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Designed and Produced in Edmonton by:



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Spring 2019



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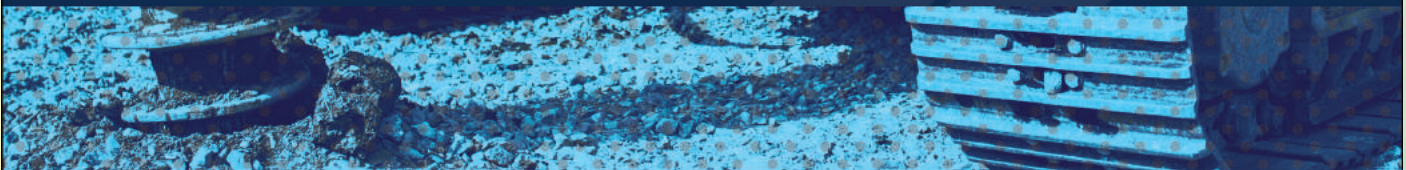
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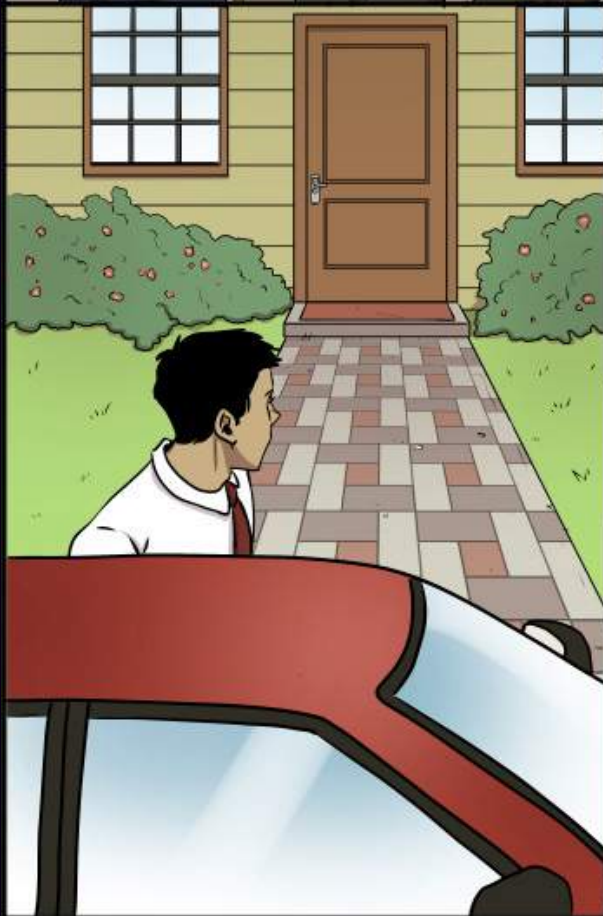
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Getting help for abuse, bullying, cyberbullying, harassment, relationship violence, and sexual exploitation

You have the right to be protected—and to be safe from violence. No one has a right to harm you, to make you feel small or stupid, or to touch you how and where you don't want to be touched. Not even people close to you.

If abuse, bullying, cyberbullying, harassment, relationship violence or sexual exploitation are happening to you or a friend, or if you are afraid or hurting, please ask for help.

To get help for yourself

Tell an adult you trust, like a school counselor, your parent or a friend's parent, your teacher or coach, your doctor, a spiritual leader or your uncle or aunt. If they don't take you seriously, try again. Keep telling until you get the help you need.

In an emergency, if you need help right away, call 9-1-1.

Contact the Kids Help Phone: 1-800-

668-6868 or go to the Kids Help Phone website. Kids Help Phone is a free, anonymous, and confidential phone and web counselling service.

Call your local crisis line.

Keep telling until you get help—and remember: this is not your fault!

How to help a friend

Listen to what your friend tells you—try to stay calm and do not react with shock.

Affirm your friend that it took a lot of courage for them to talk about this.

Tell them that it is NOT their fault and that you are sorry it happened to them.

Do not promise to keep the abuse a secret—by law you can't make that promise.

Discuss ways to help your friend and let your friend know you are going to find an adult who can help.

Encourage your friend it is important to talk with an adult he/she trusts and that physical and sexual abuse (child

abuse) and also physical and sexual assault and stalking (relationship violence) are criminal offence.

Tell an adult.

Recognize and acknowledge your own feelings.

Take care of yourself.

Getting help for sexual exploitation online

If anyone sends you pictures of sex, or talks to you about sex or anything else inappropriate, or tries to get information about you: BLOCK IT, SAVE IT and REPORT IT to www.cybertip.ca or phone 1-866-658-9022. You don't even have to know who they are! Leave it to the experts to investigate.

If your friend is planning to meet someone in person that they met online, they could be in danger. Tell a trusted adult—it's not tattling when you are trying to protect them!

Source: <https://www.redcross.ca/how-we-help/violence-bullying-and-abuse-prevention/youth/get-help-now>



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What is *Sexual Abuse?*

Sexual abuse is when an adult, adolescent or older child uses a younger child or youth for his or her own sexual pleasure.

Sexual abuse can happen to both males and females, children and youth. It also includes “exploitation”—trafficking, prostitution and child sex abuse images (pornography).

Children or youth can be sexually abused by being touched on the sexual parts of the body or being forced to touch someone else’s. Sexual abuse can also be non-touching.

Non-touching sexual abuse:

Being shown videos or sexual pictures

Being forced to listen to sexual talk or comments about one’s body

Being forced to pose for seductive or sexual photographs

Being forced to look at sexual parts of the body

Being forced to watch sexual acts

Being watched in a sexual way while clothed or unclothed

Receiving intrusive written or spoken questions or comments in-person or online.

Who sexually abuses children or youth?

Sexual offenders are usually people we know and trust. They can be anyone—child, youth, adult, male, or female.

Sexual abuse is never the fault of the victim

Sexual offenders are very good at trying to make kids feel responsible for the abuse. Children and youth are the innocent



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victims and are NEVER AT FAULT FOR SEXUAL ABUSE!

It is hard to tell someone when you have been abused, but it is important to do so to get help

Children and youth who have been sexually abused feel betrayed by the people who have hurt them and are afraid to disclose the sexual abuse because they fear negative consequences if they tell someone. But it's important to tell someone so they can get help.

Get help for sexual abuse

If you have been or are being sexually abused, or if you know someone who is being sexually abused, it is important to

get help.

Protect you and your friends from online sexual exploitation

Be on alert if an online contact:

Asks you personal questions like where you live or go to school—don't give details that will help them locate you offline!

Offers you gifts or money—they are trying to find out where you live or make you feel like you owe them something.

Asks where your computer is located—they might be trying to figure out if you are alone

Tries to get you to talk about sexual stuff

or send pictures. Remember—everything sent over the internet can be shared with a million people, and could last forever.

Gives you nicknames like “beautiful” or is overly nice—they might be trying to soften you up to manipulate you

Keeps bugging you to do stuff you don't want to

Wants to meet you in private. If an online friend is really legit, they should have no problem meeting you or your parents in public.

Get help for sexual exploitation.

