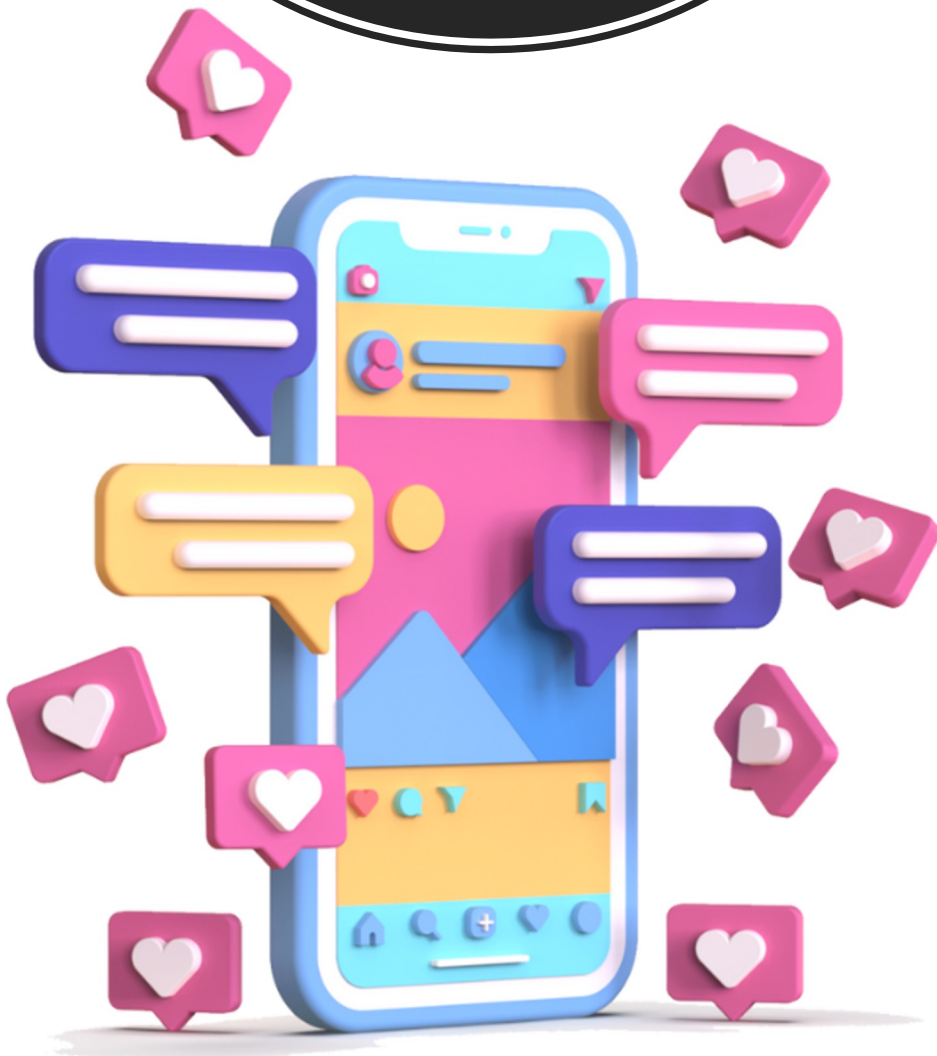


# Resources for Online Safety and Digital Wellness





Play your way to Internet Awesome.

[EXPLORE INTERLAND](#) ➔

Interland is an online adventure game that makes learning about digital safety and citizenship interactive and fun. It teaches the key lessons of internet safety through four fun, challenging games.

Interland has been particularly well-received by kids ages 7-12, but can certainly be enjoyed by older and younger kids, too.



**CANADIAN CENTRE *for* CHILD PROTECTION®**

*Helping families. Protecting children.*



## GET HELP NOW

### Cybertip.ca



If you have information about the online sexual exploitation of a child or come across illegal material online.

### MissingKids.ca



If you have information about a missing child.

### Support for Survivors and Their Families



Specialized resources for families who have experienced child sexual abuse.



## WORKING WITH CHILDREN

### Online Training



Empower employees and volunteers in their role as protective adults.

### Schools & Educators



Learn more about Kids in the Know, our national safety education program.

### Daycares, Youth Groups & more



Learn more about Commit to Kids, a plan to reduce the risk of sexual abuse within your organization.

### Sport Organizations



Specialized training and material for keeping athletes safe.



