

# Mental Health Series

## High Risk Adolescent Behaviour on the Internet

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Cst. Cory McAree  
Ottawa Police Service



Remember to mute your system throughout the session. Should you wish to ask a question, simply un-mute your system.



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Questions? [mentalhealthseries@cheo.on.ca](mailto:mentalhealthseries@cheo.on.ca)

# Partner Presentation

CHEO and the Royal work closely and actively with many community agencies and health care providers.

This presentation is brought to you by one of our local partners. The information and views presented today represent that of our partner organization.

# Declaration of Conflict

Speaker has nothing to disclose with regard to commercial support.

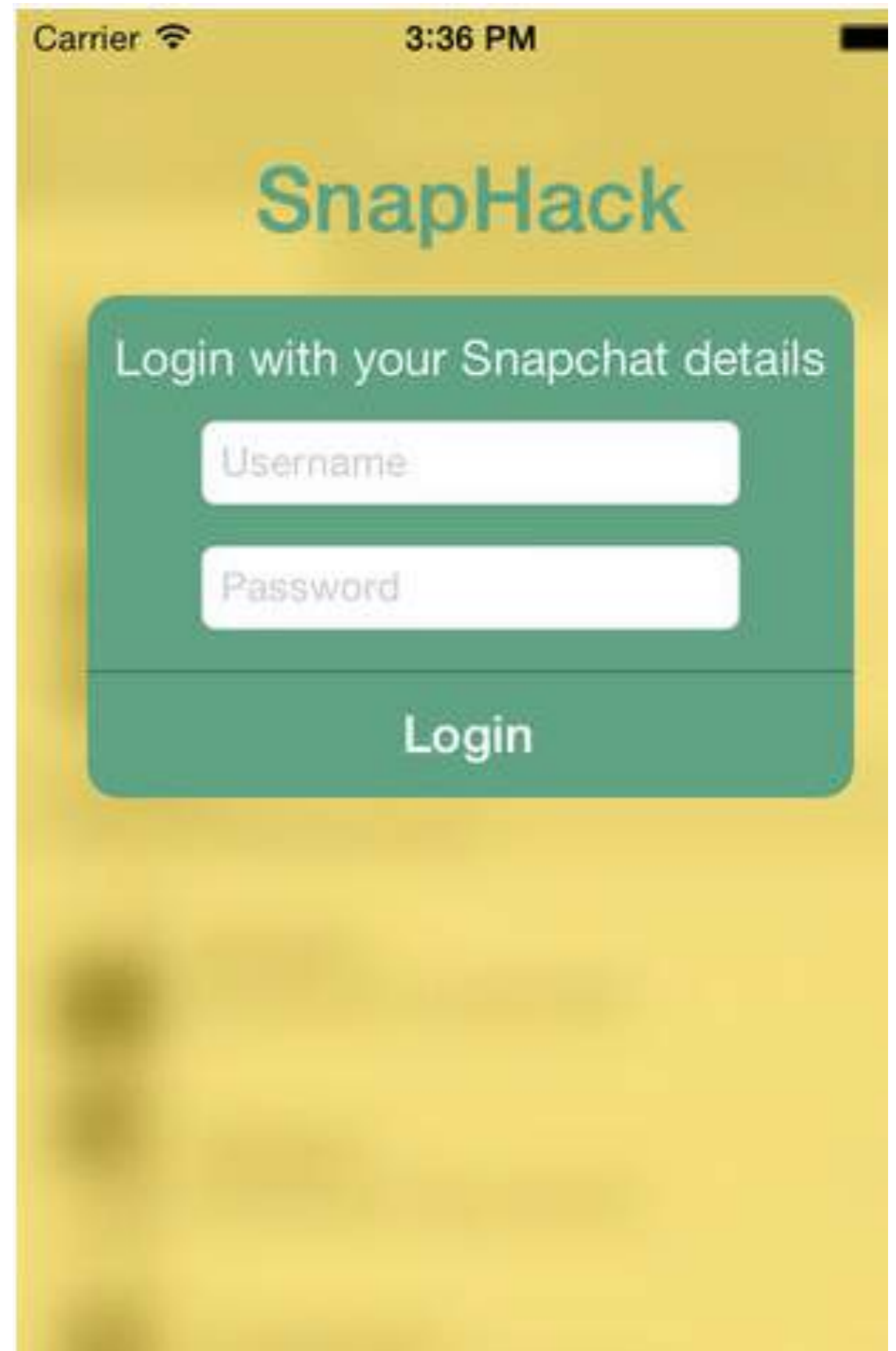
Speaker does not plan to discuss unlabeled/ investigational uses of commercial product.

“All social interactions require  
some loss of freedom.”