Source: <https://www.redcross.ca/how-we-help/violence-bullying-and-abuse-prevention/youth/sexual-abuse>



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What is grooming?

It's just the first step towards child sexual abuse, and it's a behaviour that needs to be interrupted.

Adults are responsible for protecting children from sexual abuse so it's important to recognize behaviours, such as a sexual text messages, that present risk. By questioning these interactions by adults towards children you're, at the least, correcting an inappropriate behaviour, and at the worst, stopping a sexual offence before it happens.

What is Grooming?

Grooming is a method used by offenders that involves building trust

with a child, and the adults around them, in an effort to gain access to and control the child. Offenders groom children to manipulate them into becoming a cooperative participant, reducing the likelihood of the child telling and increasing the likelihood the child will repeatedly return to the offender. Offenders groom adults around the child to make it easier to gain access to the child.

Grooming is really the start of the sexual abuse/exploitation process, and is a damaging part of the sexual abuse experience.

Is there really a problem?: The answer no one wants to hear

But is child sexual abuse really a problem? In short, yes. Child sexual abuse is more prevalent than most Canadians might like to believe. Research shows about 1 in 10

children in Canada were sexually victimized before they turned 18 and in the vast majority of cases the offender is known to the child.

In the past two years, Cybertip.ca analysts have classified 305 reports as luring, an attempt made by offenders to gain access to children. Of those reports:

39% involved victims 13 years old or under, with the youngest being 8 years old

43% involved victims 14–17 years old

22% of incidents occurred on Facebook/Facebook Messenger

34% of incidents occurred on Instagram, Snapchat, or KIK Messenger

9% of incidents occurred on an online gaming platform

Grooming Tactics

Offenders use a multitude of tactics to

manipulate children into complying with their requests. Through operating Cybertip.ca several common techniques have emerged:

Offender falsely identifying themselves online as one of the child's peers (e.g., child from another school, friend's sport team, or known to the child in some way)

Flattery/compliments/support
Promise of a **"better"** life
Promise of a **"loving"** relationship
Promise of **gifts, money, cell phones, tablets, drugs, alcohol**

Using parents against the child (e.g., your parents are too strict, your parents don't understand you)

Threats/coercion

Exchange of sexual pictures to make victim more comfortable in sending sexual pictures/videos in return

Does This Just Happen Online?

Absolutely not. Grooming is used by offenders to gain access to and

sexually abuse children wherever children are — sport, school, daycare, youth group, etc. Some recent examples include:

Sport

In the past year, more than ever it's being brought to light that sport presents as a high risk area for attracting individuals who are looking to gain access to and exploit children. A 2019 joint investigation by CBC News and Sports revealed at least 222 coaches who were involved in amateur sports in Canada have been convicted of sexual offences in the past 20 years involving more than 600 victims under the age of 18.

Schools

According to a study conducted by the Canadian Centre for Child Protection approximately 750 cases involving sexual offences against a minimum of 1,200 children occurred between 1997 and 2017 by about 714 employees working in Canadian K-12 schools.

What can YOU do?

It's a normal reaction to avoid something that makes you feel uncomfortable, but, keep in mind, there is a child that needs your protection:

If you see, read, hear anything sexual from an adult towards a child online or in real life, report it to Cybertip.ca

Empower yourself with knowledge. Learn more about the prevalence of child sexual abuse, how it happens, and how to reduce risk to your child by visiting protectchildren.ca

Stay up to date on emerging trends and risks online. Visit protectkidsonline.ca, a one-stop website where parents of kids, tweens and teens can get cyber safety advice, and sign up for Cybertip.ca Alerts.

Source: https://www.cybertip.ca/app/en/child_sexual_abuse-grooming



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SEXUAL ASSAULT STATISTICS

ONLY 5% OF SURVIVORS REPORT TO THE POLICE

THERE ARE **460,000** SEXUAL ASSAULTS
in Canada every year



Source: Johnson, "Limits of a Criminal Justice Response: Trends in Police and Court Processing of Sexual Assault," in Sheehy, *Sexual Assault in Canada: Law, Legal Practice and Women's Activism*, 2012.



One in three women will experience some form of sexual violence in their lifetime.

One in six men will experience some form of sexual violence in their lifetime.

39% of Canadian adult women reported having had at least one experience of sexual assault since the age of 16.

Only 1 in 3 Canadians understand what sexual consent means.

Clothes don't cause rape.

Over 80% of women with disabilities will be sexually abused in their lifetime.

Sexual assault victimization rates are **five times**

higher for women under the age of 35.

Causes of Sexual Assault

In 99% of sexual assaults, the accused perpetrator is male.

Most perpetrators don't consider **themselves perpetrators**.

The perpetrator is known to the victim in **82% of sexual assaults**.

Women with disabilities are **three times as likely** to be sexually assaulted.

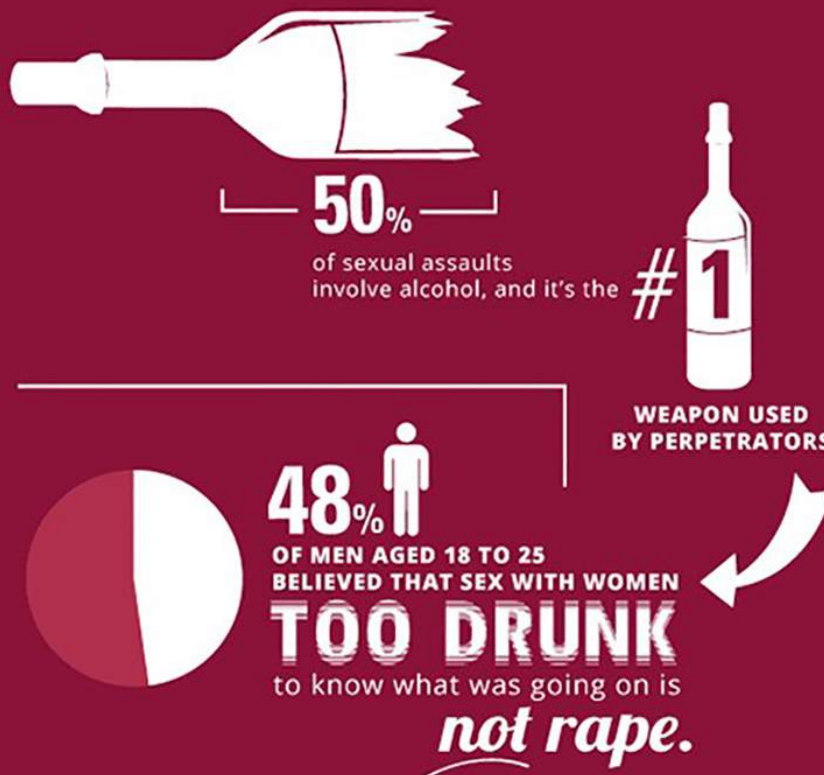
The yearly economic costs of sexual violence is **\$4.8 billion**, compared to gun violence at \$3.1 billion.



It is estimated that between 15% to 25% of orth American college and university-aged omen will experience some form of sexual assault during their academic career.

ALCOHOL IS MOST COMMONLY USED DRUG IN DRUG FACILITATED SEXUAL ASSAULTS.