## PARENTS & GUARDIANS

### Understand & Identify Child Sexual Abuse



Learn about the scope of child sexual abuse, how it happens, and how to respond.

### Keeping Kids Safe



Lessons and tools to keep your child safe every day.

### Online Safety



Age-appropriate resources for staying safe while online.

### Taking Action



Learn where to report child sexual abuse and concerning behaviour.

**Link -** <https://www.protectchildren.ca/en/>

## Downloadable Resources -

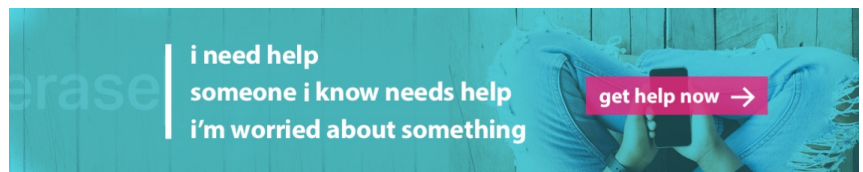
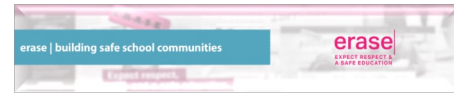
<https://protectchildren.ca/en/order/products/downloadable-material/>

## Resources for Families -

<https://protectchildren.ca/en/survivor-support/resources-for-families/>

# BC MINISTRY OF EDUCATION AND CHILD CARE

<b>Online safety</b> <b>erase cyberbullying   embrace compassion</b> The internet is a great tool. It can also expose us to dangers like cyberbullying, identity theft, online predators or scams. See how you can stay safe online.	<b>Mental health and well-being</b> <b>erase stigma   embrace understanding</b> Mental health includes our emotional, psychological and social well-being. We need to take care of our mental health because it's an important part of our overall health.
<b>Bullying</b> <b>erase bullying   embrace kindness</b> Bullying is intentional and repeated behavior that makes others feel uncomfortable, scared or hurt. Learn what bullying is and how to stand up against it.	<b>Racism</b> <b>erase racism   embrace diversity</b> Schools should be safe places where students have equal opportunities to learn, grow, and achieve their full potential, and where diversity is celebrated. Learn more about racism and actions you can take to be anti-racist.
<b>School safety</b> <b>erase violence   embrace compassion</b> School safety is a shared responsibility that requires cooperation, collaboration and communication. Read about ways B.C. is keeping schools safe.	<b>Sexual Orientation and Gender Identity (SOGI)</b> <b>erase discrimination   embrace inclusion</b> SOGI stands for sexual orientation and gender identity. It's an inclusive term that respects everyone. Learn more about SOGI and how to promote it at your school.
<b>Substance use</b> <b>erase not knowing   embrace open conversations</b> Many people use drugs, alcohol, tobacco or e-cigarettes regularly. It's important to know what happens when we do. Find out how to stay safe and talk openly and honestly about using drugs, alcohol, tobacco or vaping products.	<b>Compassionate Systems Leadership</b> <b>erase isolation   embrace relationships</b> To support student well-being and wellness, adults must have the tools and practices to support their own well-being. Learn more about how compassionate systems leadership can support systems change.
<b>Gender-Based Violence</b> <b>erase assumptions   embrace consent</b> Consent is an agreement to engage in an activity. Gender-based violence (GBV) is violence that is committed against someone based on their gender identity, gender expression, or perceived gender. Knowing how to ask for and give consent is an important action to help prevent gender-based violence. Learn more about consent and gender-based violence.	



**Report It →**

**Have you seen or heard something that concerns you?**

**Is someone or something bothering you or your friends at school?**

The **erase | Report It** tool lets you send a secure, anonymous and confidential message to your school or school district's safe school coordinator, who will follow up on it right away. You do not have to provide your name unless you want to.

Messages are only monitored during your school's operational hours. If this is an emergency please call 911 immediately.



CANADA'S CENTRE  
FOR DIGITAL AND  
MEDIA LITERACY



**[Click here for report](#)**

## PARENT RESOURCES

**Blogs** - Read the latest articles from MediaSmarts experts and parent bloggers.

**Games** - a great, interactive way to start a conversation on media issues at home and sharpen your media and digital literacy skills as a family.

**Tips Sheets** - to help navigate parenting in the digital age about important media issues like stereotypes, sexting, screentime and more ..

**Guides** - information and practical tips for parents and trusted adults to support the young people in their lives through digital issues like cyberbullying, online privacy and more.