# Prevalent Issues

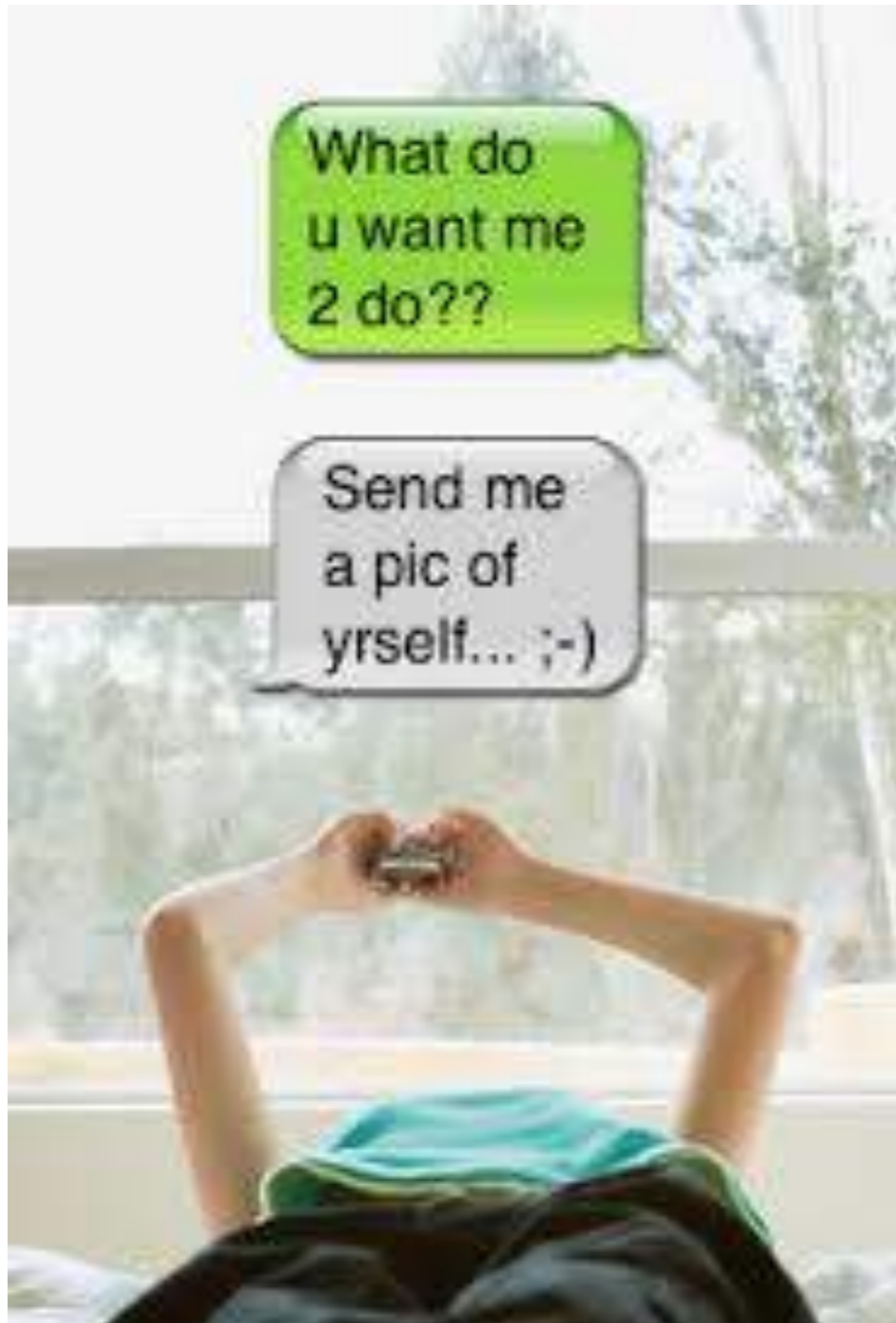
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- **Self and Peer Exploitation** among youth + students
- **Predators/Luring** and the extreme safety issues they present
- **Cyberbullying** using harmful new apps such as Snapchat and Ask.Fm



# What is 'Self/Peer Exploitation'?

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- Defined simply as **youth** that are creating, sharing, or **sending sexual images** or videos with their peers through electronic communication
- Linked to coining the phrase '**sexting**' — refers to *texting* (or sending) *sexualized* information



# Important Realities

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- Youth are **engaging themselves in self and peer exploitation** more than we think or know (they don't want to tell an adult that this is what they have done)
- Extreme cases are reported by youth ( to the school, law enforcement, or [Cybertip.ca](https://www.cybertip.ca) ) when they feel like they have **nowhere else to turn**
- The **number one wish** for youth affected by exploitation is **getting the content out of cyberspace**, not always intervention from the authorities

