

Online Pornography: Recommended Educational Resources

This document contains resources, including websites, videos, books, and articles that service providers may find helpful while supporting children, youth, and families facing challenges around problematic online pornography use.

Websites

Get Cyber Safe (Government of Canada, 2019)

This website warns individuals about the online risks that children and youth can be exposed to, such as child pornography (child abuse images and material), online luring, child exploitation through prostitution, travelling to sexually exploit children, and child trafficking.

<https://www.getcybersafe.gc.ca/cnt/prtct-yrslf/prtctn-fml/nln-xplttn-en.aspx>

Canadian Centre for Child Protection

This website offers regulations on keeping the children's online safety and also discuss the steps to get through situations when children have been negatively impacted by child sexual abuse, sextortion, or threads by online sexual predators, among other components.

<https://www.protectchildren.ca/en/>

On this website, links and information to more programs, initiatives, and resources can be found. For example:

Child Safety and Family Advocacy Division (CSFAD)

CSFAD is a team of caseworkers that can provide information and/or connect individuals to the right systems and resources when they are a concerned about child sexual abuse or exploitation.

- <https://protectchildren.ca/en/programs-and-initiatives/csfad/>

Cybertip

This website offers tips to report online sexual exploitation of children. It also provides current and age-appropriate information and resources to help educate Canadians about how to keep children and youth safe while online.

- Main website: <https://www.cybertip.ca/app/en/>
- Parenting tweens and teens in the digital world (2nd Edition, 2017): https://www.cybertip.ca/pdfs/C3P_ParentingintheDigitalWorld_en.pdf

Need Help Now

This website support teens when they feel they have been involved in an unexpected situation related to sexting, pornography, and exploitation. For example, it offers guidelines to know how to stop the spread of sexual pictures or videos. Additionally, parents or guardians can find information on criminal offenses, as well as the places to report such issues.

- <https://needhelpnow.ca/app/en/>

Protect Kids Online

This website suggests information and guidance on how to protect children, it also offers online educational and prevention material to help keep kids safe online and in everyday life.

- https://protectkidsonline.ca/app/en/info_exposure

SexHelp

In this website readers find information about online dangers or problems related to sex and offers some tools to assess sex and pornography addiction, its treatment and community online resources.

<https://www.sexhelp.com/>

Amaze

This website offers sexual education videos for youth, parents, and service providers.

<https://amaze.org/>

Internet Matters

This resource provides recommended online safety tools for service providers. It also offers guides to support parents and teacher to help children stay safe online.

<https://www.internetmatters.org/>

Books and Manuals

Cyberpsychology as Everyday Digital Experience across the Lifespan (Harley, Morgan, Frith, 2018).

This book develops the lens of Cyberpsychology to consider how digital experiences impact various stages of people's lives. It offers a unique approach to the evolving area of

Recommended Educational Resources | 3

Cyberpsychology. Moving beyond dilemmas about the negatives and positives effects of digital technology, the authors explore the role of significant life stages in defining the evolving purpose of digital technologies. This interdisciplinary book will be of great interest for anyone who wants to learn about how technology influences our behavior, feelings, and thoughts, as well as for scholars and service providers across psychology, digital technology, and media studies. Most importantly, the book provides practical implications, recommendations, and discussions to help children or teens overcome problems related to pornography.

Addiction and Youth Substances, Technology Porn (Crisis and Trauma Resource Institute, n.d.)

This manual offers strategies for service providers who works with youth who are struggling with an addiction, including one related to substances, gaming, internet, or pornography. The approach in this manual considers issues that are unique to working with youth.

<https://ca.ctrinstitute.com/product/addictionsyouth-manual/>

Articles

Sexting, psychological distress and dating violence among adolescents and young adults (Morelli, Bianchi, Baiocco, Pezzuti, & Chirumbolo, 2016 in Psicothema)

This article shows evidence that explain the relationships between moderate and high use of sexting and the several risk in young people such as dating violence, anxiety and depression symptoms.

http://www.psicothema.com/PDF/4303.pdf?fbclid=IwAR1yH_wXKxukIT1ICdH9JYivlKt5IMVGR02sPxT30k-kuSGOB168-r-w7Vk

Teenage Child Viewing Online Pornography (Focus on the Family, 2010).