**Workshops & Tutorials** - Get a better understanding of the various activities kids and teens love to do online and learn comprehensive strategies and tips to help them.

**Videos** – YouTube channel with digital and media literacy learning videos

### **The Parent Network: Social Media and Your Kids Guide**

**Sexual Exploitation** - <https://mediasmarts.ca/digital-media-literacy/digital-issues/sexual-exploitation/sexual-exploitation-%E2%80%93-overview>

Keeping  
Your Family  
Safe Online  
*with*  
**TELUS WISE**



**Keeping kids safe online: the rules and responsibilities that come with smartphone ownership**

<https://www.telus.com/en/wise/resources/content/article/keeping-kids-safe-online-the-rules-and-responsibilities-that-come-with-smartphone-ownership>

**Parent Resources** <https://www.telus.com/en/wise/parents>

**TELUS Wise Workshops – FREE**

<https://www.telus.com/en/wise/workshops>

**Social Media Sextortion**

<https://www.telus.com/en/wise/resources/content/article/social-media-sex-tortion>

**The Growing Sextortion Problem**

<https://www.telus.com/en/wise/resources/content/article/social-media-sex-tortion>

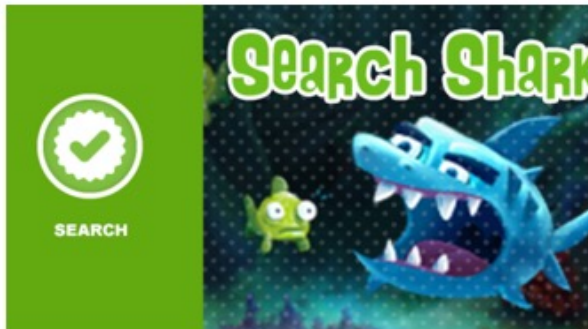


**Parenting, media and everything else -**  
<https://www.commonsensemedia.org/articles>

**App Reviews -**  
<https://www.commonsensemedia.org/reviews/category/website/age/12/genre/social-networking-20>

Movies	TV	Books	Games	Podcasts	Apps	YouTube	Parent Tips and FAQs	Celebrity
By Age			By Topic			By Platform		
Preschoolers (2-4)			Screen Time			TikTok		
Little Kids (5-7)			Learning			Snapchat		
Big Kids (8-9)			Social Media			Minecraft		
Pre-Teens (10-12)			Cellphones			Roblox		
Teens (13+)			Online Safety			Fortnite		
			Race and Ethnicity			Discord		
			More ...			More ...		





Students learn how to choose effective keywords for searching online. They practice selecting keywords that are most relevant to a search prompt. Along the way, they discover tips for narrowing their search results.



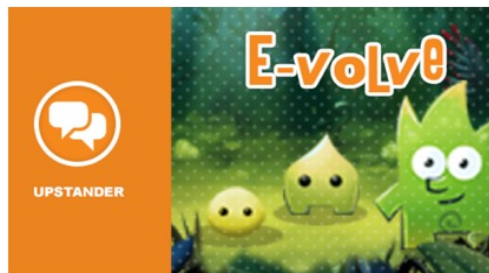
Students evaluate examples of online messages and decide what information is appropriate to share, and when.



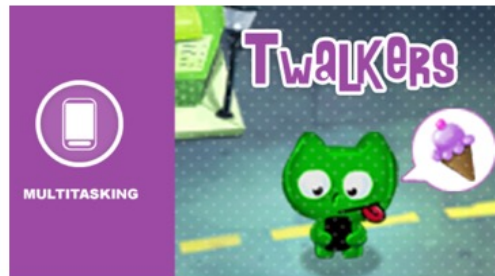
Students remix media content to create a new creative piece. Along the way, they give proper credit to the artists whose images and sound clips they use.



Students learn how to create safe and secure passwords when logging into Digital Passport and for all other accounts they create.



Students respond to cyberbullying scenarios and are prompted to make choices to evolve into an upstander.



