

Fast Facts

National Youth Services & Centre for Youth Crime Prevention



National Youth Services: What's Happening?

RCMP Talks

NYS is seeking interest from classrooms across Canada to participate in a unique and innovative initiative to encourage youth to talk about youth crime and victimization topics

RCMPTalks is a series of interactive videoconferences to discuss these social issues.

The RCMPTalks schedule is as follows:

- Be Kind - Anti Bullying presentation with [Safer Schools Together](#)
 - **November 20th, 2024 at 1:00pm EST**
- Drug Impaired Driving with [Parachute Canada](#)
 - **December 3rd, 2024 at 1:00pm EST**
- Online Safety for Youth with [One Child](#)
 - **December 12th, 2024 at 1:00pm EST**
- Lead with Pride - 2SLGBTQIA+ presentation with [Out on Patrol](#)
 - **March 13th at 1:00pm EST**

Register by sending an email to rcmp.youth-jeunesse.grc@rcmp-grc.gc.ca with the specific **topic of interest**, **grade of the class**, and **preferred language** (French or English).

**Check out Educational Resources
Provided by NYS on Page 7 & 8**

Newsletter Highlights!

- NYS: RCMPTalks
- WITS
- Rise in Online Child Exploitation (RCMP)
- Bullying Awareness & Prevention Week
- 16 Days against GBV
- The Impact of the U.S. Presidential Election on Canadian Youth
- AI Use in Schools
- In the News
- Educational Resources



WITS Booklets

WITS is a program developed by educators, specifically designed to help children prevent victimization, including bullying, discrimination, and lateral violence. Aimed at children aged 4 to 12, the program equips them with tools to handle conflicts and encourages them to make safe, positive decisions within their communities.

W.I.T.S. is an acronym based on these four strategies:

Walk Away, Ignore, Talk it Out, and Seek Help



W.I.T.S. gives students, along with teachers, parents, caregivers, and community leaders, a shared language to address conflict and peer victimization. Children proudly say, "I use my WITS" as they engage in positive, pro-social behaviours. Proven to be effective and easy to integrate, W.I.T.S. aligns well with other school routines.

NYS is excited to provide WITS educational materials at no cost to RCMP School Resource Officers, School Liaison Officers, and Community Program Officers. If you'd like to learn more or place an order, please email CYCP_CPCJ@rcmp-grc.gc.ca.

Rise in Online Child Exploitation Post-Pandemic

Online child sexual exploitation cases have surged since the pandemic, with no signs of decline. British Columbia's RCMP Integrated Child Exploitation (ICE) Unit reported a sharp rise, with cases more than tripling in just two years. Nationally, the RCMP's National Child Exploitation Crime Centre (NCECC) saw a 15% increase in reports between April 2023 and March 2024. Offenders often target children through social media platforms and gaming sites, exploiting their anonymity to build trust before escalating to exploitation or "sextortion."

The RCMP continues to tackle this issue through investigations and partnerships, but technology and international borders pose challenges. Parents and youth workers are encouraged to monitor children's online activities and have open conversations about the dangers of sharing personal information. Resources like [Cybertip.ca](https://www.cybertip.ca) and [Kids Help Phone](https://www.kidshelpphone.ca) offer support for victims and families.



Bullying Awareness & Prevention Week



Every year, the third week of November marks **Bullying Awareness & Prevention Week**, a dedicated time to raise awareness about the impacts of bullying and promote strategies to prevent it. This week provides an opportunity for schools, communities, and individuals to reflect on the importance of creating safe, inclusive environments where everyone feels respected and valued. This initiative encourages people of all ages to stand up against bullying and cultivate kindness. By focusing on education and empathy, we can work together to combat bullying in all its forms—physical, verbal, cyber, and relational—and create healthier spaces for everyone to thrive.

Take this week to educate yourself and others, reinforce positive behaviors, and foster environments where differences are celebrated, and bullying has no place.

We invite you to check out the [RCMP Centre for Youth Crime Prevention](#). There, you'll find valuable resources and tools that can help you teach youth about bullying and cyberbullying.

What Canadian kids told us about how they use AI

CBC asked Canadian youth: **How are you using artificial intelligence (AI) in school?**

Over the past few years, AI tools like ChatGPT have become widely known and are already influencing how many people work and live. With its growing popularity, concerns have been raised about potential risks. These include AI replacing jobs, spreading misinformation, and even being viewed as a form of cheating in academic settings. Despite these concerns, some AI experts believe its use in classrooms across Canada is inevitable. In fact, some students are already integrating AI into their schoolwork.

