

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
- 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**, **student grades**, and **preferred language** (French or English).

Newsletter Highlights!

- RCMPTalks
- Halloween Safety Books
- Are There Risks to Vaping Cannabis?
- Canadian Youth Road Safety Program
- October is Cyber Security Awareness Month in Canada
- What is Love Bombing
- In the News



Happy Halloween from National Youth Services!

Halloween Safety Activity Books are available from National Youth Services, just in time for the season!

Packed with interactive, youth-friendly content, these books are filled with safety tips for pumpkin carving, costumes, trick-or-treating, and more! Plus, they feature colouring pages, drawing activities, checklists, mazes, and tons of other fun surprises to keep kids engaged and safe this Halloween!

To order physical copies, email the Centre for Youth Crime Prevention at cycp_cpcj@rcmp-grc.gc.ca by **October 10, 2024** with the following information:

- Complete mailing address
- Contact person
- Numbers of copies (French or English)



VIDEO | [Are There Risks to Vaping Cannabis?](#)

As the long-term effects of vaping cannabis are still not fully understood, it's important to stay informed. The Canadian Centre for Substance Abuse encourages everyone to learn more by watching [this video](#), which offers valuable insights on these risks.



While vaping cannabis may seem like a safer option compared to smoking, there are still significant health risks to consider. Unlike smoking, which burns cannabis to create smoke, vaping heats the product to produce vapor, which may still release harmful chemicals that can damage your lungs. Additionally, some vaping products contain high levels of THC, increasing the risk of "greening out"—a condition marked by nausea, confusion, and anxiety caused by consuming too much cannabis. Frequent use can also lead to dependency, changes in brain function, and mental health issues, such as anxiety or depression.



Canadian Youth Road Safety Week

From October 20 to the 26, **Canadian Youth Road Safety Week** (CYRSW) will take place to raise awareness about the critical road safety issues affecting youth across the country. Road crashes are the third leading cause of death among young people aged 15-24 in Canada. CYRSW aims to engage youth and community members in meaningful conversations about road safety and empower young people to spearhead solutions that will improve safety for all road users.

This year, their campaign expands to include all youth road users—drivers, passengers, pedestrians, cyclists, and transit riders—with a focus on empowering youth (ages 15 to 24) to advocate for safer, more equitable transportation systems in their communities.

The theme, **#OurFutureRoads**, emphasizes that safety isn't a fairy tale. Proven strategies exist to dramatically reduce road injuries and deaths, and youth voices play a critical role in this.

It's an opportunity to address the risks young people face on the roads and to promote strategies that can reduce injuries and save lives. By coming together, we can make a significant impact on the well-being of our youth and create safer roads for everyone.



Youth Ambassador Program

As part of these efforts, Parachute Canada is launching the Youth Ambassador Program this fall. This program empowers youth to become ambassadors for road safety in their local communities by funding 15 youth-led road safety projects across Canada. Youth can get creative to raise awareness and/or develop solutions to road safety issues in their communities while participating in civic action!

Applications close on October 09, 2024, so don't miss the opportunity to contribute to safer roads in your area – [Apply Here!](#)

Snap for Change

A key initiative for CYRSW, Snap for Change, invites youth and partners across Canada to share their voices for road safety improvements. By sharing photos and proposing solutions to road safety issues in their local communities, participants will actively contribute to making our future roads safer, sustainable, and more inclusive (the first 50 unique entries will receive a \$100 gift card!).



October is Cyber Security Awareness Month

October is Cyber Security Awareness Month in Canada, an annual opportunity to reflect on how we can better protect ourselves, our loved ones, and our communities online.

This year's theme, **Generation Cyber Safe: Because online security knows no age**, emphasizes that online security affects everyone, regardless of age. From children to seniors, we all play a role in ensuring the digital world remains a safe space for everyone.

This October, Get Cyber Safe reminds us of the unique strengths each generation brings to online safety. Whether it's younger generations sharing tech-savvy tips or older generations drawing from their experience with privacy and caution, we can all contribute to creating a safer online environment.

Let's celebrate how we can come together across generations to protect our digital lives. For more resources, visit [GetCyberSafe.ca](https://www.getcybersafe.ca).



What is Love Bombing?

Love bombing is a form of coercive control disguised as overwhelming affection, gifts, and praise. While it may initially seem romantic, it is often used to manipulate and dominate a partner. This behaviour typically starts early in a relationship or after an incident of abuse, making it difficult to identify. Those who engage in love bombing may push for rapid commitment, demand constant attention, and become possessive, leaving their partner feeling pressured and smothered.

According to an [infographic](#) from the [Centre for Research & Education on Violence Against Women & Children](#), love bombing frequently coincides with other abusive behaviours. It can involve obsessive monitoring, unrealistic expectations, and explosive reactions when these demands aren't met, sometimes escalating to emotional, physical, or financial abuse. Understanding the signs of love bombing is crucial in recognizing its connection to coercive control and supporting survivors.



In the News

[Teen vaping hits 10-year low in the US](#) (Toronto Star)

A recent government survey in the U.S. revealed that teen vaping has reached its lowest level in the last decade, with less than 6% of high school students vaping, down from 7.7% in 2023. This decline marks a significant drop from 2019 when vaping peaked. The reduction is largely attributed to a decrease in the use of unauthorized e-cigarettes like Elf Bar, driven by stricter age restrictions and enforcement actions targeting retailers and manufacturers. The vaping rate among middle schoolers remained unchanged at 3.5%.



Health officials, including the FDA's tobacco director Brian King, celebrated this as a major public health achievement but stressed the need for continued efforts to combat youth vaping. The survey also showed that while vaping has declined, alternative tobacco products like nicotine pouches have not significantly increased among teens. Although Elf Bar usage dropped following FDA crackdowns, major brands like Vuse and Juul still have a significant presence in the youth vaping market.

