

Online Pornography: Recommended Educational Resources

Youth & Digital Technology: Growing Up Online Toolkit

This document contains resources, including websites, videos, books, and articles that service providers may find helpful while supporting children, youth, and families facing challenges around problematic online pornography use.

Websites

Get Cyber Safe (Government of Canada, 2024)

This website promotes cyber security and includes toolkits, fact sheets, infographics, videos and printables. <https://www.getcybersafe.gc.ca/cnt/prtct-yrslf/prtctn-fml/nln-xplttn-en.aspx>

Canadian Center for Child Protection

This website offers regulations on children's online safety and discusses steps to get through situations when children have been negatively impacted by child sexual abuse, sextortion, or threads by online sexual predators, among other components. <https://www.protectchildren.ca/en/>

Cybertip

This website offers tips to report online sexual exploitation of children. It also provides current and age-appropriate information and resources to help educate Canadians about how to keep children and youth safe while online.

Main website: <https://www.cybertip.ca/app/en/>

https://www.cybertip.ca/pdfs/C3P_ParentingintheDigitalWorld_en.pdf

Protect Kids Online

This website suggests information and guidance on how to protect children, it also offers online educational and prevention material to help keep kids safe online and in everyday life.

https://protectkidsonline.ca/app/en/helpful_information_exposure_to_sexually_explicit_material

Amaze

This website offers sexual education videos for youth, parents, and service providers in multiple languages. <https://amaze.org/>

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Internet Matters

This resource provides recommended online safety tools for service providers. It also offers guides to support parents and teachers to help children stay safe online.

<https://www.internetmatters.org/>

Childmind Institute

This website has educational resources for parents and caregivers on a variety of topics including talking to teenagers about pornography and sexting, online safety and screentime.

[Teens & Young Adults - Child Mind Institute, https://childmind.org/topics/teens-young-adults/](https://childmind.org/topics/teens-young-adults/)

Media Smarts

Canadian website focused on digital media literacy. Free resources for parents and teachers including how to talk to teens about pornography and digital media safety tips. Resource options include blogs, tip sheets, videos, guides, workshops and tutorials.

[Digital Media Literacy | MediaSmarts https://mediasmarts.ca/digital-media-literacy](https://mediasmarts.ca/digital-media-literacy)

Foundry

This youth-friendly service model and website is funded by BC Children's Hospital and is supported by the Government of BC. The website helps young people, and their families find the resources and information they need. Topics include sexual wellness, sexting and online safety.

Sexual Wellness - Foundry <https://foundrybc.ca/resource/sexual-wellness/>

Need Help Now

This website offers victim support directed at teens when they have been involved in an unexpected situation related to sexting, sextortion pornography, and exploitation. For example, it offers guidelines to know how to stop the spread of sexual pictures or videos. A support team is available to help.

<https://needhelpnow.ca/app/en/>

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Take it Down

Free service that can help you remove or stop the online sharing of nude, partially nude, or sexually explicit images or videos taken of you when you were under 18 years old. You can remain anonymous while using the service and you won't have to send your images or videos to anyone. Take It Down will work on public or unencrypted online platforms that have agreed to participate.

<https://takeitdown.ncmec.org/>

Parent Control Apps

A few of the parental control apps available for internet protection with good reviews that can be installed on devices. You will need to do your own research on which is the best fit for your family. These apps do come with a fee:

- [Canopy | Protect Your Children in the Digital Age](#)
- [Parental Controls for Families | Bark:](#)
<https://www.bark.us/?irclickid=TvI0ZjzLhxyPRrW2oqVHN0SxUksxqkzD3Ww2V80&irgwc=1&ref&rt>
- [Qustodio Premium | Qustodio:](#)
https://www.qustodio.com/en/premium/?media=&irclickid=2zeQbhVJcxyKWTrTYL0fkRs1UksxqQyNrX5iU80&irgwc=1&utm_source=impact&clickid=2zeQbhVJcxyKWTrTYL0fkRs1UksxqQyNrX5iU80&utm_medium=4262453&utm_campaign=SAJID+KASMANI&utm_content=Online+Tracking+Link

Books & Manuals

Cyberpsychology as Everyday Digital Experience across the Lifespan (Harley, Morgan, Frith, 2018).

This book develops the lens of Cyberpsychology to consider how digital experiences impact various stages of people's lives. It offers a unique approach to the evolving area of Cyberpsychology. Moving beyond dilemmas about the negatives and positives effects of digital technology, the authors explore the role of significant life stages in defining the evolving purpose of digital technologies. This interdisciplinary book will be of great interest for anyone who wants to learn about how technology influences our behavior, feelings, and thoughts, as well as for scholars and service providers across psychology, digital technology, and media studies. Most importantly, the book provides practical implications, recommendations, and discussions to help children or teens overcome problems related to pornography.

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Addiction and Youth Substances, Technology Porn (Crisis and Trauma Resource Institute, n.d.)