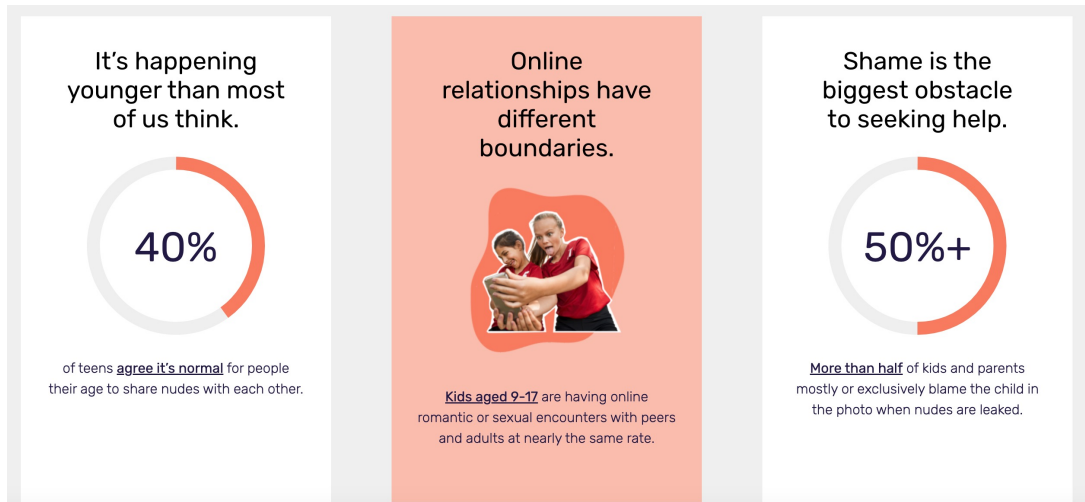
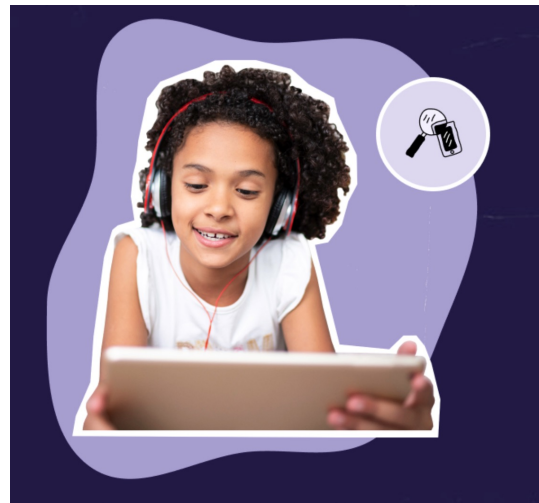
Students reflect on what it's like to multitask on a cellphone and consider the benefits of focusing on one task at a time.

## Six Core Topics

Digital citizenship: Using technology responsibly to learn, create, and participate in the digital world.

<p><b>MEDIA BALANCE &amp; WELL-BEING</b> We find balance in our digital lives.</p>	<p><b>RELATIONSHIPS &amp; COMMUNICATION</b> We know the power of words &amp; actions.</p>
<p><b>PRIVACY &amp; SECURITY</b> We care about everyone's privacy.</p>	<p><b>CYBERBULLYING, DIGITAL DRAAMA &amp; HATE SPEECH</b> We are kind &amp; courageous.</p>
<p><b>DIGITAL FOOTPRINT &amp; IDENTITY</b> We define who we are.</p>	<p><b>NEWS &amp; MEDIA LITERACY</b> We are critical thinkers &amp; creators.</p>





58% of parents say they don't feel prepared if their child were to have a nude leaked

THORN - <https://www.thorn.org/>

## KidSmartz Personal Safety Program



**KidSmartz®** is a child safety program that educates families about preventing abduction and empowers kids in grades K-5 to practice safer behaviors. This program offers resources to help parents, caregivers, and teachers protect children by teaching and practicing the Four Rules of Personal Safety using tips, printable activities, quizzes, articles, music, videos, and more.

[KidSmartz](#)

## NetSmartz Online Safety Program



**NetSmartz®** is an educational program that teaches children ages 5-17 about online safety and digital citizenship. NetSmartz offers free, age-appropriate resources including videos, games, presentations, and classroom lessons to help children learn essential digital citizenship skills and how to protect themselves and their friends online. NetSmartz also has resources for parents and other trusted adults who need assistance talking to children about technology or on how to protect them online.

[NetSmartz](#)

## Guides and resources

# Parents and Carers

### Parents guide to tech



#### Phones

Guide to phones including top tips and advice about safety tools.



Coerced online child sexual abuse

Cyberflashing

Gaming

Livestreaming

Misinformation

Online Bullying

Online Challenges

Parental controls

Pornography

Reporting

Sexting

Social Media



[Guide and Resource for Parents and Carers](#)