Here's a look at some of the responses CBC received:

I am using AI responsibly. I'm not using it to finish my work, but to help with my work and I add a little of my own magic at the end

- Omar, age 11

I use it by asking it for a definition or I ask it to explain a question to me

- Charlie, age 10

I don't use AI. I think us kids should first learn how to research properly before depending on AI for the rest of our lives. It's like knowing how to type but not knowing how to write

- Ayesha, age 12



16 Days of Activism Against Gender-Based Violence

Disclaimer: This section discusses gender-based violence, which may be distressing for some. If you or someone you know needs support, please refer to [crisis resources](#) or [support services](#) across Canada.

This November marks the start of the **16 Days of Activism Against Gender-Based Violence**, an annual campaign that begins on November 25—International Day for the Elimination of Violence Against Women—and runs until December 10—Human Rights Day.



The Government of Canada's theme for 2024 is *Come Together, Act Now*. This theme emphasizes the critical importance of involving everyone in Canada—particularly men and boys—in changing the social norms, attitudes, and behaviours that contribute to gender-based violence. It also serves as a call to action, urging all of us to recognize the signs of gender-based violence and to reach out for support, whether for ourselves or our loved ones.

Throughout these 16 days, communities across the country will hold events, share stories, and support survivors to create lasting change. Everyone is encouraged to participate, whether by attending local events, joining social media campaigns, or starting conversations that challenge gender-based violence in all its forms. Let's unite to make a meaningful difference and work toward a future where everyone can live free from violence and discrimination.

The Impact of the U.S. Presidential Election on Canadian Youth

On Tuesday, November 5, 2024, Americans will elect a new President and Vice-President, with outcomes that will have far-reaching effects, especially for Canada and its youth. U.S. political decisions often influence economic policies, environmental initiatives, and global alliances that impact young Canadians through trade agreements and cultural influences.

- One of the most immediate concerns for Canadian youth is the economy. The [U.S. is Canada's largest trading partner](#), and shifts in [U.S. economic policies](#) could impact jobs, education funding, and future opportunities for young people entering the workforce.
- Environmental policy is another key area of interest. With [climate change being a top concern for youth](#) across the globe, the next U.S. president's stance on climate action will shape North American policies, and how youth across the globe feel about climate change.
- Finally, U.S. political and cultural trends directly influence Canadian youth. The outcome may impact discussions on human rights, racial equality, [2SLGBTQIA+ rights](#), and immigration.

As the next generation of leaders, how youth engage with these topics will be shaped by the narratives and policies emerging from the U.S., making [this election one to watch closely](#).



In the News

[TikTok sued for 'wreaking havoc' on teen mental health](#) (BBC)

A group of 14 US states has sued TikTok, accusing the platform of fueling a mental health crisis among teenagers through addictive features and misleading claims about safety. The lawsuit alleges that TikTok's tools, such as alerts that disrupt sleep, disappearing videos, and beauty filters, harm young users, while also citing incidents like a 15-year-old boy's death during a TikTok challenge. The attorneys general aim to hold the platform accountable for these harmful effects.

TikTok called the lawsuit "disappointing" and denied the claims, asserting its commitment to protecting teens. This legal action adds to ongoing scrutiny of social media platforms over their impact on youth, with similar lawsuits targeting Facebook and Instagram.

[Teens who vape? Ontario study suggests kids with extra cash at high risk](#) (Global News)

A University of Waterloo study found that teens with extra spending money are at the highest risk of vaping, with available cash being the most significant risk factor. The research, led by Dr. Kate Battista, examined data from over 46,000 high school students and discovered that those with more than \$20 in pocket money were more likely to vape regularly. While vaping was prevalent across different demographics, teens who were both vaping and smoking (dual users) tended to come from less affluent families or were gender diverse. The study hopes to guide policymakers and educators in creating targeted prevention programs to curb vaping among youth.

[Report suggests decrease in condom use among Canadian youth, lack of safe-sex education](#) (CTV News)

A report by LetsStopAIDS reveals a significant decline in condom use among Canadian youth, with only 24% reporting consistent use, down from 53% in 2020, and one in five never using a condom.

The survey also found a rise in sexually transmitted infections (STI), with 6% diagnosed with an STI or HIV in the past six months. Shamin Mohamed Jr., the organization's founder, attributes these trends to outdated sex education and insufficient conversations about safe sex, emphasizing the need for improved education on consent, gender equity, and safe sexual practices to address rising STI and HIV rates.



[Instagram rolls out teen accounts, other privacy changes designed to protect those under 18](#) (CBC)

Instagram is introducing teen accounts with enhanced privacy and safety features for users under 18 to address concerns over the impact of social media on young people. Starting in the U.S., U.K., Canada, and Australia, new teen users will automatically be placed in private accounts, and existing users will be transitioned over the next 60 days. These accounts will restrict who can send messages, limit sensitive content, and include tools like a 60-minute usage reminder and "sleep mode" to reduce late-night app usage. Teens under 16 will need parental consent to turn off these protections, while 16- and 17-year-olds have the option to disable them.