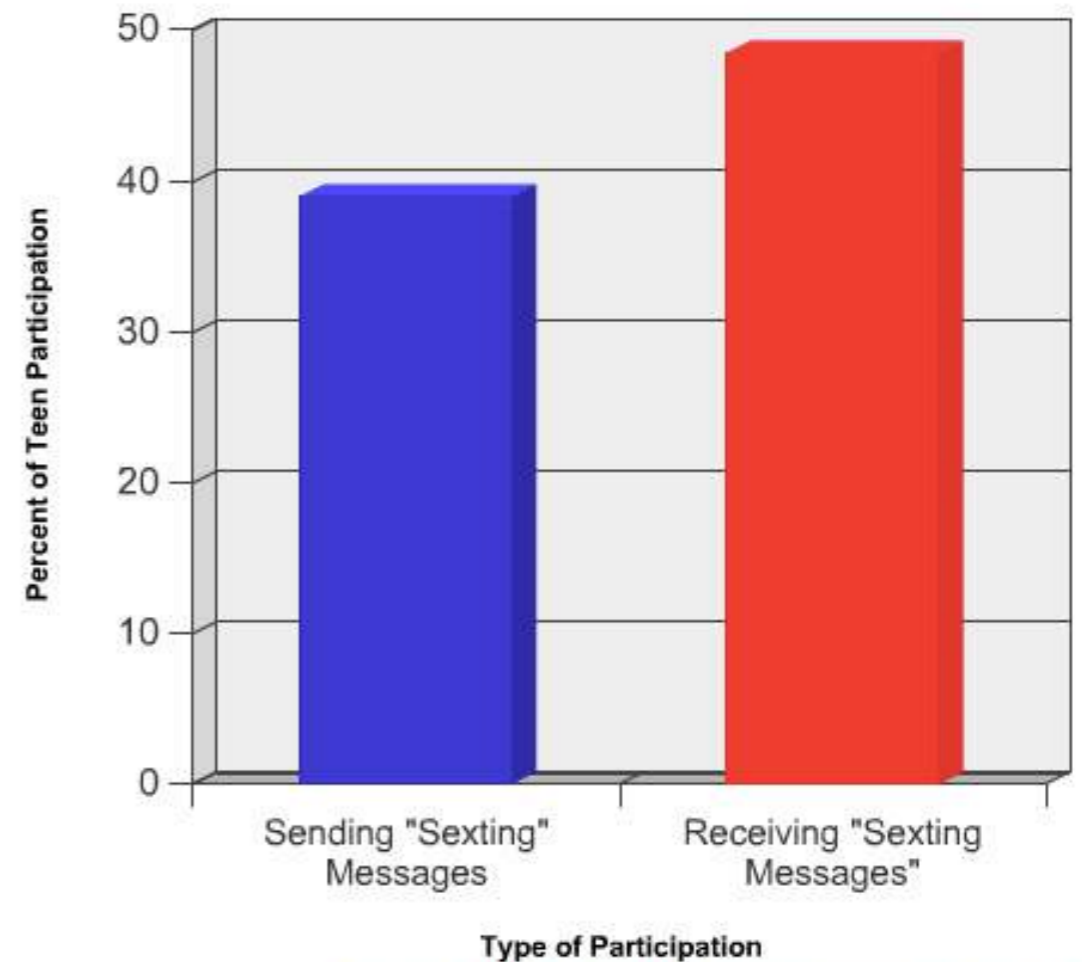
# Who's Doing It?

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*As of 2012 in teens 14-17 years of age:*

- **One in every five teen girls (22%) and 18% of teen boys** have posted or sent nude/semi-nude pictures or videos of themselves
- Over **37% of girls and 40% of boys** have send or posted sexual messages of someone else
- **48%** have received sexually suggestive messages

**Teens Affected by Sexting**



# Who's Doing It?

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- 24 percent in the study sexted to people that they wanted to date or 'hook up' with
- **61 percent** of those who have sent a naked photo or video of themselves **have been pressured by someone** else to do so at least once
- 55 percent of those who passed the images to someone else say that **they shared them with more than one person**



From: [loveisnotabuse@loveisn...](#) > [Hide](#)

To: [Amanda Au](#) >

### Photo

March 23, 2012 4:15 PM

[Mark](#)

Hey. Why won't you send me a naked photo? Since you won't sleep with me you at least owe me a photo. If you love me, you'll send me a pic. I won't show anyone. It will be just between you and me.



## Why Do Youth Do It?

- Romantic Relationships or **Sexual Experimentation**
- Attention-Seeking Behaviour
- **Coercive Circumstances**



# Sextortionists Targeting Teens

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*September 2014 - Canadian Centre for Child Protection, through Cybertip.ca program (Canada's tip line for reporting online sexual exploitation of children) puts out a media release regarding the following:*

- An increasing, serious trend involving **Canadian youth being extorted for money**
- A rising concern in teenagers reporting issues surrounding the sharing of sexual information with **adults who are posing as teenagers**
- Offenders are secretly recording teenagers exposing themselves and then **threatening to share the sexual content** if they don't pay money to the individual



# How It Works

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- **Cell Phones**
  - **Text and picture messages**
  - Video conversations
  - FaceTime
- **Video**
  - Skype
  - **Webcam**
- **Chat rooms**
- **Instant Messages**
- **Email**

# Occurrences of Sextortion

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*In 2013, while incidence of most Criminal Code offences decreased, police report an increase in incidents of the following offences:*

- **Child Pornography**
- Aggravated sexual assault
- Extortion
- **Sexual violations against children** like:
  - Luring via computer
  - Sexual exploitation
  - Sexual interference
  - Invitation to sexual touching
  - Making sexually explicit content available to a child



(Statistics Canada- Catalogue no.85-002-v, July 23, 2014)



# Criminal Consequences

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- **Possession & Distribution, Accessing of Child Pornography**
  - (Children under the age of 18 yrs old)
- **Luring**
  - Asking someone to do a sexual act over the computer, asking them the "Question Game" The questions are usually sexual in nature and the game is a tool used to measure the person's promiscuous behaviour.) On line gaming
- **Defamatory Libel**
  - Is a matter published without lawful justification or excuse, that is likely to injure the reputation of any person by exposing him to hatred, contempt or ridicule, or that is designed to insult the person of or concerning who is published.
- **Voyeurism**
  - Taking a picture or video without someone knowing
- **Threats/ Extortion**
  - Telling someone you'll distribute their pictures unless they provide more



