



Kids Help Phone

Kids Help Phone is Canada’s only national 24–hour, bilingual and anonymous phone counselling, web counselling and referral service for children and youth. Their service is completely anonymous and confidential — they don’t trace calls or have call display. Callers don’t even have to tell they their name if they don’t want to.

Created in 1989 to provide a way for young people to confidentially report abuse, Kids Help Phone provides free, accessible support to any young person reaching out, anywhere in the country. Since its creation, Kids Help Phone has evolved their response and solutions, always focused on staying relevant to youth, recognizing the complexity of issues they face and ensuring counsellors are ready to address the continuum of emotional and mental health needs from crisis situations to the everyday concerns of growing up.

Young people in need of support can contact Kids Help Phone 24 hours a day, 7 days a week and 365 days a year at 1–800–668–6868. For additional information on Kids Help Phone, please visit <https://kidshelpphone.ca>

Free Activity Books (Download)

Safety Rocks Activity Book	Ages 8-9	Using safety habits everyday helps keep them safe. https://protectchildren.ca/pdfs/SafetyRocks_ActivityBook_en.pdf
Zoe & Molly Online Comic Book	Ages 9-10	Risks associated with sharing personal info and sending pictures online. https://protectchildren.ca/pdfs/ZM_ZoeAndMollyComic_Grade4_en.pdf
Be Smart, Strong & Safe Activity Book	Ages 11-12	Appropriate boundaries between adults and children; how to recognize behaviours and situations that present risk; and how to talk to a safe adult when someone breaks boundaries. https://protectchildren.ca/pdfs/SmartStrongSafe_ActivityBooklet_en.pdf
What’s the Deal? Activity Book	Ages 13-14	Healthy relationships, identifying safe adults, and responding to unsafe situations. https://protectchildren.ca/pdfs/WhatstheDeal_en.pdf
It is a Big Deal Activity Book	Ages 15-17	Learn about love vs. control in dating relationships, Canada’s sexual consent laws and identifying when and how to get help. https://protectchildren.ca/pdfs/ItisaBigDeal_en.pdf

NeedHelpNow.ca

<https://needhelpnow.ca> is a website is designed to provide youth (13 to 17 years old) with practical steps to regain control over a situation in which they or someone they know has been negatively impacted by a sexual picture/video being shared by peers. This includes information about contacting websites/ online services to request a picture/video be removed, dealing with peers who may have seen or be sharing the content, the importance of emotional support, and information on certain criminal offences. The site also provides resources for parents and safe adults who are assisting youth involved in these types of instances.