[There's definitely a need: Naloxone training offered to N.B. youth](#) (CTV News)

Youth Quest Central in Moncton, New Brunswick, has been offering naloxone training to at-risk youth every Wednesday for the past two years. Led by youth care worker Melissa Scribner, the sessions are aimed at equipping young people with life-saving skills to combat opioid overdoses, which have become a growing concern in the area, especially with the rise of fentanyl. Program manager Byron Rayne highlights the importance of this training, calling it an essential tool to address the opioid crisis and emphasizing that many drug-related incidents among youth are accidental poisonings rather than intentional overdoses.



Scribner and Rayne shed light on the broader opioid crisis in Moncton, particularly among youth, who often go unnoticed in discussions about drug use and homelessness. They stress that young people under 19 are not allowed in shelters, making it difficult for them to find safe spaces. The organization believes that naloxone training is not enabling drug use but rather providing essential harm reduction, potentially saving lives and easing the burden on emergency services. Naloxone, which costs between \$40-\$100 per kit, is provided for free to participants after each training session.



['From bad to worse': Mental health declining among youth since 2019: Stat Can](#) (CTV)



A report from Statistics Canada highlights a significant decline in youth mental health between 2019 and 2023. Surveying over 22,000 youth, it found that Alberta respondents had especially low self-rated mental health, with only 32% considering their mental health excellent or very good, and overall health at 55%. Nationally, one in five youth who rated their mental health as good or better in 2019 now rate it lower. The COVID-19 pandemic, along with challenges like child poverty, social media, and access to education, are seen as major factors contributing to the mental health crisis.

The data shows girls, particularly teenagers, are more likely to report declines in mental health than boys. In 2019, 16% of girls aged 12 to 17 rated their mental health as "fair" or "poor"; by 2023, this figure had risen to 33% for those aged 16 to 21. The report urges parents and governments to act quickly, emphasizing early intervention as a critical step in addressing this crisis. Physical symptoms, such as headaches and lack of sleep, also indicate worsening health among youth, particularly girls.

[On social media, a bullied teen found fame among child predators worldwide](#) (Washington Post)

The story of Bradley Cadenhead, a Texas teenager, underscores the alarming dangers of online platforms where predators manipulate and exploit vulnerable youth. After experiencing severe bullying and family issues, Cadenhead founded an online group on Discord that coerced children into committing violent and degrading acts through blackmail and manipulation. Despite efforts by the platform to ban him, he continued his activities, creating a cult-like following and encouraging minors to engage in explicit behaviours and self-harm. His case highlights the challenges social media companies face in detecting and preventing such behavior, and the ongoing threat posed by digital cults targeting minors. The article underscores the need for greater awareness, vigilance, and stronger safeguards on social media to protect minors from similar dangers.

[Brothers sentenced in sextortion case that led to Michigan teen's suicide](#) (Washington Post)

Online sextortion is a growing threat targeting minors and young adults, with scammers tricking victims into sharing explicit images and then using them for blackmail. The tragic case of Michigan teenager Jordan DeMay, who died by suicide after being targeted, highlights the severe impact on victims and their families. Law enforcement officials stress the importance of educating young people about online safety and seeking help if victimized. The successful extradition and sentencing of the perpetrators underscore that justice can be served, even for those operating internationally. This issue calls for increased vigilance and proactive measures from both families and authorities to protect youth from online exploitation.



[Online child sexual exploitation is now at epidemic levels and that has police concerned](#) (CBC)

Online child sexual exploitation has reached alarming levels, presenting significant challenges for law enforcement. The rise in internet access, especially during the COVID-19 pandemic, has contributed to a surge in cases involving crimes like images or videos or child sexual abuse, sextortion, and online grooming. In Canada, specialized units like Alberta's Internet Child Exploitation (ICE) team have seen a dramatic increase in cases, with reports tripling in just a few years. Despite these efforts, many incidents go unreported, and investigations are further complicated by offenders operating across international borders, making cooperation between countries critical.

One of the most pressing issues is the rise of sextortion, which experts describe as an epidemic. This crime involves offenders coercing victims, often teenagers, into providing explicit material and then blackmailing them for more content or money. Sextortion cases are particularly challenging to investigate because many are driven by organized crime groups that operate internationally. While agencies like the ICE unit work tirelessly to address these crimes, they face limitations in resources, training, and navigating international legal barriers. Law enforcement must continue to adapt and collaborate globally to tackle this growing threat effectively.

Special Dates

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

- [Bullying Prevention Month](#)
- [Women's History Month](#)
- [Islamic History Month](#)
- [2SLGBTQIA+ History Month](#)
- [Cyber Security Awareness Month](#)
- **October 2**
 - [International Day of Non-Violence](#)
- **October 10**
 - [World Mental Health Day](#)
- **October 11**
 - [National Coming Out Day](#)
 - [International Day of the Girl Child](#)
- **October 18**
 - [Persons Day](#)
- **October 20-26**
 - [Canadian Youth Road Safety Week](#)
- **October 31**
 - [Halloween](#)

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





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; ^English Only)
- [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 Story of Clair and her Grandfather](#) (7 to 12 yrs)
- [Through Mala's Eyes lesson plan toolkit](#) (9 to 12 yrs)
- [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 (grades 9 & 10)
- Suicide Prevention (grades 11 & 12)

Presentations (PowerPoint)

- Mental Health (grades 5 & 6)
- Self-Harm Prevention (grades 7 & 8)
- Suicide Prevention (grades 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](#)