# Consequences

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- Harassment
- Cyber Bullying
- **Depression**
- Self Harm
- Death by Suicide

# What Should Kids Do?

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- **Think before you post**
- If they receive an inappropriate text message/picture? **TELL** someone.
- **Don't send anything else**, even if threatened to do so!
- Tell someone if they think a friend may be in trouble or needs help!
- **Delete the picture immediately** after telling an adult



# Internet Safety

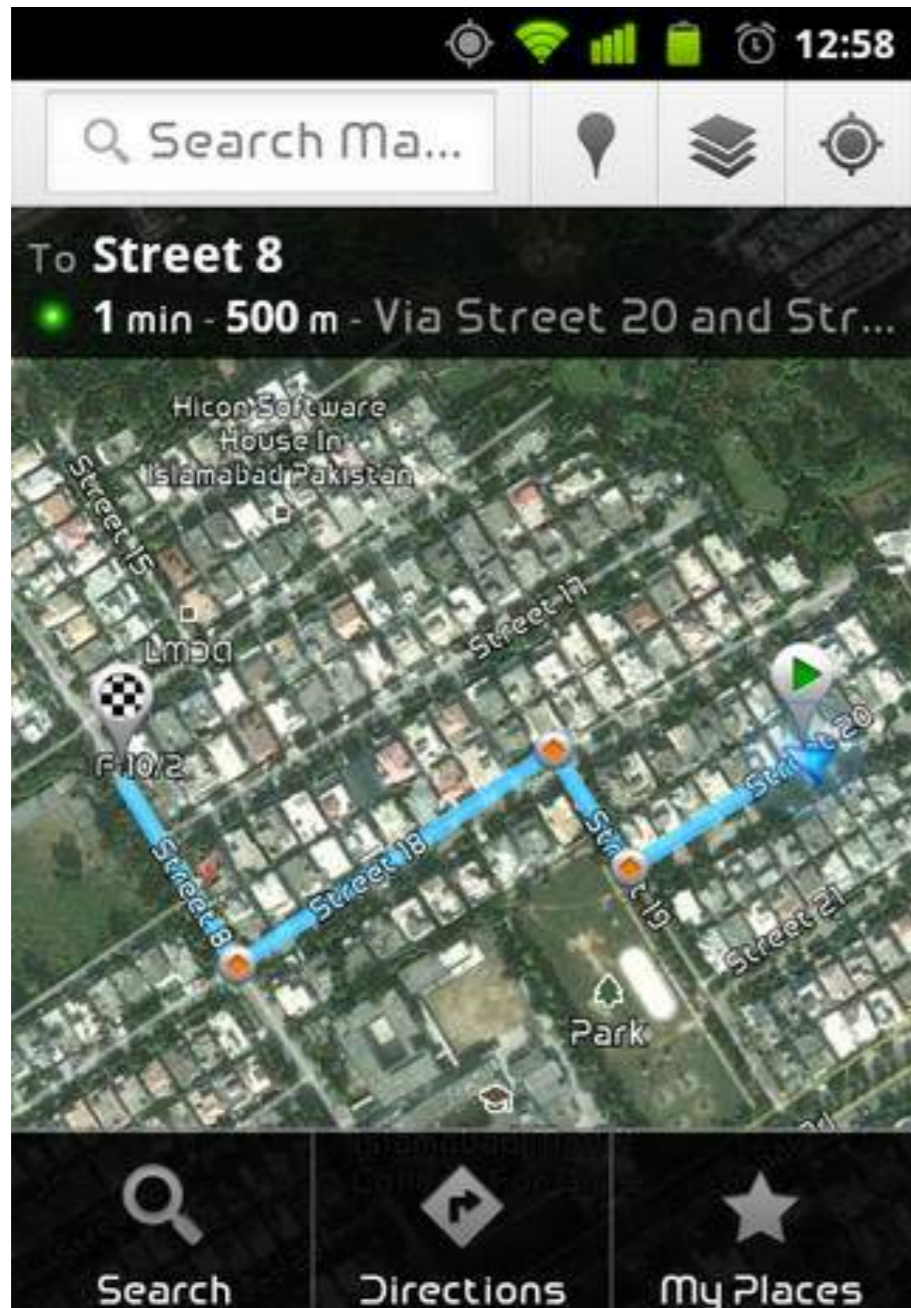
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## *Webcam Dangers*

- Specific viruses can turn on a webcam **even if you turn it off**, as it can still be turned on remotely to record you without them knowing
- If your child uses a webcam, make sure they unplug it when not in use, or turn it towards a wall
- Others can take screen shots and/or record the video chat to later post **on the internet**

**Do Not Let Your Child Have A Webcam In Their Bedroom.**

# Talk to Youth About..



- **Being cautious** what they are posting on blog or message boards
- In schools, sports teams, dance classes
- **Geo-tagging**
- **Never** arrange to meet anyone that they've met on the internet



<https://www.youtube.com/watch?v=wtZ3n2JSYDA>

Who Are You  
Really Talking To?

