card at school, but you decide not to tell him about it until his birthday because you want it to be a surprise.
2. Your teacher is moving to another community this summer. Some of your classmates are going to bring yummy snacks to share with everyone on the last day of school as a farewell. They ask you not to tell your teacher, so that she can be surprised.
3. Your friend comes to school with a black eye. He tells you some big kids hurt him on his way to the bus stop and told him not to tell anyone. He asks you not to tell anyone either.
4. You see one of your classmates take your friend's snacks when your friend isn't looking. Your classmate says they won't be your friend anymore if you tell anyone. At snack time, your friend is sad because they have no food to eat.





Being Safe Online

Going online with a computer, phone or tablet can be a lot of fun! You can play games, talk to your friends and family, and even watch your favorite shows.

What kind of things do you like to do online?

What is your favorite app or website?

Draw a picture showing the cool things you can do with it.

When you go online, you are using something called the Internet. The Internet is a way that lots of people all around the world can talk to each other, show each other things, and share things they have made, like games and websites.

There are lots of fun, safe things on the Internet, but there are also some things that are unsafe.

Let's think back to when we talked about feelings.

What kinds of feelings might you have if you saw something unsafe on the Internet?

**If you see anything unsafe on the Internet,
there are two things you can do.**



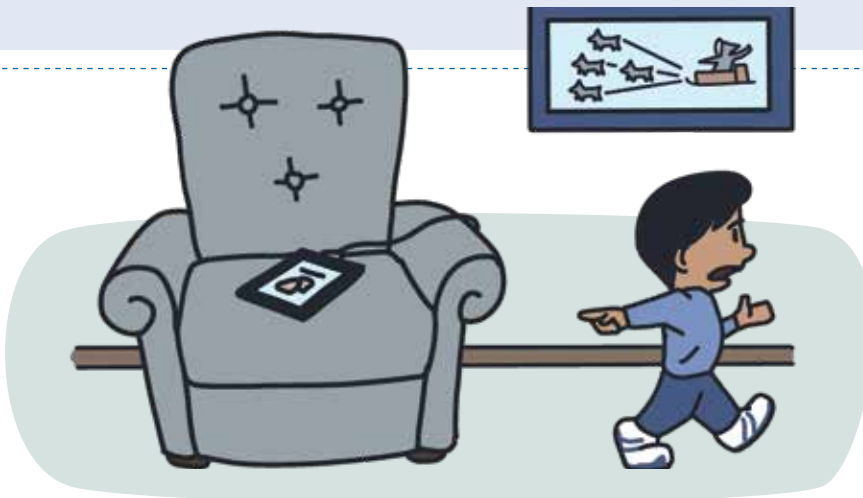
STOP!

Stop using your device.
Put down your phone or
tablet, or get up from
the computer.



TELL!

Find a safe grown-up and
tell them you saw something
unsafe. Grown-ups know
what to do when this
happens, and they can help
make sure you don't see
anything like that again.





Some good tips for staying safe on the Internet are:

- ✓ Always tell a safe grown-up when you go online, especially if you are visiting a new website.
- ✓ Don't talk to people you don't know.
- ✓ Don't click on things if you don't know what they are, like pop-up windows or links.
- ✓ Most importantly, if **ANYTHING** you see makes you feel strange, scared, or sad, **TELL** a safe grown-up about it.

Activity

SAFE OR UNSAFE?

Here is a list of things that might happen when you use the Internet. Which ones are safe? Which ones are unsafe? What would you do if one of the unsafe things happened to you? Have a grown-up help you to decide.

1. **You ask one of your parents if you can visit a new website.** They say yes and look at the website with you to make sure it's OK for kids to use.
2. **You are watching your favorite cartoon on Youtube.** At first the video is fun, but someone has added a scary part in the middle. You don't like the video any more.
3. **You and your family have agreed that you can play Minecraft on the family laptop.** Your aunt checked the game first and has made sure that the only people who can chat with you are other kids you know.
4. **You are using the Internet to do research for a school project about the stars and planets.** You found a page with good information, but a picture of a naked person pops up at the side of the screen. It makes you feel strange.



