



T.H.I.N.K. b4 u Send

Strategies to prevent and reduce
cyberbullying, sexting and online hate



ONTARIO PROVINCIAL POLICE

Apply the **T.H.I.N.K.** test before posting or sending a cyber-message or photo, ask yourself:

- T.** is it true?
- H.** is it hurtful?
- I.** is it illegal?
- N.** is it necessary?
- K.** is it kind?

If it doesn't pass the **T.H.I.N.K.** test you may be breaking the law.

Sexting Definition (self/peer exploitation):

Sexting is generally described as creating, sending, sharing sexual images or video through the Internet or electronic devices.

Child Pornography Definition:

Generally, child pornography is defined as a photo or video of a person under the age of 18 engaged in a sexual act OR for a sexual purpose, the main focus of the photo or video is of a sexual origin.

It is a criminal offence to possess, make or request to be made, distribute or access child pornography.

Cyberbullying: Takes on many forms

- Harass another person, causing them to fear for their safety or the safety of anyone they know. (Criminal Harassment)
- Use threats, accusations or violence to try and force a person to do something or intimidate another person to cause them to do something, or not do something. (Extortion)
- Publish or make a false accusation, defame another person (insult, slur, offend). (Defamatory Libel)
- Secretly observe or make a visual recording of a person. (Voyeurism)
- Impersonate another person. (Personation)

Reported Incidents:

Every "sexting/cyberbullying" incident reported to police is investigated as a potential criminal offence.

Consequences of sending inappropriate content:

- Possible school suspension or expulsion
- Some forms of cyberbullying can lead to criminal charges.
- Making, possessing and distributing Child Pornography carry mandatory minimum sentences.
- If convicted, you could go to jail and be registered as a sex offender.

Impacts:

- Hurt relationships
- Damage to reputations
- May hurt your self-esteem and self-image
- Cause problems with school
- May lead to self-harm and in some cases suicide
- May lead to a possible criminal record

Advice for Young People

- Think about the consequences of taking, sending, requesting or forwarding a sexual picture of yourself or someone else underage. You could get kicked off of teams, face humiliation, lose educational opportunities and even get in trouble with the law.
- Never take images of yourself that you wouldn't want everyone—your classmates, your teachers, your family, or your employers—to see.
- Before hitting "send" remember that you cannot control where this image may travel. What you send to a boyfriend, girlfriend could end up with others.
- Don't request intimate photos or videos. You could be committing a criminal offence.
- If you forward a sexual picture of someone underage, you are as responsible for this image as the original sender. You could face child pornography charges, go to jail, and have to register as a sex offender.
- Report any nude pictures you receive on your cell phone to an adult you trust. Get your parents or guardians, teachers, and school counselors involved immediately.
- If you choose not to report an incident where you receive unwanted content, delete the message, photo or video.

FOR HELP OR SOMEONE TO TALK TO YOU CAN VISIT THE FOLLOWING:

Kids Help Phone 1-800-668-6868 or
www.kidshelpline.ca

Need Help Now www.needhelpline.ca
Media Smarts www.mediasmarts.ca

CAMH www.camh.ca
Connex www.connexontario.ca

Justice for Children and Youth www.jfry.org

Other support resources can be found by connecting with your School Support Staff or by contacting your Local Police.