A warning video about  
the dangers of contact people online

# Cyberbullying

Sticks and stones will break my bones but **names will also hurt me**



Kik Messenger



Ask.fm



Keek



Tumblr



Tinder



Whisper



Vine



Instagram



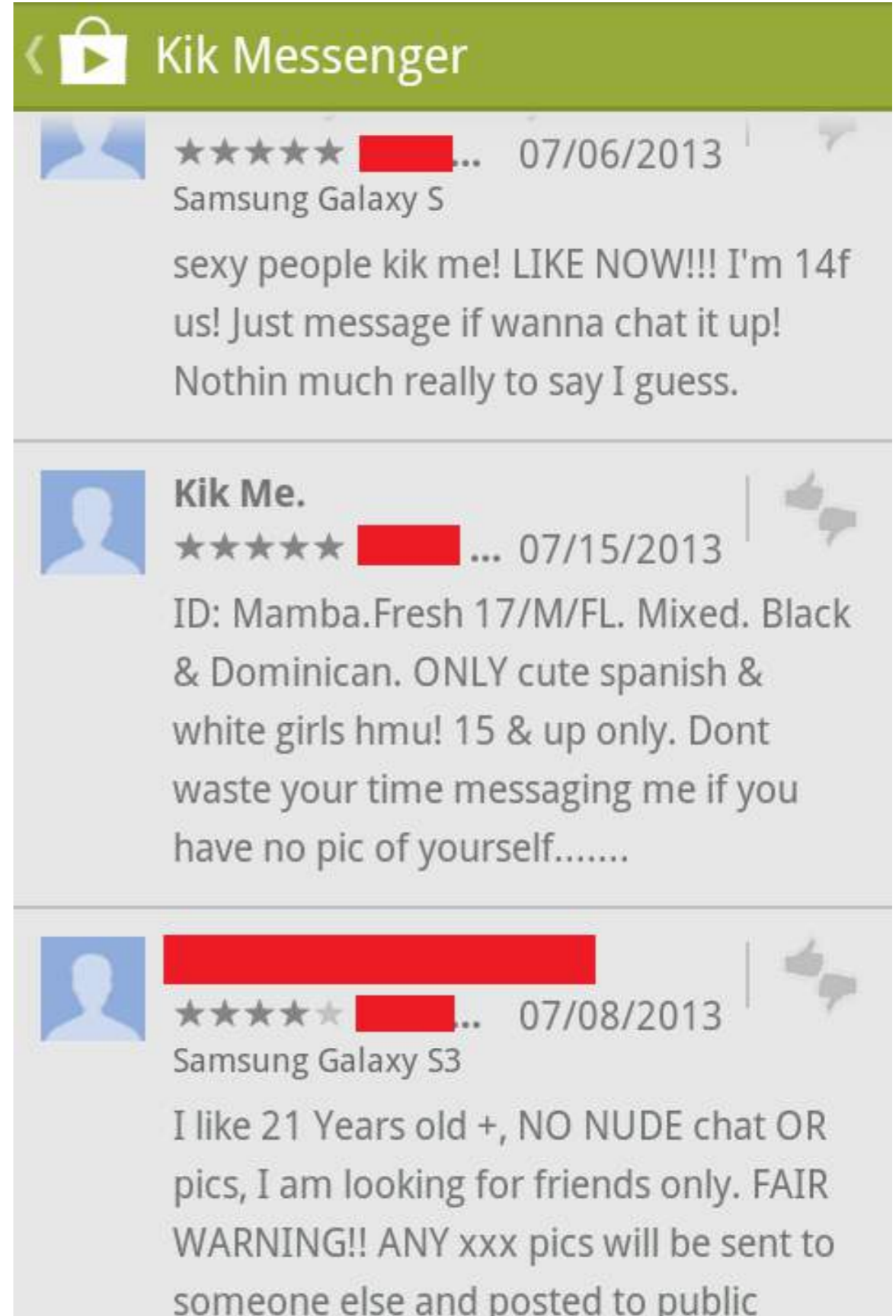
Snapchat



Twitter



Facebook



# Cyberbullying

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- Sending messages that are **hurtful, hateful, or threatening**
- Sending personal or embarrassing information, including pictures of others, with intention of intimidating, ridiculing, or harming someone else
- **Pretending to be someone else** with the intention of deceptive harm



# Consequences.

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- Could be considered a Criminal Offence:
  - Criminal Harassment
  - Public Mischief
  - Threats
  - Defamatory Libel
- Youth Diversion and Warnings could apply