Meta, the parent company of Instagram, aims to address growing criticism from parents and regulators, who are concerned about excessive screen time, unwanted interactions, and harmful content. The new features, combined with parental supervision options, seek to make Instagram safer for young users. However, Meta continues to face lawsuits from U.S. states and Canadian school boards, accusing it of contributing to the mental health crisis among youth by creating addictive features.

Special Dates

Please note that these dates are not exhaustive and do not encompass all of the upcoming dates that merit recognition

- [Hindu Heritage Month](#)
- November 1
 - [Diwali](#)
- November 5 - 11
 - [Veterans' Week](#)
- November 8
 - [Indigenous Veterans Day](#)
- November 11
 - [Remembrance Day](#)
- November 13
 - [World Kindness Day](#)
- November 16
 - [International Day for Tolerance](#)
- November 20
 - [National Child Day](#)
 - [Transgender Day of Remembrance](#)
- November 20 - 26
 - [Canada History Week](#)

Support Services

[KidsHelp Phone](#)

- 1-800-668-6868 or Text 686868

[Indigenous Help Line](#)

- Call or Text: 1-855-554- 4325

[Black Youth Helpline](#)

- 1-833-294-8650

[Hope for Wellness Helpline](#)

- 1-855-242-3310 or Online Chat

[Indian Residential Schools Resolution Health Support Program](#)

- 1-866-925-4419

[Trans Lifeline](#)

- 1-877-330-6366

[Sexual Abuse Crisis Text Line](#)

- Text HOME to 741741

[Canadian Human Trafficking Hotline](#)

- 1-833-900-1010



Educational Resources

National Youth Services & Centre for Youth Crime Prevention



= Stakeholder Resource



= email NYS to request a copy at cycp_cpcj@rcmp-grc.gc.ca

Online Safety & Bullying

Print & PDF Materials

- 📄 Bullying Brochure
- 📄 Sexting Brochure

Videos

- [Delete Cyberbullying](#)
- 📺 [Online Grooming](#)
- 📺 [Sexting & Sextortion](#)
- 📺 [Capping](#)
- 📺 [Sexual images and videos](#)
- 📺 [Online Dangers: What parents and caregivers need to know](#)
- 📺 [Cyberbullying and Online Reputation](#)



Lesson Plans & Activities (PDF only)

- 📄 Online Safety (grades 6 to 8)
- 📄 Cyberbullying
 - 📄 Types, Consequences, Supports (grades 4 - 6)
 - 📄 Impact, Prevention & Resolution (grades 7 - 8)
 - 📄 Conflict, Appropriate Behaviour, Support (grades 9 - 10)
 - 📄 Conflict & Consequences (grades 11 - 12)

Presentations (PowerPoint)

- 📄 Bullying
- 📄 Online Safety
- 📄 Sexting



Information Booklets & Toolkits

- Cyberbullying:
 - 📄 [What you and your child need to know \(6 to 11 yrs\)](#)
 - 📄 [What is it and how to stop it \(12 -13 yrs\)](#)
 - 📄 [What is it and how to stop it \(14 -15yrs\)](#)
 - 📄 [What you and your child need to know \(12 to 17 yrs\)](#)
 - 📄 [What is it and how to stop it \(16 - 17 yrs\)](#)
- 📄 [Online child sexual exploitation toolkit \(10 to 12 yrs\)](#)
- 📄 [Online child sexual exploitation toolkit \(13 - 14 yrs\)](#)
- 📄 [Online child sexual exploitation toolkit \(15 to 17 yrs\)](#)

Factsheets & Posters

- Cyberbullying:
 - 📄 [What it is and how to stop it \(12 -13 yrs\)](#)
 - 📄 [What it is and how to stop it \(14 -15 yrs\)](#)
 - 📄 [What it is and how to stop it \(16 -17 yrs\)](#)
- Your Online Reputation:
 - 📄 [What it is and how to protect it \(12 -13 yrs\)](#)
 - 📄 [What it is and how to protect it \(14 -15 yrs\)](#)
 - 📄 [What it is and how to protect it \(16 -17yrs\)](#)
- Sexting & Sextortion:
 - 📄 [What it is and how to deal with it \(14 - 15yrs\)](#)
 - 📄 [What it is and how to deal with it \(16 -17yrs\)](#)

Substance Use

Print & PDF Materials

- 📄 Myths & Facts About Marijuana - We'd Like Youth to Know
- 📄 Fentanyl Poster
- 📄 Fentanyl Infographic
- 📺 [Cannabis Talk Kit: Know how to talk with your Teen](#)
- 📄 Methamphetamine Infographic
- 📄 Things You Should Know About Cannabis
- 📄 [Good Samaritan Act Poster*](#)