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SOURCE:

1. Summary of North American studies and police reports.
2. The Havens (Sexual Assault Referral Centre) Opinions Matter UK Report 2010

Only **2-8%** of rape claims are false reports.

28% OF CANADIANS say they have been on the receiving end of unwelcome sexual advances, requests for sexual favours, or sexually-charged talk while on the job.

91% OF MEN would like to intervene if they knew someone was in a violent relationship.

Women and girls are **FIVE TIMES MORE LIKELY** to experience sexual violence than males.

53% of survivors in a survey responded that they did not report their sexual assault because they were not confident in the police. Two out of three responded

that they were not confident in the criminal justice and court system in general.

The following stats are taken directly from the Violence Against Women Learning Network newsletter on sexual violence:

Women in the NWT and Nunavut are at 9-12X greater risk of experiencing sexual violence than women in other provinces.

6 out of 10 Deaf female students in the U.S. experienced at least 1 form of sexual coercion in an intimate relationship.

Almost 1 in 4 sexual assault victims reporting to medical treatment centres in

Ontario were suspected to have been drugged.

About 80% of sexual assaults against older women in Canada (55-87yrs.) occurred in their homes.

About 1 in 4 sexual assaults against younger women in Canada occurred in a vehicle.

1 in 5 LGB individuals in Canada experienced physical/sexual violence in an intimate relationship, with bisexual women reporting this type of violence most often followed by gay men, lesbian women, and bisexual males.

Source: <http://sacha.ca/resources/statistics>



SEXUAL VIOLENCE

& what you can do about it?

Sexual Violence

Sexual violence is an umbrella term used to describe sexual assault, sexual harassment, street harassment, relationship violence, child sexual abuse, and stalking. Each of these presents themselves differently but all are an attack on a person's sense of self, their body, and their ability to

feel safe. Sexual violence can happen to anyone of any gender or sexual orientation.

Each form of sexual violence is equally important and can have a profound impact on the survivor. Understanding these different forms is the first step to helping stop these behaviours. Let's start by defining two of the big

ones: Sexual assault, and Sexual harassment.

Sexual Assault

Sexual assault is any sexual contact without voluntary consent. This can mean any type of sexual touching, forced kissing, and penetration. This term is far broader than rape —

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which only alludes to penile-vaginal penetration — the acts covered under this term are equally serious. Some survivors may choose to still describe their experience as rape rather than sexual assault, which is their prerogative and completely their choice.

Here are some myths about sexual assault:

- **MYTH:** Sexual assault happens because people get carried away with their desires and their need for sex.
- **TRUTH:** Sexual assault is a form of sexual violence. Like many other crimes, it is more about getting power and control. Sexual assault happens because the perpetrator put their desires over the survivor's right to consent.
- **MYTH:** Sexual assault is sex.
- **TRUTH:** Sexual assault is violent, invasive, and one-sided. It is important to make this distinction because if we frame sexual assault around sex rather than violence, we focus on the perpetrators narrative instead of the survivors'. This opens the door to blaming the survivor for the perpetrator's actions. Sexual assault is about exerting power over another, and thus, sexual assault is not sex to the survivor.
- **MYTH:** If they didn't want it to happen they would have fought back, or at least said something.

- **TRUTH:** "Fight or flight" syndrome is a well-known reaction to danger, however, one more option is missing. The old adage should actually go "fight, flight, or freeze". The 'freeze' portion is a documented neurobiological response (also called tonic immobility). This response occurs in event of extreme fear and is not the choice of the person experiencing it. According to research, around 50% of survivors experience tonic immobility — this does not mean that they consented.

Sexual Harassment

Sexual harassment is any behaviour or communication aimed at someone with the intent of attacking their sexuality, sexual identity, or sense of safety. The receiver of sexual harassment will often feel uncomfortable, humiliated, or threatened. While this behaviour is not illegal in Canada, it is considered a violation of human rights. Depending on the situation, you can report events of sexual harassment to the Canadian Human Rights Commission. You can also file a complaint with federal, or provincial Human Rights Commissions, the Human Resources department in your workplace, or University Human Rights offices.

Common examples of sexual harassment include (but are not limited to):

- Telling an unsolicited crude joke (especially when it makes others feel

uncomfortable).

- Commenting on someone else's sexuality or sex life when they haven't asked for it.
- Sending photos of yourself in the nude to someone who hasn't asked for it.
- Not taking no for an answer after you've asked someone on a date.
- Giving unwanted sexual looks or gestures.
- Offering unsolicited sexual communication in any form (FB message, text, email, phone call).
- Participating in street harassment:
 - Whistling, or shouting offensive things at a person who is walking down the street. Learn more at Hollaback Alberta or Stop Street Harassment

Common myths surrounding street harassment include:

- **MYTH:** Only women are harassed in the street.
- **TRUTH:** Anyone of any gender and sexual orientation can be harassed in the street. Additionally, men aren't the only perpetrators of this kind of behaviour. Anyone is capable of behaving in such a way.
- **MYTH:** It was a compliment, not harassment.
- **TRUTH:** Even if the person was trying to "flatter" them, or be "funny", it can still be offensive.

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SEXUAL VIOLENCE

- **MYTH:** Only the person who the harassment was directed at is affected.
- **TRUTH:** A third party witness to sexual harassment may also be affected.

Now that we know a little bit more about each of these we can start to talk about how to react to the problem. The first thing you can do is support survivors.

Supporting Survivors

It can be hard to know how to react if a friend discloses an incident of sexual violence. However, supporting them isn't actually that complicated. The best thing you can do for them is: Be present, listen, and asked them what they need. It's an honor to be trusted with this part of their story, it shows that they trust you — be worthy of that trust and be a safe place for them. A big part of supporting survivors is also checking your behaviour.

Checking your behaviour

It can seem like an endless task to end sexual violence, but one way you



can help is to check your behaviours to see if you are doing anything that contributes to this problem.

- Don't joke about rape. It shows that you don't think that it's a serious issue.
- Don't make excuses for friends who exhibit 'perpy' behaviour. It can be difficult and awkward to stand up to

them — but it's imperative.

- Don't offer tips to survivors like "Maybe you shouldn't have had so much to drink." This puts the blame on the survivor instead of the perp.
- Don't refer to women by derogatory names like "bitches", "sluts", or "whores".
- Don't expect sex as a reward for doing something nice for your partner. Sex is NOT a reward.
- Don't whistle at, or make rude comments, to people on the street.
- Don't make sexual jokes at inappropriate times, or when you know it will make someone uncomfortable.
- Don't spread rumours about other people's sex lives.
- Don't touch people without their consent. Yes, this includes hugging.

Everyone is capable of engaging in these behaviours; it doesn't mean that everyone is a bad person. Some people are unaware of the effects of their actions, and so we need to stop making excuses and call it like we see it. This means holding ourselves and those around us accountable.

Here is the last thing you can do:

Demand a better world.

Use your power and influence to demand better of yourself and others.

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The blurred lines of Sexual Misconduct

We have all seen the literature on consent.

Magazine articles, judges, political leaders, books, research – there is no shortage of information out there on what consent is.

But there is little information about what consent ISN'T.