**YOUTH HARASSMENT PROGRAM**

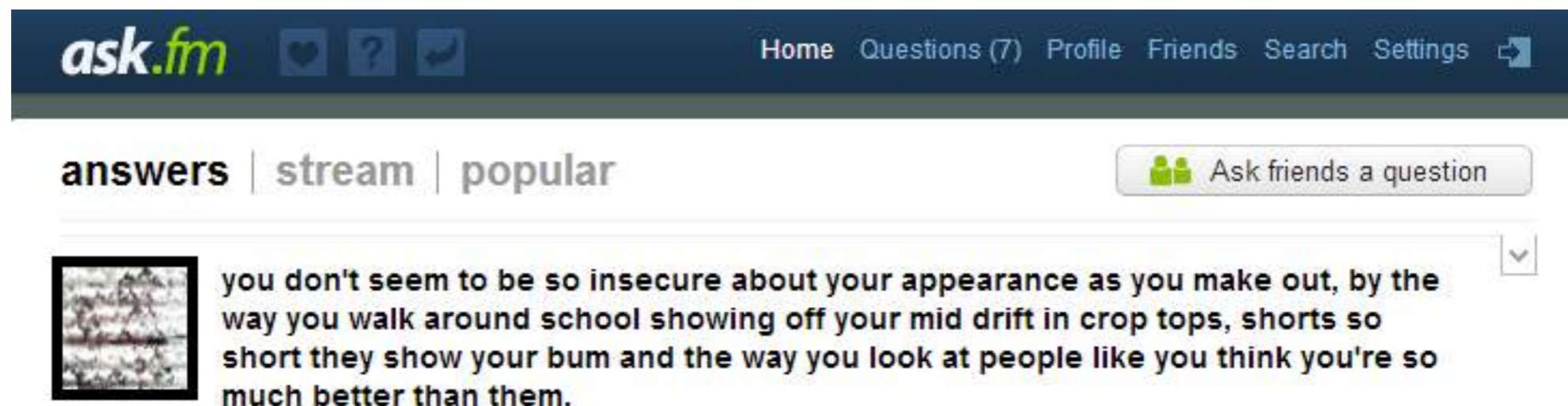


# Concerning Apps To Look Out For



## ask.fm

- Founded in Latvia in 2010
- Allows anyone to post anonymous comments and question to a person's profile
- Is increasingly being used as a means to communicate abusive, bullying, and sexualized content



ask.fm allows users to send messages anonymously

# Concerning Apps to Look Out For

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## SnapChat

- App that allows users to send photos that will 'self-destruct' after a predetermined time frame
- Often used to send photos that users would otherwise be uncomfortable to send, but are willing to due to the message's self-destruct
- Hackers were preparing to unleash some 13 gigabytes of photographs send via SnapChat



# Concerning Apps To Look Out For

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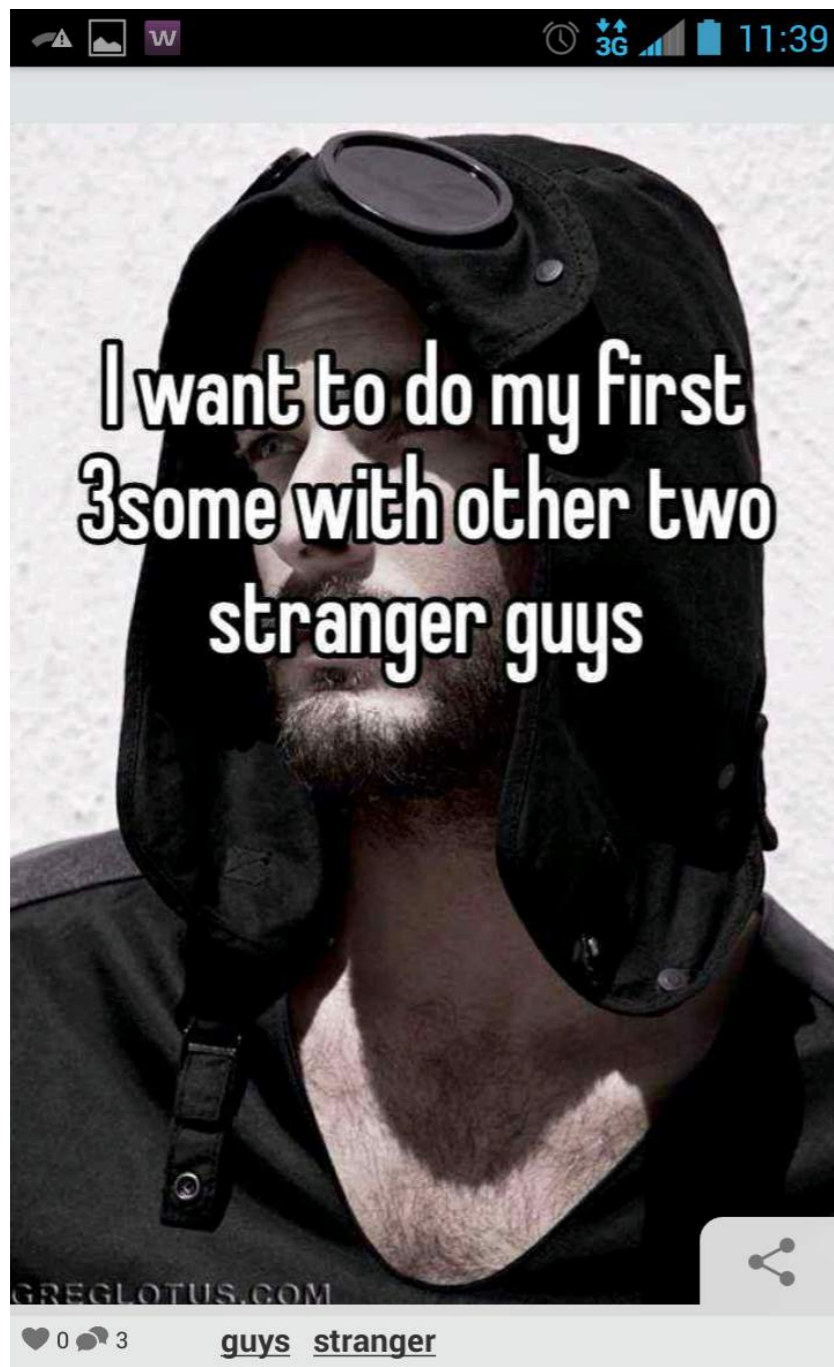
## **Kik**

