

HOW TO PREVENT SEXUAL EXPLOITATION

AWARENESS IS KEY!!!!

- 3 C's – content, contact, conduct
- Talk about how to get out of tricky situations (role play, “what if”)
- Make a code word with your teen to signal they need help
- Check yourself: emotions, reactions, language
- Build positive relationships with your teens/kids
- Teach & model safe social media use (life jacket, seat belt)
- Ongoing conversations about sexual exploitation & how it happens
- Have regular conversations about healthy relationships
- Listen to what your kids are talking about online when gaming
- Ask your kids open ended questions about their life/friends' lives
- Create opportunities to spend alone time with your kids
- Ask your kids for help with social media & computer/phone
- Notice & talk about current examples of sexual exploitation that appear in the media (Epstein, Nygard)
- Notice if they get new expensive items – ask how and from who
- Be involved in what your teen is doing online/offline
- Emphasize the importance of boundaries between children/youth and adults - online and offline



- Explain that adults should never act/text in a sexual way with kids/teens
- Talk about how sharing personal info (pics) can be dangerous online
- Have a conversation about what a “friend” is online and offline
- Model how to have a healthy romantic relationship so your teen has something real to compare to
- Set up parental controls on devices; set tx limits on use, make “house” rules
- Let your teen know you are available to listen without **judgment** and without fear of being **punished** (grounded, phone taken away)
- Discuss and share information to your teen on the Canadian laws;
 1. It is illegal to **make** and **distribute** nude pics/video of kids under age 18
 2. It illegal for adults to **request** or be in **possession** of nude images or videos if the child is under age 18 (child sexual abuse images)
 3. It is illegal for an adult to **threaten** a child/teen online/online for nude image or videos

Remember: Your teen is not foolish, stupid or immature - They are victims of skilled predators who are expert manipulators that have likely done this many times before and will continue if not stopped!