Consent ISN'T all-encompassing.
Consent ISN'T irreversible.
Consent ISN'T indissoluble.

We are teaching our little boys not to rape anybody. We are teaching our little girls what rape is and maybe, even, how to avoid it.

Maybe you told her to avoid isolated alleyways. Maybe you told her to avoid drinking too much. Maybe you told her to watch how she talks to strangers.

But, what about the middle ground?

I'm talking about the cases that would be weak in a court of law but happen daily. The cases that we have little to no

fight against. The cases that do not have sanctions in the Criminal Code, and can, somehow, be justified in the minds of a perpetrator just enough to help him sleep at night.

I'm talking about the cases that still cross BOUNDARIES.

I'm talking about the middle ground like the time my ex-boyfriend sent me nude (and very elicited) photos of myself. This was a man that I trusted, and at one point, I pictured in my future. This was a man that I thought respected me and my body. This was a man that I had REQUESTED delete the photos of me post-breakup.

This is the type of picture that could destroy my reputation had it been leaked – simply because we live in a world that would look at me with a “how could you?” instead of batting an eye at his betrayal.

I didn't consent to him having these photos of me anymore. I didn't consent to him sending them to me as either a power move or a threat. I didn't consent

to my naked body being front and centre of his phone.

He didn't even know that this was sexual misconduct. At the time, neither did I.

I'm talking about the middle ground like the time I was groped in a bar. I was waiting for the bartender to make my drink as unfamiliar hands crept its way up my skirt. I turned around, and he walked away. He was drunk, right? It was harmless, right? I didn't consent to his hands on me.

He didn't even know it was sexual assault. At the time, neither did I.

I'm talking about the middle ground like the time I consented to sex WITH a condom. He refused because he was “clean”. When I reached into the bedside table, he pinned my struggling arms down and thrust into me despite my pleas of “stop” and “no”.

Even though I tried hopelessly to wiggle out from his grasp – and when I got free, I tried (with all of my might) to push his hips away from mine.



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But I had consented to sex, right?

Afterwards, he left my house as if nothing had occurred. He kissed me goodbye as I closed the door. I sat on the floor and began to cry. I was confused.

Because I had consented to sex, right? So what is consent?

And how do we teach our children to be so respectful that they never fall into the grey area or the blurred lines?

How do we start a conversation that is greater than “don’t rape anybody” and “don’t be raped”?

How do we teach our children that just because something isn’t punishable by law doesn’t mean that it follows the code for basic human decency?

How do we follow a moral code that prioritizes boundaries over instant gratification?

The vast majority of my friends have been raped. All of which fell into a grey area and they decided not to prosecute.

ALL of my friends have had experiences that rejected their right to consent whether it was in the form of a nude photo, grope or lewd comment.

With technology becoming more prominent than ever, the landscape of society has changed drastically. People are becoming more informed about the importance of consent and the prevalence of rape, but not many people are talking about the middle ground.

We, as a whole, have become more

informed and more aware of rape and the culture that succeeds it.

But rape isn’t only just a violent attack in a dark alleyway at 2 AM by a complete stranger.

Sometimes rape is in your own bedroom. Sometimes rape is by a friend.

Sometimes sexual misconduct comes in the form of a text message.

Sometimes sexual misconduct comes in the form of a tilted phone or a lewd comment.

Sometimes society focuses solely on the monster in your closet and not the friendly smile at the end of the bed.

Writers note:

None of these experiences painted my world in blue and black. Instead, they painted my world in vibrant colours and the need to do more and speak louder.

I have never seen myself as a victim – but as a woman that has the opportunity to educate.

... a woman that has the opportunity to start a conversation.

However, every day, there are millions of men and women who struggle with long-term side effects of people who crossed their boundaries.

It’s OUR job to make a change.

He didn’t even know that he raped me. At the time, neither did I.

I rarely discuss any of these occurrences. God forbid somebody labels me as a

slut for wearing a short skirt, sending my boyfriend photos or for engaging in a sexual relationship with an untrustworthy man.

And when I do talk about these events, I still preface them with, “it’s not a big deal.” Because God forbid, I seem overdramatic before anybody paints any of these men as “inappropriate” – at the very least.

Sexual misconduct happens EVERYWHERE. EVERY DAY. Sexual misconduct is a jock that receives a “nudie” from a girl in his math class and tilts his phone to the right so three of his teammates can see her exposed.

Sexual misconduct is a new boyfriend convincing his girlfriend to have sex with him for the first time, despite her claims of not being ready.

Sexual misconduct is an unfamiliar woman running her hand up your thigh on your way to work on public transit despite you shuffling in your seat – trying to distance yourself.

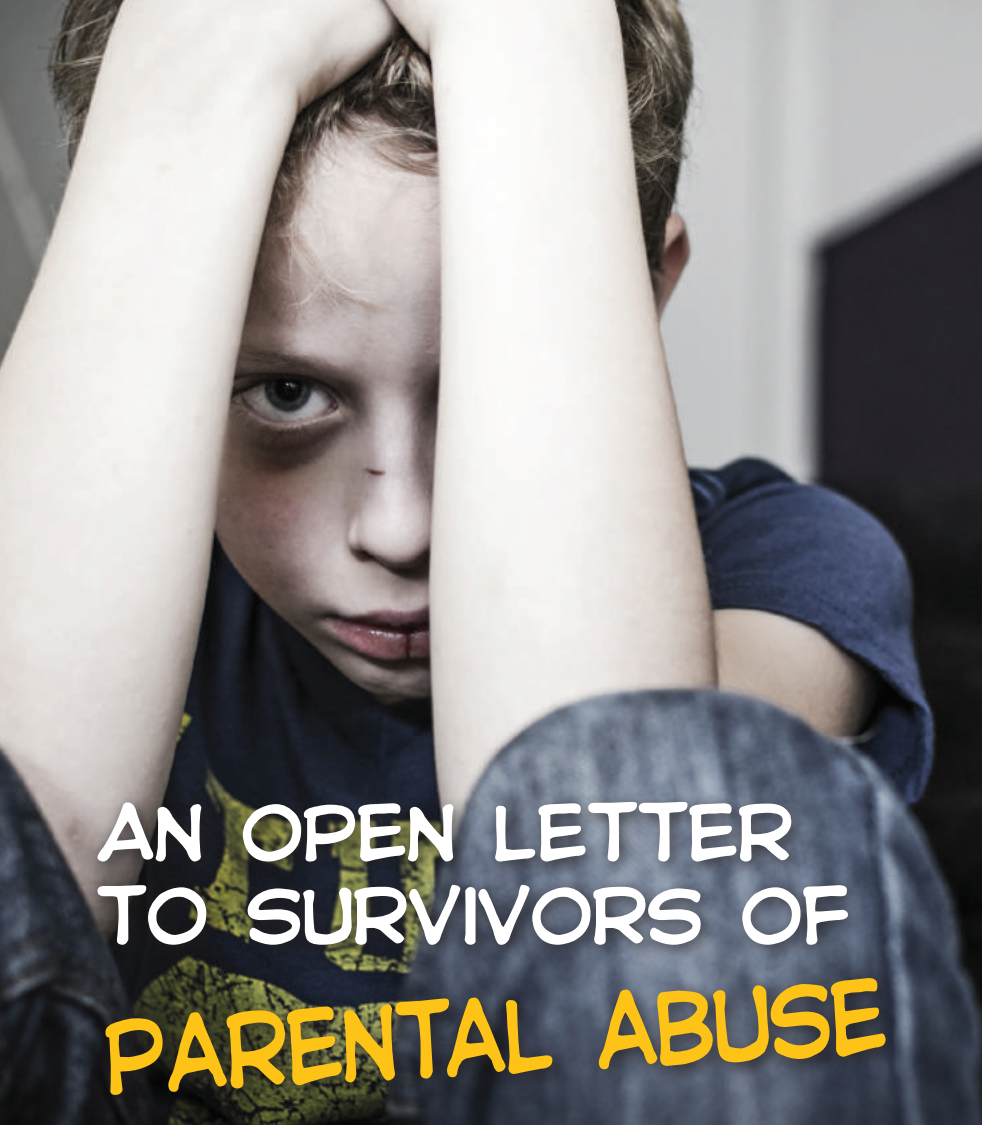
Sexual misconduct is a husband who demands sex from his stay-at-home wife because he “works hard to put food on the table”.

