



Resources for Families

The [Canadian Centre for Child Protection](#) (Canadian Centre) is a national charity dedicated to the personal safety of all children. Our goal is to reduce the sexual abuse and exploitation of children, assist in the location of missing children, and prevent child victimization through a number of programs, services, and resources for Canadian families, educators, child-serving organizations, law enforcement, and other parties.

The Canadian Centre believes the best way to promote child personal safety is to use a community-based approach that involves children, educators, and parents, as well as community agencies. Below are resources that are well suited for parents/guardians to use with their children at home.

WEBSITES

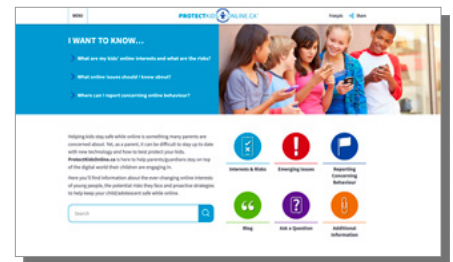
Protectkidsonline.ca is a website to help parents/guardians stay on top of the digital world their children are engaging in. On the site you'll find information about the ever-changing online interests of young people, the potential risks they face, and proactive strategies to help keep your child/adolescent safe while online.

Type of resource: website for parents/guardians with children of any age

Cost: FREE

Grades: parents/guardians with children in any grade

How to access: visit protectkidsonline.ca



Cybertip.ca Alerts are notifications sent out to inform the public of concerning technology trends and new resources designed to increase children's personal safety. Recognizing that it can be difficult to keep up with technology, signing up for these alerts provides you with important information to help keep your family safe while using the various popular platforms on the internet.

Type of resource: email notifications

Cost: FREE

Grades: parents/guardians with children in any grade

How to access: sign up to receive alerts at cybertip.ca/alerts



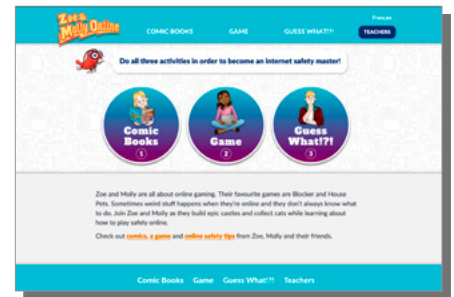


Zoe and Molly Online is an interactive series that gives kids in grade 3 and 4 an opportunity to have some fun while exploring what it means to be safe while playing games online. It is an engaging experience on its own but becomes all the more powerful when the comics and lesson plan is used as a springboard for conversations about how to stay safe while playing games online and the risks associated with sharing their personal information and sending pictures online.

Type of resource: comic books, online game, quiz for children in grades 3 and 4; lesson plan for educators or parents to use

Cost: FREE

How to access: zoeandmolly.ca

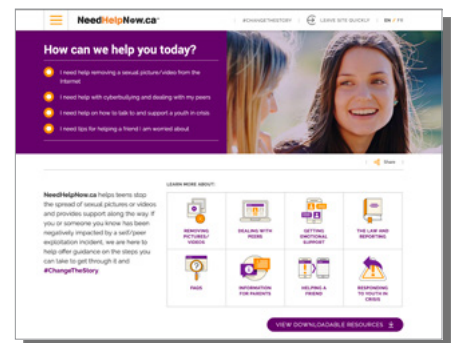


NeedHelpNow.ca is a website that helps teens stop the spread of sexual pictures or videos and provides support along the way. It includes a section to help parents manage this growing social challenge by providing guidance on ways to talk to your teen about this issue, possibly to prevent this from happening, along with providing information on what to do if your child is negatively impacted by peers sharing a sexual picture or video.

Type of resource: website for teens/ information for parents/guardians

Cost: FREE

How to access: visit needhelpnow.ca



Kids in the Know Safety and Activity Sheets cover a variety of topics and can be used by parents/guardians with children in kindergarten to high school to have important safety conversations. Examples of sheets include: assertiveness skills, online safety, keep and speak secrets, babysitting tips, and healthy relationships.

Type of resource: activity sheets to guide conversations with children and youth from kindergarten to high school

Cost: FREE

How to access: visit kidsintheknow.ca/app/en/parents-educational_tools





RESOURCES — PRINT AND PDF (order print copies online)

Protecting Your Child is a resource intended to help parents/guardians better understand the issue of child sexual abuse. Topics covered include the scope of child sexual abuse, personal boundaries, adult supervision, children's use of internet-enabled devices, concerning sexual behaviour in children, what to talk to your child about, and reporting.

Type of resource: information book for parents/guardians with children ages 12 and under

Cost: FREE

How to access: Download protectchildren.ca/en/order/product/319:en/



Parenting Tweens and Teens in the Digital World is a booklet that includes information on current trends and online risks such as self/peer exploitation, online luring, and cyberbullying.

Type of resource: information book for parents/guardians with children aged 12 and up

Cost: FREE

How to access: Order or download protectchildren.ca/en/order/product/214:en/

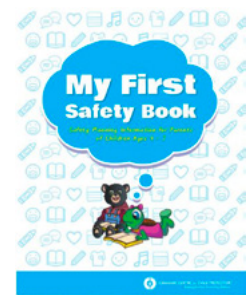


My First Safety Book has been developed for parents to work on with their children, ages four to seven, to build their children's safety competence with age-appropriate activities. Topics in this resource include safe grown-ups, identifying and labelling feelings, naming body parts, healthy boundaries, and okay and not okay secrets.