Lesson Plans & Activities (PDF only)

- 📄 The Truth About Illegal Drugs (grades 7 - 8)
- 📄 Drugs, the Law, and Saying No When You Want to Say No (grades 7 - 8)
- 📄 Drugs: Use and Addiction (grades 9 - 10)
- 📄 Drugs: Benefits and Harms (grades 9 - 10)

Videos

- [High Stakes](#)

Presentations (PowerPoint)

- 📄 Alcohol
- 📄 Fentanyl
- 📄 Marijuana
- 📄 Partying
- 📄 Vaping, Tobacco & Cigarettes



Violence

Print & PDF Materials

- 📄 Sexual Consent Brochure
- 📄 Human Trafficking Brochure
- 📄 Sexual Consent Posters

Videos

- [Healthy Relationships](#)
- [The Signs of Human Trafficking](#)
- 📺 [Human Trafficking - Isn't What You Think It Is](#)

Lesson Plans & Activities (PDF only)

- 📄 Understanding Sexual Consent (grades 6 to 8)

Presentations (PowerPoint)

- 📄 Human Trafficking
- 📄 Sexual Consent
- 📄 Healthy Relationships & Dating Violence
- 📄 Gangs



ROYAL CANADIAN MOUNTED POLICE



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ROYAL CANADIAN MOUNTED POLICE



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Educational Resources

National Youth Services & Centre for Youth Crime Prevention



 = Stakeholder Resource  = email NYS to request a copy at cycp_cpcj@rcmp-grc.gc.ca

Reconciliation Pathway

Print & PDF Materials

-  [100 Years of Loss Timeline](#) (Legacy of Hope)
-  [We Were so Far Away Timeline](#) (Legacy of Hope)
-  [Indigenous Outreach Materials](#) (Kids Help Phone)

Videos

-  [Lillian Elias: A Residential School Survivor's Story](#)
-  [Intergenerational Trauma: Residential Schools](#)
-  [Namwayut: We Are All One. Truth and Reconciliation in Canada](#)
-  [Residential Schools in Canada: A Timeline](#)

Lesson Plans & Activities

-  [Today I will Speak: an activity book for the National Day for Truth and Reconciliation \(\\$\)](#)
-  [Ravens: Messengers of Change We Were so Far Away: The Inuit Experience of Residential Schools](#)
-  [100 Years of Loss - The Residential School System in Canada](#)
-  [Forgotten: The Métis Residential School Experience](#)
-  [Brighter Days - An Indigenous Wellness Program](#)
-  [The Learning Circle](#) (4 to 7 yrs)
-  [The Learning Circle](#) (8 to 11 yrs)
-  [The Learning Circle](#) (12 to 14 yrs)
-  [The Learning Circle](#) (14 to 16 yrs)
-  [Turtle Island and Memory Games](#) (grades 3 to 6)

Mental Health

Print & PDF Materials

-  Mental Health Challenges Poster

Videos

-  [Spotting Signs of Suicide](#)
-  [How to Feel Feelings](#)

Lesson Plans & Activities (PDF only)

-  Mental Health (grades 5 & 6)
-  Self-Harm Prevention (grades 7 & 8)
-  Suicide Prevention (9 & 10)
-  Suicide Prevention (grades 11 & 12)

Presentations (PowerPoint)

-  Mental Health (grades 5 & 6)
-  Self-Harm Prevention (grades 7 & 8)
-  Suicide Prevention (9 & 10)
-  Suicide Prevention (grades 11 & 12)

Transportation Safety

Print & PDF Materials

-  Bike Safety Activity Book (*Print only)
-  Drug Impaired Driving Brochure

Videos

-  [Shattered](#)
-  [Dylan's Party](#)
-  [Don't Drive High - In an Instant](#)

Lesson Plans & Activities (PDF only)

-  Distracted Driving (grades 11 & 12)
-  Drug Impaired Driving Overview (grades 9 to 12)
-  Preventing Impaired Driving (grades 9 to 12)
-  Drug Impaired Driving: Youth Engagement (grades 9 to 12)

Presentations (PowerPoint)

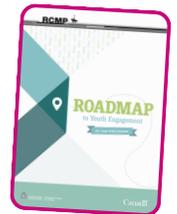
-  Distracted & Dangerous Driving
-  Impaired Driving - Alcohol
-  Impaired Driving - Drugs
-  Impaired Driving - Marijuana



Youth Engagement

Print & PDF Materials

-  Roadmap to Youth Engagement
-  RCMP Community Map (*PDF only)



Other

Print & PDF Materials

-  Halloween Safety Activity Book*
-  [National Youth Advisory Committee](#) Poster
-  [Operation CAP: Community Action Plan*](#)
-  My First Safety Book - level: elementary students*

Videos

-  RCMP [National Youth Advisory Committee](#)