Sexual misconduct is a friend who makes lewd comments despite your pleas for her to stop.

Sexual misconduct is an unsolicited picture of your genitals to somebody.

Article written by **Celina Dawdy**





AN OPEN LETTER TO SURVIVORS OF PARENTAL ABUSE

Did you want this adult life? When you were little, is this what you imagined? You knew life was hard and your parents had their moments, like everyone else's parents. Were all parents abusive in nature like this? Did you know what abuse was? How could you? It was just your life.

Maybe your mom hit you and your dad was always drunk. Maybe you always did something to deserve the pain. It made sense; you certainly didn't obey them or just wanted attention, so you acted out. This abusive attention was still attention and it proved that your parents loved you, right?

Abuse isn't ever deserved or allowed as a learning opportunity. You don't behave better because you were abused. You live in fear. You hope to make your parents happy so that they show you they love you instead of despising you. You just want to make mommy and daddy proud but somehow you constantly fail.

You instead wonder what you will say or do next to "deserve" the punishment you will be given. You believe that you are learning life's lessons by way of



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being hurt and having to rethink your decisions.

Mommy and Daddy are just being parents and this is what learning how to behave looks and feels like. Everyone gets hit, kicked, thrown across the room, slammed into the wall, sworn at, and pushed down the steps, right? But yet when you start asking your friends if those things happen to them, they look at you like you're from another world. Their parents send them to their room, yell at them or ground them from their favourite things. You must be that bad of a child then. You must have really strict parents that know that this will make you a stronger person and more obedient adult. You still justify why your loving parents harm you. They must love you more than your friend's parents do. Their parents just don't care as much.

This is what your parents always remind you as they are telling you how terrible of a person you are and that you are lucky to even be alive. They give you food, water, a place to live and all the love you need. What more can you ask for? You are spoiled if you think that you deserve any better if you continue to make the

stupid decisions you make day after day after day. What they don't realize is that they are the cause of the pain that you will suffer for the rest of your life.

As you get older, you begin to understand that maybe it wasn't you. Maybe it was them. Maybe there was a chance that you behaved as every other child did. In loving homes, parents talked to their children, taught them right from wrong by taking the time to explain that their choices weren't the best. They did get grounded or lost privileges but had never endured beatings, verbal insults or broken limbs.

Now you have to figure out why you deserved this life. Why couldn't you have parents that followed normal parenting skills? That question isn't as important as how do you focus on yourself to move on from what your parents did to you.

Sometimes the "why" of the abuse isn't what's important. How do you love yourself when you realize that your parents didn't love you or at least couldn't control themselves to show it? You begin to understand that you have the power and control over your own life.

Your parents controlled your emotions for too long. Now it's your turn to put you first.

Focus on who you are and what positive things you have achieved. Remember what you have lived through and how much stronger you are from it. You figured out how to still push through daily while feeling the fear of what would happen when you went home.

What drives you daily now? What gives you the motivation to reflect on what you've learned and how you may do things so very different for your children. Realize that you are in control of yourself and you have a chance at a wonderful life. You can and will get through this because your parents' mistakes aren't your mistakes. You endured what no child should, but you did, in fact, endure it.

Take this opportunity to learn more about your own goals and what you want for yourself as a person who has overcome abuse. Reach out to others, professionals or research on your own how to create your own happiness. You do "deserve" that!

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WHEN CHILDHOOD HURTS: **KANE BLACQUE**

“I don’t see myself as a victim anymore, I see myself as a champion,” Kane, a survivor of child welfare, abuse, drug addiction, suicide, and more, said stoically. His demeanor confident, warm, and passionate.

His story began as soon as he came into the world. His entire life had been a constant fight for survival – until now as he stands strong as an activist.

Kane Blacque was born in January 1976. His birth mother was a young woman and a struggling addict. She was only 15 years old when she fell pregnant with Kane.

Only shortly after his birth, Kane would become introduced to unspeakable physical abuse at the hands of his mother, who was addicted to alcohol and sniffing glue.

By his third birthday, his birth mother had

been charged with second degree murder in the death of his 14-month-old sister.

At this point, Kane was apprehended and handed to the foster system. He was placed in his first foster home shortly after that, and instead of finding a place of solitude and safety, Kane was repeatedly violated.

The physical abuse from his birth mother would spiral into sexual abuse from his foster brother – who repeatedly raped and molested Kane. Records state that the Child Welfare system had record of this abuse but didn’t intervene. This was Kane’s first taste of how brutal and corrupt the foster system could be – and would continue to be for many following years of Kane’s young life.

At six years old, Kane was finally adopted out of the foster system with his sibling and moved to a much smaller city with his new

adoptive parents.

Kane was hopeful that this transition would put an end to the abuse that he had suffered throughout his life. However, his six years with his adopted family posed their own problems.

Moving away from the big city atmosphere, Kane found himself outcasted by a smaller, close-minded town. He was a gay, Aboriginal boy that often found himself to be the target of bullying in school. He had a difficult time fitting in – and often found his interests being different from that of his peers.

The other children were cruel.

And so was his home life.

His adoptive father was unsupportive of Kane’s flamboyant interests. Kane was interested in theatre, drama and dance.

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He had a personality that was larger than life, and his adoptive father tried to shrink that. When Kane wanted to enroll in artistic extracurricular activities, his father would often respond with enrollment in activities that were “better suited” for boys.

The struggle of his adoptive father’s inability to accept Kane for face value was only emphasized with his mother’s fiery temper. Though Kane and his adoptive mother had a more supportive, comfortable relationship, she would become abusive when she was in a violent rage. She would beat Kane with nearby objects when she became angry.

In result, Kane became withdrawn and anti-social. Child Welfare reports cite his frequency to act out with both physical and sexual aggression.

At only 13-years-old, Kane’s adoptive family had requested Kane be removed from the household and put back into the foster system. The province became his permanent guardian. Over the next three years, Kane would be moved throughout over twenty placements.

By 14-years-old, Kane began prostituting himself – often hired by older men, in their late 30-40s. He would go to school during the day, and then to diving practice. For years, he would finish his day by picking up johns.