- Users need to be 13yrs or older
- No Parental Control
- Kik is instant messaging similar to texting but users have multiple options of talking with individuals, and groups
- Users can also use Kik to send photos, files, and send greeting cards, combines texting with a social network
- Many reports of lots of graphic images, very sexualized discussions and predator-like behaviour taking place on Kik



# Concerning Apps to Look Out For

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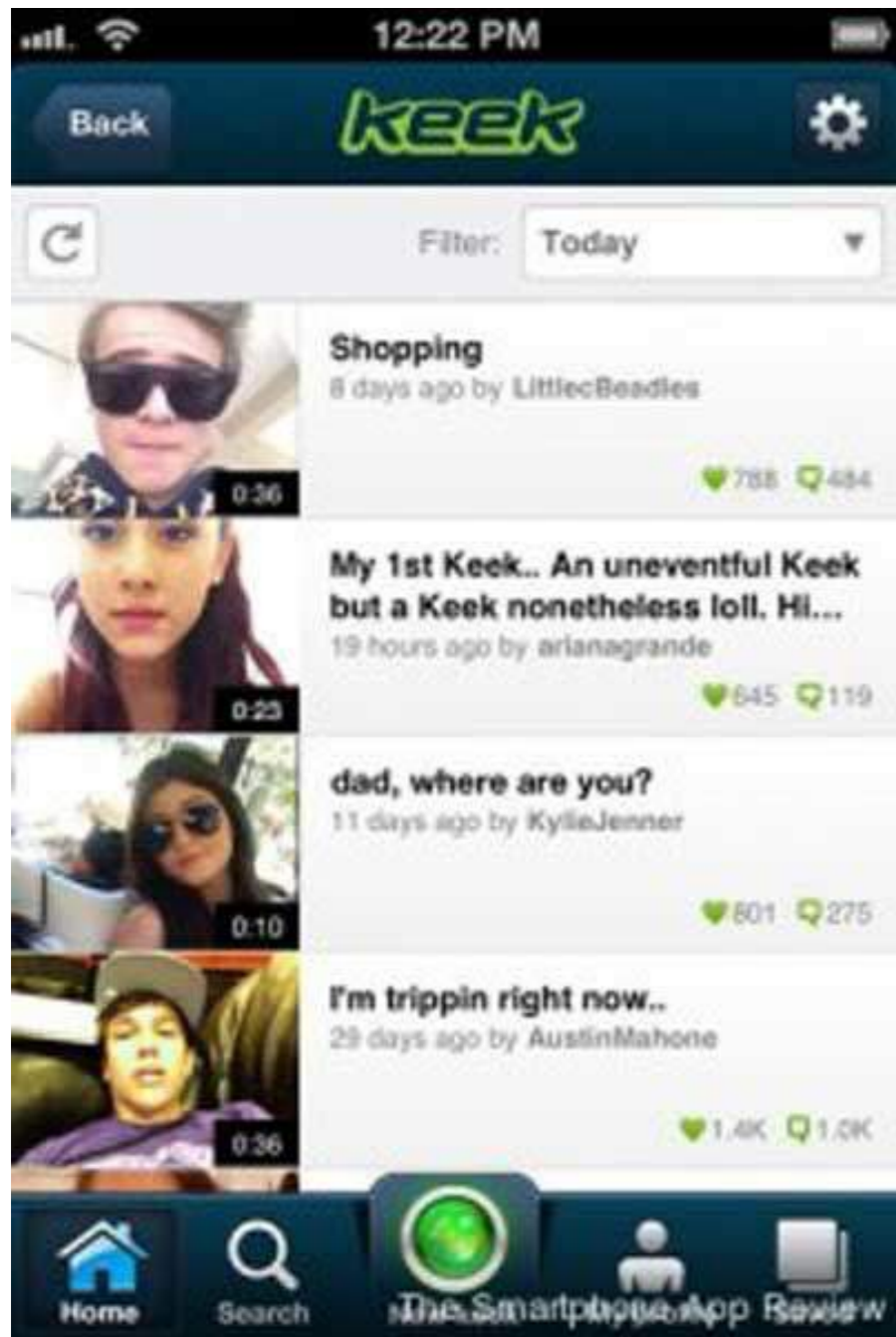
Whisper Screenshot

## Whisper

- Encourages users to post pictures and share secrets anonymously, as well as chat with other “whisperers”
- The “whispers” are text expression of secrets placed over stylized images
- Whisper’s tag line is “Express Yourself - Share Secrets - Meet New People”