Activity Answer Key

Page 7: Feelings – scenarios

1. Happy, excited
2. Happy
3. Sad, angry
4. Sad
5. Surprised, scared

Page 8: Grown-ups

1. Parents, uncles, aunts, siblings, grandparents, teachers, coaches, family friends, Elders, pastors, babysitters etc.
2. Family members, teachers, babysitters etc.
3. Love them, feed them, play with them, teach them, clothe them, etc.
4. Teachers
5. Family members
6. Coaches, pastors, lifeguards etc.
7. Store staff, family friends who may be there, Elders

Page 10: Needs and wants

1. Need
2. Want
3. Need
4. Want
5. Need
6. Want
7. Need
8. Want
9. Need
10. Want
11. Need

Page 13: Keep or Speak?

1. Keep
2. Keep
3. Speak
4. Speak

Page 17: Safe or unsafe?

1. Safe
2. Unsafe – stop watching and tell a safe grown-up
3. Safe
4. Unsafe – do not click the picture. Stop using your device and tell a safe grown-up.

Resources for parents, caregivers and educators

Parents and caregivers – ask your child’s teacher about the Canadian Red Cross Be Safe! Program. This program goes into further detail about the issues discussed in this book, and will help your child learn more about staying safe, both online and offline.

Online safety

Unicef

Online safety tips for parents of children who are spending more time using the Internet because of COVID-19

[unicef.org/coronavirus/keep-your-child-safe-online-at-home-covid-19](https://www.unicef.org/coronavirus/keep-your-child-safe-online-at-home-covid-19)

Canadian Centre for Child Protection

A national charity dedicated to reducing the abuse and exploitation of children. This link provides resources to do with preventing online abuse and exploitation.
protectchildren.ca/en/resources-research/

Need Help Now

A site to help stop the spread of intimate images, with support along the way, as well as downloadable information sheets.

needhelpnow.ca/app/en/downloadable_resources-youth

Think U Know

This website is based in the United Kingdom, but has a lot of great information relevant to Nunavummiut, including games and videos to help educate youth of all ages about online safety.

thinkuknow.co.uk/professionals/

Cybertip

Canada’s national tip line for reporting the online sexual abuse and exploitation of children.

www.cybertip.ca/app/en/

Childnet International

An international organization which aims to educate children, youth, parents and educators about how to be safe online.

childnet.com/teachers-and-professionals

Media Smarts

This link provides information for caregivers and educators about how children and youth may internalize and express their experiences with fear in the media.

mediasmarts.ca/tipsheet/dealing-fear-and-media

Kids in the Know

Kids in the Know is the national safety program developed by the Canadian Centre for Child Protection and offers resources for youth of all ages, as well as caregivers.

kidsintheknow.ca

Pauktuutit

A series of short videos developed by Pauktuutit Inuit Women of Canada addressing online safety for Inuit.

youtube.com/c/Pauktuutit_Inuit_Women_Canada#p/u
[Playlist - I'm Happy Because I'm Safe](#)

Representative for Children and Youth

The Office of the Representative for Children and Youth works to support young Nunavummiut by representing their voice and ensuring the Government of Nunavut protects their rights.

rcynu.ca • contact@rcynu.ca
1-855-449-8118

Umingmak Centre

The Umingmak Centre, located in Iqaluit, helps families and children who have been affected by sexual abuse. If you have reported online sexual abuse of your child to the RCMP or other authorities, they may refer you and your child to Umingmak for follow-up care.

umingmakcentre.ca

General mental health and well-being

We Matter

We Matter is a national organization, led by Indigenous youth, with the goal of Indigenous youth support, hope and life promotion.

wemattercampaign.org

Kids Help Phone

Free, 24/7 online or phone counseling for children and youth in English or French. An app, “Always There”, is also available for download via the App Store or Google Play. Youth who would rather receive counseling via text can text CONNECT to 686868.

kidshelpphone.ca
1-800-668-6868

Kamatsiaqtut – Nunavut Help Line

Anonymous, confidential telephone counseling for Northerners in crisis or needing a listening ear. Services are available in English, Inuktitut and occasionally French.

nunavuthelpline.ca
1-800-265-3333

Hope For Wellness

A helpline for Indigenous people across Canada. Services are available in English and French, as well as Inuktitut on request.

hopeforwellness.ca
1-855-242-3310





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