In 1991, Child Welfare documents report Kane being allegedly kidnapped and severely assaulted while working as a prostitute. Despite this, there was no resources provided to the boy.

By 16 years old, he became the victim of child predator, Doug Butler.

Butler enticed Blacque into “auditioning” for a sexually explicit film about a gay boy’s coming of age. Butler filmed the

“audition” which made Kane a victim of child pornography. Butler was eventually charged with sexual exploitation of a minor and rape years after Kane had first reported the abuse to police, where it fell on deaf ears.

Eventually, Blacque began using drugs and alcohol. He would shoplift, set fires and continued prostituting. He dropped out of high school and quit diving. He attempted suicide many times, however, his attempts were never taken seriously by his caseworkers. Help was never offered to the boy that was failed repeatedly by the system.

Psychiatrists would label him as “extremely manipulative” and would suggest that his suicide attempts “can not be taken seriously”. The healthcare and child welfare system refused to intervene and offer Kane help. Years later, Blacque would end up being diagnosed with major depressive disorder and bipolar disorder. These disorders are now being treated with medication, however, they went untreated for decades due to the disinterest of help from the system.

By 18, Kane was fueled by drug addiction and began with a high-end escort agency in Edmonton. He was one of the highest paid escorts in the city and the agency supplied him with a car and bodyguard.

Alongside all of the abuse, neglect and trauma that Kane Blacque has suffered throughout his life, he also was completely stripped of his Aboriginal identity by the province. Throughout the years, child welfare documents have switched from naming him as “Metis” to eventually “Caucasian”.

Blacque is a survivor of the “Sixties Scoop”. From the early 1950’s to the late

1980’s, Canadian Indigenous children were taken from their homes and placed into predominately non-Indigenous families. This was fueled by the Indian Act of 1952, where the province had jurisdiction over Indigenous child welfare. This act was devastating to Aboriginal communities across Canada, and ultimately, to the Indigenous children that were completely assimilated into a primarily Caucasian culture – with no recognition or respect paid to their roots.

Decades later, Blacque is still fighting with the Federal Government to be granted his status as Metis, that was unfairly denied to him years ago.

Though faced with years of unimaginable adversity throughout his life, Kane Blacque now finds himself in a loving and supportive relationship with a meaningful job. He is a proud dog dad to his Beagles.

Today, Kane’s only vice is smoking cigarettes and he has worked for SOS Safety Magazine full-time for five years now. He has been with his fiancé for six years.

Kane is an example of a man that came out on top and conquered every difficulty that was imposed on him.

When asked what advice he would give to somebody else going through similar circumstances, he answered, “Find a reason to fight. Just keep fighting. You fight to stay alive.”

He is now a keynote speaker for the magazine and is currently writing a book about his life experiences. He strives to be an advocate for men, boys and LGBT youth.

Article written by
Celina Dawdy

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FIGHTING SUICIDE & AMPLIFYING HOPE WITH THE CENTRE FOR SUICIDE PREVENTION

SOS Safety Magazine had a chance to speak with Crystal Walker, Communications Coordinator at the Centre for Suicide Prevention, about suicide in Canada, how families and teens can start an effective dialogue around the subject, and what their organization is doing to provide resources, support, and leadership to those who need it most.

CAN YOU TELL OUR READERS A LITTLE BIT ABOUT THE CENTRE FOR SUICIDE PREVENTION?

The Centre for Suicide Prevention is a centre of excellence based in Calgary, Alberta, Canada and a branch of the Canadian Mental Health Association. We are educators. For over 35 years, we've been equipping Canadians with the information, knowledge and skills necessary to respond to people at risk of suicide. We educate online, in print, and interactively. Our library of over 45,000 suicide-specific items, which is the largest English-language collection of its kind, informs the work we do.

What are some of the ways your organization helps people?

Education is a best-practice in suicide prevention: anyone can be the person who helps someone at risk of suicide. Each year we train thousands of people from hundreds of different organizations to be able to recognize someone at risk and connect them to the help they need.

TYPICALLY, WHAT IS THE AGE RANGE OF PEOPLE YOU ARE HELPING?

Our online resources are accessible to anyone with a computer, and we do have resources specifically for youth, on our [suicideinfo.ca/youth-at-risk](https://www.suicideinfo.ca/youth-at-risk) website. Our workshops are for anyone over the age of 18.

WHAT KIND OF RESOURCES DO YOU PROVIDE TO PEOPLE IN NEED?

Our resources range from infographics providing general information about a topic to editorial articles that delve into the research to present an informed, thoughtful discussion. Our workshops equip people with the skills and knowledge to help someone at risk of suicide.

DO YOU HAVE ANY ADVICE FOR PARENTS TO TALK TO THEIR TEENS ABOUT MENTAL HEALTH AND SUICIDE PREVENTION?

When speaking about suicide generally, it's important to note that: Suicide is complex because people are complex. There is never any one reason that a person will die by suicide, instead, there are several factors involved, often including mental illness and external life stressors.

It's also important to recognize that people who are suicidal don't actually want to die, they want the pain of living to stop, and that's not the same thing. People who consider and die by suicide are in such deep, psychological pain that they can see no other way out of that pain than death. However, when given the option of help, people will take it.

More often than not, people do show some sign to others that they are struggling. It's important to know the warning signs of suicide and to be there for our friends and family members so we can recognize when a significant change, which is a major warning sign for suicide, has occurred. That way, we can reach out to them, ask if they're okay, if they're thinking of suicide, and if they say yes, we can connect them to mental health supports.

Suicide is also not anyone's fault. No one can be blamed for the suicide of a friend or a loved one, including the person who died,

themselves. Again, suicide is complex and there is a whole host of factors that play a role in someone's decision to die, not the least of which is their deep psychological pain.

Here's some info from our Youth at Risk page for adults (<https://www.suicideinfo.ca/youth-at-risk-adults/>) – this is specifically about how to talk to a teen you think is suicidal.

HOW TO TALK TO A SUICIDAL TEEN

Communicating with a teen who may be thinking of suicide is difficult, but it could save their life.

DO:

Assure them that help is available and that you're there for them.

Stay calm, be compassionate and non-judgmental.

Listen and let them express themselves.

Gently ask questions until you have a clear understanding of what they're feeling.

Be patient if things are not immediately apparent or reasonable to you.

Start the conversation with "I" statements: "I heard you say you don't want to be here or that everyone would be better off without you. I am really concerned and want to talk more about this with you."

Use open-ended and direct questions to get them talking. When necessary, encourage them to elaborate or clarify. "Tell me more..." "I am not sure what you mean..."

Remember their perspective and validate their feelings. "It must've been hard for you when your friends didn't invite you to come out with them. It hurts to feel left out."

Identify the positives, and remind them that they have reasons to live. "You've talked a lot about your friend, it sounds like they're really important to you and you have a good time together."

Pay attention to their body language; even if they say they are fine, they may show their true thoughts and feelings through their gestures and facial expressions.

Trust your instincts.

DON'T:

React with anger, shock or frustration at what you may hear.

Jump in to try to fix their problems.