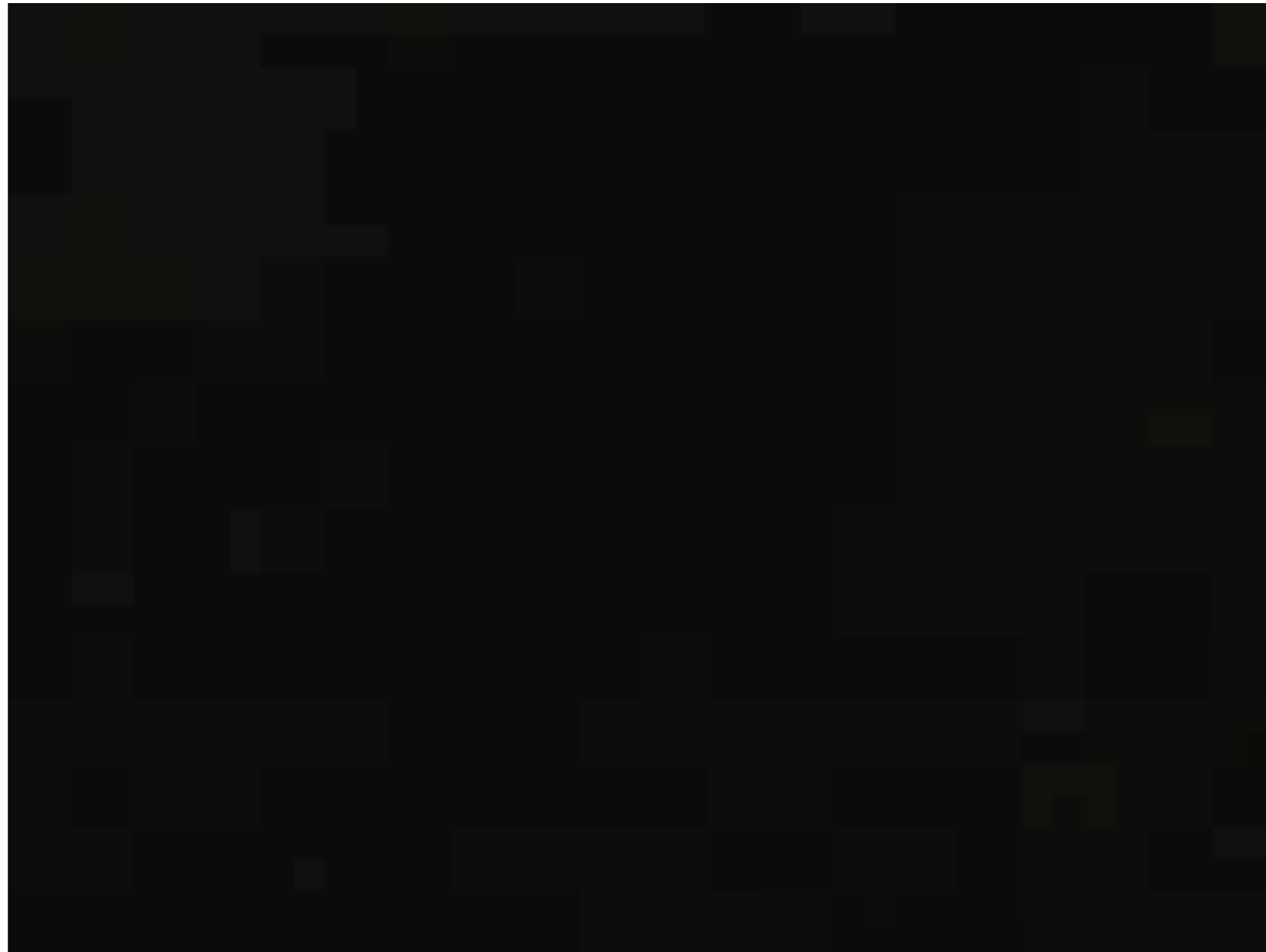
# Concerning Apps to Look Out For

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## Keek

- A social video service that allows users to share short video clips with their friends, much like Instagram
- Users connect with other by uploading 36-second videos snippets
- Teens' video channels can be followed by anyone, including dangerous people posing as others



<https://www.youtube.com/watch?v=nOUu1fldBbl>

Your Actions Are  
Permanent.

Every thing that is posted online  
will get lost in cyberspace.

# What Can You Do?

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- Become more knowledgeable about the technology that children are using
- Monitor children's online/cell phone and gaming activity and be transparent about it
- Parents need to know their teens social media accounts and passwords
- Cell phone curfew each night

# www.cybertip.ca

A Canadian online help + tip line where youth can go to disclose any information on cyberbullying or misuse of technology

Toll Free: 1-866-658-9022

## Report Form

1 2 3 4 5 6 7

We thank you for taking the time to do your part in protecting children. You have the option to remain anonymous as your name or contact information is not required in order to submit a report. Also, we do not collect or disclose the IP address of a computer used to submit a report except in rare circumstances such as an abuse of the reporting process. Refer to our [Privacy Policy](#) for more details about how we handle report information. Once we have processed a report, all information connected to it may be forwarded to law enforcement and/or child welfare for investigation and review.

**Would you like to provide your contact information?**

Yes

No

Please supply your age:

[Continue →](#)

There is a seven-step process to report any abuse or misuse of technology on the website, although they encourage calling 911 if anybody is danger.



# Questions

Cst. Cory McAree  
Ottawa Police Service



**Video-conferencers:**  
Unmute your system to  
ask a question



**Webcasters:**  
Type your question

Thank you for participating in today's  
**Mental Health Series**

**Join us next time:**

Just caring: managing resistance to treatment  
in adolescent eating disorders  
*with Dr. Isserlin*

Feb 18, 2016

