

NeedHelpNow.ca™

Needhelpnow.ca is designed to help teens stop the spread of sexual pictures or videos and provides support along the way. The main sections of the site include:



Removing Pictures and/or Videos

Submitting requests to social networking sites for the removal of sexual pictures or videos, including step-by-step instructions for popular sites and what information to provide in the request



Helping a Friend

Recognizing when a friend is not doing well or in emotional distress and the steps that can be taken to help support and assist the friend



Dealing with Peers

Dealing with cyberbullying, harassment or alienation resulting from youth seeing or knowing about a sexual picture/video of a peer



Information for Parents

Talking to teens about this issue, possibly to prevent it from happening, along with providing information on what to do for a child who is negatively impacted by peers sharing a sexual picture or video



Getting Emotional Support

Seeking support from family, friends and/or other safe adults, in addition to information on coping strategies and managing stress



Responding to Youth in Crisis

The causes of trauma, the behaviour of youth in crisis, the impacts of trauma on youth, what youth in crisis need from adults, signs of suicidal thoughts, and steps parents can take when responding to a child in crisis



The Law and Reporting

Some criminal offences in Canada that may apply when youth are dealing with a sexual picture/video circulating amongst peers and the associated fall-out, as well as information on reporting these issues

Needhelpnow.ca is operated by the Canadian Centre for Child Protection, a national charitable organization dedicated to the personal safety of all children. Our goal is to reduce child victimization by providing programs and services to the Canadian public.



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Helping families. Protecting children.



Canadian Centre for Child Protection



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