Type of resource: activity book for children ages four to seven

Cost: FREE

How to access: Order or download protectchildren.ca/en/order/product/286:en/



Big Feelings Come and Go is a storybook teaches kids about freeze, flight, and fight and helps them learn some basic self-regulation skills. Understanding freeze, flight, and fight can allow for new conversations about how your child feels and what to do to help them manage their big feelings.

Type of resource: storybook for children up to grade 3

Cost: FREE

How to access: Download protectchildren.ca/pdfs/C3P_BigFeelingsComeAndGo_storybook_en.pdf

-OR-

Cost: \$9.95 + tax

How to access: Order a printed copy: protectchildren.ca/en/order/product/301:en/





The Personal Safety Storybook Pack includes seven storybooks: *Baxter Bunny Brings his Buddies*, *Big Feelings Come and Go*, *Cosmo Trusts his Instincts*, *Hooty Knows*, *Makoons' Keep and Speak Secrets*, *Teatree's Keep and Speak Secrets*, and *Tulee Means Business*.

Type of resource: storybooks for children up to grade 3

Cost: \$30 + tax and shipping

How to access: Order protectchildren.ca/en/order/product/289:en/

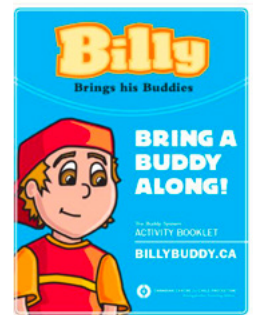


The Billy Brings his Buddies Activity Book designed for grade 1 students and helps teach children about the Buddy System.

Type of resource: activity book for children in grade 1

Cost: FREE

How to access: Order or download protectchildren.ca/en/order/product/240:en/

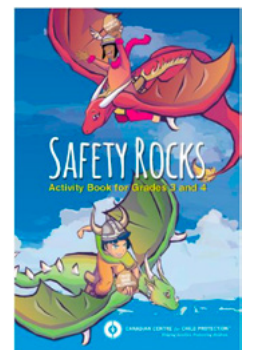


Safety Rocks is an activity book for children in grades 3 and 4 to help them learn about ways to stay safe. The activities are designed to teach children that using safety habits everyday helps keep them safe.

Type of resource: activity book for children in grades 3 and 4

Cost: FREE

How to access: Order or download protectchildren.ca/en/order/product/284:en/



Be Smart Strong and Safe is an activity book that helps children in grades 5 and 6 to identify inappropriate behaviour, learn how to set boundaries, and how to talk to a safe adult when something makes them feel uncomfortable. Through various activities, children develop an understanding of healthy and unhealthy behaviours, and how to pay attention to different behaviours in order to stay safe.

Type of resource: activity book for youth in grades 5 and 6

Cost: FREE

How to access: Order or download protectchildren.ca/en/order/product/64:en/



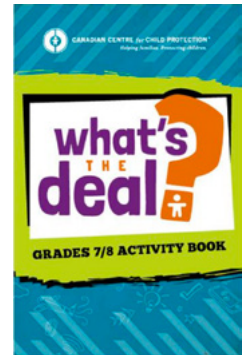


What's the Deal is an activity book that teaches youth in grades 7 and 8 about healthy relationships and boundaries. Through various engaging activities, youth will be able to identify the difference between healthy and unhealthy relationships, how to set personal boundaries, and how to get out of uncomfortable situations when those boundaries have been broken. Youth will learn how easy it is to lose control of information and photos shared online, and when to get help from a safe adult.

Type of resource: activity book for youth in grades 7 and 8

Cost: FREE

How to access: Order or download protectchildren.ca/en/order/product/241:en/



It is a Big Deal teaches teens the difference between healthy and unhealthy dating relationships, including the issue of sexual consent. Through various activities, teens will learn about love versus control in dating relationships. They will learn about self-peer exploitation (sexting), Canada's sexual consent laws, and how to get help if they find themselves in an uncomfortable situation. Building teen's safety confidence and competence in this way reduces their vulnerability to victimization, and increases their personal safety.

Type of resource: activity book for youth in high school

Cost: FREE

How to access: Order or download protectchildren.ca/en/order/product/242:en/



ONLINE TRAINING/PROFESSIONAL DEVELOPMENT OPPORTUNITIES

23 minute Introductory Training: *Commit to Kids* — *An Introduction to Safeguarding Children from Sexual Abuse* is a short online overview for individuals who work with children and/or parents are looking for introductory level information on child sexual abuse, or those looking to refresh their knowledge on the topic.

Type of resource: online professional development

Cost: FREE

Grades: parents of children of all ages

How to access: Register online (in field for School/Organization, list **parent** — protectchildren.ca/en/get-involved/online-training/commit-to-kids-intro-safeguarding-children/)

For more information on any of our resources, programs, or services, contact the Canadian Centre at education@protectchildren.ca or call toll free 1-800-532-9135.