This manual offers strategies for service providers who works with youth who are struggling with an addiction, including one related to substances, gaming, internet, or pornography. The approach in this manual considers issues that are unique to working with youth.

<https://ca.ctrinstitute.com/product/addictionsyouth-manual/>

Articles

Sexting, psychological distress and dating violence among adolescents and young adults (Morelli, Bianchi, Baiocco, Pezzuti, & Chirumbolo, 2016 in Psicothema)

This article shows evidence that explain the relationships between moderate and high use of sexting and the several risk in young people such as dating violence, anxiety and depression symptoms.

http://www.psicothema.com/PDF/4303.pdf?fbclid=IwAR1yH_wXKxukIT1ICdH9JYivIkT5IMVGR02sPxT30k-kuSGOB168-r-w7Vk

Videos

Addressing Pornography with teens: Do's and Dont's

In this 2 minutes video, Dr. Linda Papadopoulos, Psychologist and Internet Matters Ambassador talks about the impact of sexualization in young people and provides some practical advice on how to address the issue of online pornography with teens and information for them to be prepared to support teens on this issue.

- <https://www.internetmatters.org/resources/addressing-online-pornography-supportingteens/>
- <https://youtu.be/3THVDC0n9X8>

AHS Community Education Service

[Alberta Law Enforcement Response Teams – Internet Child Exploitation in Alberta – October 25, 2023 - YouTube](#) This 1-hour presentation facilitated by Alberta Law Enforcement Response Teams personnel. https://www.youtube.com/watch?v=kLCgj-KXRyY&list=PLi1tOF1I5ZoWtN4oLgPWHEoPP_7gIMdP&index=52 .

Topics covered include:

- Efforts to change language to child exploitation material as child pornography implies consent

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- Global trends
- Safety information and tips
- Sextortion- trends and action plan if this happens to your child
- Recommended resources including:
 - The Carly Ryan Foundation- fact sheets for commonly used apps, online safety contract, new device checklist, sextortion fact sheet
<https://www.carlyryanfoundation.com/>
 - Thorn for Parents- discussion guides and conversation starters for children and youth <https://parents.thorn.org/situation/>

Health Law FAQs & Other Resources

Each service provider is obligated to ensure that they comply with current or future legislation, laws or professional standards. In developing this toolkit, several questions were considered:

Q: Is it illegal to share nude pictures?

A: In some jurisdictions, law enforcement can charge anyone with a criminal offence if they possess or distribute nude, explicit or sexual information of a minor. It is up to the jurisdiction, law enforcement and courts to pursue criminal charges. The RCMP encourages the reporting of sextortion or sexual exploitation of a minor [1].

Q: Do I have a professional obligation to report sextortion or the sharing of nude photos?

A: Service providers should practice due diligence to the professional standards set by their college or regulatory body regarding their duty to report.

For example, the Canadian Association of Social Workers Guidelines for Ethical Practice, Section 1.6.2 states that social workers who have reason to believe that a client intends to harm another person are obligated to inform both the person who may be at risk (if possible) as well as the police [2]. Please see the ethical guidelines for your profession.

Q: Does the Health Professions Act (HPA) require reporting sextortion or the sharing of nude photos?

A: Practice in Alberta is governed by the Health Information Act. Section 35(1) (m) authorizes the release of diagnostic, treatment, and care information that identifies a person without their consent “to any person if the custodian believes, on reasonable grounds, that the disclosure will avert or minimize

- (i) a risk of harm to the health or safety of a minor; or
- (ii) an imminent danger to the health or safety of any person” [3] (p. 29)].

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Under this legislation, AHS and its employees are custodians of information. The act provides authority for healthcare providers to disclose health information without consent of the individual, if the provider believes the disclosure will avert or minimize a risk of harm to a minor or imminent danger to the health of any person. This is not mandatory reporting. In addition, a healthcare provider may disclose health information without the consent of the individual to the police to protect the health and safety of Albertans [3].

Resources

Office of the Privacy Commissioner of Canada: Information on Youth Privacy and tools to help advise individuals about the relevance and importance of privacy when using digital technologies.

<https://www.priv.gc.ca/en/>

RCMP's Centre for Youth Crime Prevention: Provides Canadians with age-appropriate crime prevention messages, information, tools, and programs to prevent youth crime and victimization.

<https://www.rcmp-grc.gc.ca/en/youth-safety/centre-for-youth-crime-prevention>

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References

1. Department of Justice. Government of Canada. (2018). Cyberbullying and the Non-consensual Distribution of Intimate Images. <https://www.justice.gc.ca/eng/rp-pr/other-autre/cndii-cdncii/p6.html>
2. Canadian Association of Social Workers. (2024). *Guidelines for Ethical Practice*. <https://www.casw-acts.ca/en/casw-code-ethics-2024>
3. Government of Alberta. (2024). Health Information Act. <https://open.alberta.ca/publications/h05>

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