HOW TO ASK IF THEY'RE SUICIDAL

First, it's important to accept the possibility the teen may be at risk of suicide.

Then, make them feel comfortable; it helps to let them know feelings of suicide are nothing to be ashamed of. "Sometimes when people are going through a really hard time they think about suicide."

In a straightforward manner, ask them if they're thinking of suicide. "Are you thinking about suicide?" "Are you thinking about killing yourself?"

If they say yes, ask them if they have a suicide plan. "Do you have a plan of how you would do it?"

If they say yes, ask them if they have the means to do it (access to the way they plan to kill themselves). "Do you have access to the pills you're thinking about using?"

If the teen answers yes to the last two questions:

Get them help immediately.

Do not leave them alone.

Take them to the emergency room or call a crisis line (1-833-456-4566) for advice.

IS THERE A CERTAIN AGE RANGE THAT IS MORE AFFECTED IN CANADA THAN OTHERS?

Yes. Middle-aged men die by suicide most often.

In Canada, in 2015, there were 4405 suicides. 3269 of these suicides were male (Statistics Canada, 2018). Men aged 40-60 have the highest number of suicides. Women attempt suicide more often than men BUT men die by suicide three times more often than women (Statistics Canada, 2014).

As for youth, suicide accounts for 24% of all deaths among 15-24-year-olds (2011). Teens are admitted to hospital for suicide attempts more than any other age group; some accounts suggest as many as 1/4 of all suicide attempt admissions are for teens. However, the number of suicides for both boys and girls in Canada has been relatively consistent

in the last 10 years and suicide remains the 2nd leading cause of death for young people in Canada.

DO YOU HAVE SOME INTERESTING STATS FOR OUR READERS?

Besides the stats we've already shared, we would like readers to know that all suicidal thoughts or threats must be taken seriously. If you are concerned about someone, tell an adult about it or call the crisis line at **1-833-456-4566**.

If your friend is thinking about suicide, do not keep a secret. You need to tell an adult who can help.

You can make a difference in the lives of your friends and family. Really being there for people and letting them know you care is as simple as asking questions about how they're doing and being a good listener.

What's some advice you would give to someone struggling with depression and suicidal thoughts?

Help is always available. If you're struggling with thoughts of suicide or with your mental health in general, reach out to a friend, a family member, or an adult that you trust. You can always call the national crisis line at **1-833-456-4566**, text at **45645** or chat at www.crisisservicescanada.ca

Being unwell, whether physically or mentally, is not a sign of weakness or failure. Looking and asking for help is a sign of strength. As difficult as it is, the first step to finding solutions other than suicide is to ask for help.

<

Rylee

Hey! You seemed down today. You okay?

I've been really struggling lately... I'm not doing very well... >

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Crisis Services Canada provides 24/7 support.
www.suicideinfo.ca centre for suicide prevention

BEWARE OF THE COPY CATS



This opioid crisis has stirred up a frenzy in our market with companies popping up everywhere and self-proclaimed experts thinking this is a get rich scheme. Not only are they playing a deadly game with their staff and insurance companies they are putting clients and the public at risk. Obtaining an instrument to detect opioids and illicit drugs does not make them an expert and give them knowledge or experience. This is becoming more common than the public knows and clients have great difficulty weeding out the frauds, because companies will say whatever you want to hear to get the work. We have previously post tested vehicles that had been cleaned and released

by such companies and proved they were still contaminated. This requires a secondary remediation and an extra cost to the insurance company or client. When looking for a company, you should ask the following:

- How long have you been decontaminating property and vehicles? Ask for references and proof.
 - Should have a minimum of 1-2 years, if they don't, stay away!!
- What are the testing methods?
- What surfaces are tested?
- Do you remove the front seats?
 - If they don't, stay away!!
- Do they test the air ducts in a vehicle or property?

- If they don't, stay away!!
- Proof of insurance for drug testing and remediation
- Proper WCB Coverage
- Ask if you get all the property back out of the vehicle?
 - If they say YES, STAY AWAY!! As much as you want your property back, it is not worth the risk of contaminating yourself and proves the contractor has no knowledge or experience.





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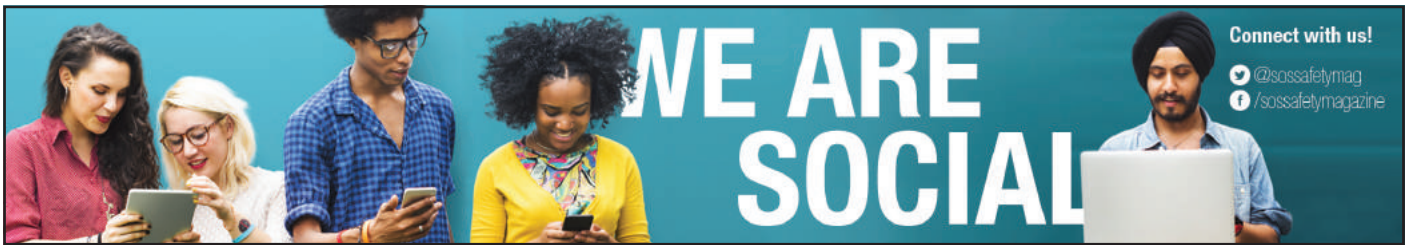
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Fentanyl

- It's In Your Backyard



Fentanyl: The Next Trend in Illicit Drug Lab Cleanup

What is fentanyl?

Fentanyl is a powerful synthetic opioid analgesic that is similar to morphine but is up to 100 times more toxic. When used legitimately, it is a schedule II prescription drug and is typically used to treat patients with severe pain or to manage pain after surgery. It is also sometimes used to treat patients with chronic pain who are physically tolerant to other opioids. In its prescription form, fentanyl is known by such names as Actiq®, Duragesic®, and Sublimaze®. Street names for fentanyl or for fentanyl-laced heroin include Apache, China Girl, China White, Dance Fever, Friend, Goodfella, Jackpot, Murder 8, TNT, and Tango and Cash.

This figure shows how some nerves make opioids (endorphins) send a signal to other nerves. Narcotics (exogenous opiates) mimic this signal, turning down the activity of a nerve involved in sensing pain. Differences between Naloxone, Naltrexone: Naloxone (Narcan) is a short acting drug which will bring a patient out of an opiate overdose by stripping the opiate from the opiate receptor and is a life-saving drug. Naltrexone, a short

acting opiate/alcohol blocking agent has been used for the last 30 years.

All narcotics work basically the same way. Fentanyl works by binding to the body's opioid receptors, which are found in areas of the brain that controls pain and emotion. When opioid drugs bind to these receptors, they can drive up dopamine levels in the brain's reward areas, producing a state of euphoria and relaxation.

So what's the difference between morphine and fentanyl? The major differences relate to how the drug is handled by the body. Fentanyl attaches much more tightly to the opiate receptors than morphine, so you need much less drug to ease the same amount of pain (in fact, fentanyl is about 100 times more potent than morphine). But fentanyl doesn't last as long in the body. A dose of morphine can kill pain for four to six hours, compared to only an hour or so for a single dose of IV fentanyl.