This non-academic article offers some tips to have conversations with children and youth around viewing pornography. It also offers some information about preventive measures such as parental controls, internet filtering, and pornography blocking, which may be useful for parents and caregivers to control what the kids have access to at home.

<https://www.focusonthefamily.com/family-qa/teenage-child-viewing-online-pornography/>

One of the resources found at the end of this article is Net Nanny, a parental control app for internet protection that can be installed on different devices:

- <https://www.netnanny.com/>

Videos

Addressing Pornography with teens: Do's and Don'ts

In this 2 minutes video, Dr. Linda Papadopoulus, Psychologist and Internet Matters Ambassador, talks about the impact of sexualization in young people, and provides some

Recommended Educational Resources | 4

practical advice on how to address the issue of online pornography with teens and information for them to be prepared to support teens on this issue.

- <https://www.internetmatters.org/resources/addressing-online-pornography-supporting-teens/>
- <https://youtu.be/3THVDC0n9X8>

Health law FAQs and other resources

Each service provider is obligated to ensure that they comply with current or future legislation, laws or professional standards. In developing this toolkit, several questions were considered:

Q: Is it illegal to share nude pictures?

A: In some jurisdictions, law enforcement can charge anyone with a criminal offence if they possess or distribute nude, explicit or sexual information of a minor. It is up to the jurisdiction, law enforcement and courts to pursue criminal charges. The RCMP encourages the reporting of sextortion or sexual exploitation of a minor [1].

Q: Do I have a professional obligation to report sextortion or the sharing of nude photos?

A: Service providers should practice due diligence to the professional standards set by their college or regulatory body regarding their duty to report.

In the Canadian Association of Social Workers Guidelines for Ethical Practice, Section 1.6.2 states that social workers who have reason to believe that a client intends to harm another person are obligated to inform both the person who may be at risk (if possible) as well as the police [2].

Q: Does the Health Professions Act (HPA) require reporting sextortion or the sharing of nude photos?

A: Practice in Alberta is governed by the Health Information Act. Section 35(1) (m) authorizes the release of diagnostic, treatment, and care information that identifies a person without their consent “to any person if the custodian believes, on reasonable grounds, that the disclosure will avert or minimize

- (i) a risk of harm to the health or safety of a minor; or
- (ii) an imminent danger to the health or safety of any person” [3] (p. 28)].

Under this legislation, AHS and its employees are custodians of information. The act provides authority for healthcare providers to disclose health information without consent of the individual, if the provider believes the disclosure will avert or minimize a risk of harm to a minor or imminent danger to the health of any person. This is not mandatory reporting. In addition, a

healthcare provider may disclose health information without the consent of the individual to a police to protect the health and safety of Albertans [3].

Resources

- [Office of the Privacy Commissioner of Canada: https://www.priv.gc.ca/en/](https://www.priv.gc.ca/en/) Information on Youth Privacy and tools to help advise individuals about the relevance and importance of privacy when using digital technologies.
- [RCMP's Centre for Youth Crime Prevention: https://www.rcmp-grc.gc.ca/en/youth-safety/centre-for-youth-crime-prevention](https://www.rcmp-grc.gc.ca/en/youth-safety/centre-for-youth-crime-prevention) Provides Canadians with age-appropriate crime prevention messages, information, tools, and programs to prevent youth crime and victimization.

References

1. Department of Justice. Government of Canada. (2018). *Cyberbullying and the Non-consensual Distribution of Intimate Images*. Retrieved from <https://www.justice.gc.ca/eng/rp-pr/other-autre/cndii-cdncii/p6.html>
2. Canadian Association of Social Workers. (2005). *Guidelines for Ethical Practice*. Retrieved from https://www.casw-acts.ca/sites/default/files/attachements/casw_guidelines_for_ethical_practice_e.pdf
3. Government of Alberta. (2018). *Health Information Act*. Retrieved from <https://open.alberta.ca/publications/h05>