Origin and Production:

Fentanyl is mainly produced by chemists in China. It is then shipped in bricks, or Kilos. One kilo of fentanyl when cut

at a ratio of 1-part fentanyl to 100-parts filler (such as caffeine), will produce approximately 1,000,000 pills. There are estimated to be 1,400 analogs of fentanyl with only 200+ that have been synthesized and studied. It is odorless and tasteless and therefore hard to detect. In one study, the "NIK" (Narcotic Identification Kits) correctly identified fentanyl in only two out of 10 cases. An Ion Scanner, when correctly set up, will identify fentanyl and various analogs of fentanyl 99.97% of the time.

Dangers of Cross-Contamination

One of the most dangerous things about fentanyl (or any drug or bio hazard) is cross-contamination. In the fentanyl remediation we are about to discuss, the drug producer who was living in the apartment had obviously been walking in and out of the apartment, contaminating the hallways, the elevators, etc.

In this particular case, fentanyl (and carfentanil) had been cut with caffeine and was being placed in capsules instead of pressing into pills. The amount of fentanyl powder and residue was extensive throughout the kitchen and living room as well as the bedroom

where he had been using and ultimately overdosed and died.

After the apartment was secured and locks changed, we received the call to assess the situation. We were immediately concerned about the traffic area between his fourth floor apartment, the foyer and entrance on the main floor. This had all been contaminated by footwear used in the apartment. We had to decontaminate the entire hallway, the elevator, both stairwells leading to the main foyer, as well as the hallways from the elevator and stairwells to foyer.

Once that process was complete, we could set up our zones in the hallway and apartment: red (contaminated area), yellow (transition area), and green (decontaminated/clean area). The PPE required for such a decontamination

process must be very thorough: booties, Tyvek suits, double nitrile gloved, full face respirators and wrists and ankles duct taped to prevent outside contaminants from entering. With the hazard assessment completed, now the remediation of the contaminated apartment begins.

Remediation Process

Fentanyl remediation is a process that is foreign to all restoration companies. Trauma Scene Bio Services specializes in only trauma and crime scene bio hazards, which includes drug labs, ie: fentanyl. We do not clean up fire, flood, asbestos or chemical spills.

Our fentanyl remediation process has been examined and approved by Alberta Health Services. Their results stated that our process went above and beyond their expectations. As a result, they will be using our remediation process as a guideline and precedent going forward. This process was based on the actual fentanyl and carfentanil remediation we talked about above, which was completed in a two bedroom apartment in the beginning of 2017.

Our solution that we use was tested on actual fentanyl (wet and dry) by use of an ion scanner. After spraying the fentanyl with our solution and wiping only once with our bio hazard wipes, the ion scanner reported a 99.997% reduction. The ion scanner will measure down to the nanogram.

The fact that we bio wash all contaminated hard surfaces with solution three times and once with a clean rinse wipe clearly indicates the elimination of any fentanyl presence after our remediation process is complete. By following AHS and OHS regulations and implementing our own process, having it tested and exceeding all expectations and requirements, provides our company with the knowledge, understanding and the peace of mind that our job, our process has been completed to not only the best of our ability, but the best in the business.

Education and Awareness:

The key regarding safety and effective, proper remediation in our communities

is awareness education.

There are fentanyl drug labs increasing in Canada and they have been found just about anywhere: in rented homes and apartments, motel rooms, rental vehicles, abandoned buildings, barns and garden sheds. It's likely the U.S. will be next.

Be alert for signs of a potential fentanyl drug lab operation, including: unusual amount of white or coloured powder on walls, floors, the unusual thumping sounds that could indicate a pill press machine, chemical odours – often a

strong vinegar smell, tenants reluctant to allow landlords to inspect the property,

payment of rent in cash, surveillance cameras, curtains always drawn and exhaust fans running at odd times. Residents may wear filtration masks, safety glasses or other protective equipment. They may remark that they are "painting".

If you suspect that there is a clandestine fentanyl lab operation, leave the area immediately. Do not investigate, do not enter the premises, and contact your local police.

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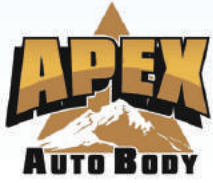
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Into the warmth of the bright sunshine
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I came to get my priorities straight, what was impossible is now possible
After a while I looked at things differently
I feel more at ease with each passing day
I find more joy with a clear mind and with each passing day im encouraged.*

*It was fun, challenging, productive and rewarding
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I am leaving feeling hopeful, blessed and alive
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So What Should We Eat?



In our modern world there are so many voices and so many choices, when it comes to our diet. What foods are truly good and which are bad? What type of diet should we follow? Who do we listen to, when everyone seems to have an expert(s) claiming their way is the best? Is the food guide the way to go? In this article, I will do my best to answer these and many more questions concerning diet and nutrition.

First, we need to look at food as a whole, and not just focus on one part of food like protein or carbohydrates. Protein and carbohydrates are not food groups, they are nutritional components within food, along with fibre, water, vitamins and minerals, antioxidants etc... Food is very complex and when we focus on just one part or another, we lose our focus on everything else. Something else to consider is the source of the nutrition. Does it come from an animal source, or a plant source? How was the animal fed and raised? Are the plant based foods sprayed, or do they contain unnatural organisms like GMO's (Genetically Modified Organisms)? GMO's are not found in nature, they are a manipulation of nature.

Right now the hot topic is the 2019 Canada Food Guide, as there are some radical changes that have been made from the previous food guide. There are some positives and also some negatives, as is often the case. Some positives are that it recommends higher amounts of important plant foods such as fruits, vegetables, and lower amounts of meat, dairy and some of the alternatives. It is also good to lower our consumption of refined sugars, coffee and alcohol. It is no secret that water is much more important to good physical and mental health, than coffee, juice, alcohol. I do not agree with the large amounts of grain and grain products they recommend. They unfortunately recommend some highly processed and destructive foods like canola and soybean oils, as well as soft margarines.

Much of these oils come from GMO sources and are highly contaminated with toxic sprays. These unnatural foods alter and disrupt digestion and gut health, which then affects our entire body including the brain. Pure, organic olive oil,

avocado oil, unsalted butter are all better for our health, but should be consumed in moderation.

So you say, how do I know that these foods are better? Let's look at research done over a five year period by Dan Buettner, studying the longest and healthiest groups of people on the planet that he called Blue Zones. These people have consistently outlived most others on the planet and have been doing it in some cases for centuries. Here are just a couple of highlights from his findings. He found they ate mostly whole, uncontaminated plant based foods (about 95%), and very limited amounts of animal foods (meat, fish and dairy), and fairly small portions of grains as well. Lots of fresh water, and daily exercise which is built into their natural lifestyle. Check out the Blue Zones web site for more info. This gives us a much greater understanding of what humans should follow as a diet, and then we adjust it according to our own unique strengths and weaknesses.

In summary, it is important for both physical and mental health to consume more whole nutrient dense plant based foods, and smaller, more moderate amounts of animal foods, coffee alcohol etc... Lots of uncontaminated clean water is important to help hydrate and keep things moving.

Perry Stang is the owner of Stang's Health Centre Ltd. in Olds, Alberta which has been serving Central Alberta since 1971. He is a Practical Herbalist, Iridologist with 20 years experience.

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