

Compass's Words of Wisdom



Your Logbook for Satisfying
Your Curiosity About Sexuality

Ages
10 to 12



Acknowledgements

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Credits

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Compass's Words of Wisdom

Ages
10 to 12



Hi there!

My name is Compass. I'm 18 years old. I've worked as a camp counsellor at kids' camps for the past two years. I take care of day camps, nature classes and summer camps. I love my job, since it allows me to meet tons of unique kids who make me laugh and teach me something new every day.

This logbook is yours. As you use it, you'll spend time with Noah, Billy, Matt, Lucy, Grizzly and me, and learn a whole range of information about sexuality, relationships with others, and yourself. You will also learn to recognize high-risk situations and how to protect yourself. Whenever you complete a section, you can have a compass affixed by the adult who gave you the logbook. This will eventually lead to a certificate, "I AM THE MASTER OF MY DESTINATION". If you have any questions, feel free to ask one of the trusted adults around you.

In this book we've chosen to use inclusive writing. You might wonder what that means? It is designed to make sure that all children are represented in the terms we use. For example, we make sure to use gender-neutral phrasing whenever possible so that the masculine is never more prevalent than the feminine. Because all gender identities are important!



I'm Noah. I'm 10 years old. I will be going into grade 5 this year at school. I am an energetic guy, I like to move, do hip hop dancing and write songs, and I really love rap! This is my first time going to summer camp. I'm super happy to be here with my best friend, Billy. Hooray for EXPLORA-Camp!



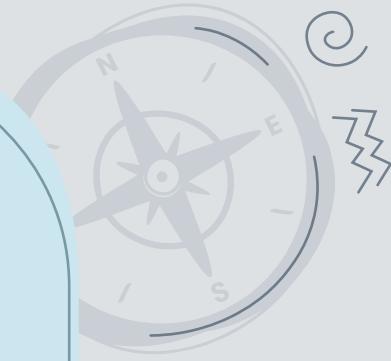
I'm Billy, and I'm 11 years old. The pronouns I use to talk about myself are they, them and occasionally she/her. I'll be going into grade 5 in the fall. Apparently, it's a hard year, so I've decided to make the most out of this summer camp and go wild! With my friends, it's going to be a b-l-a-s-t! And I hope we'll make a bunch of new friends!



I'm Matt and I'm 12 years old. I'll be going into the sixth grade in the fall. I'm a pretty quiet person. My favourite things are playing video games, reading and drawing. I'm a really good artist and can draw anything relating to science fiction. In fact, if you look at me closely, you'll see that I have a robot part in one ear. Shh! Don't tell anyone!



I am Lucy and I just turned 12. This year will be my last year in grade school. Sixth grade at last! I'll be with the older kids and might have new responsibilities. I like playing lots of sports, but my favourites are soccer and ringette. There will be all kinds of special things happening this summer. Along with going to the EXPLORA-Camp summer camp, I'll be visiting my homeland with my adoptive family. I might even get to meet my biological grandmother! I'm super excited!



Official introductions!

Wow! What a great group we have with us this year! How are we going to remember everyone's name?

I have an idea, Compass! What if the kids each tell one of their hidden talents? That would help us remember who's who!



Fantastic idea! Let the show begin! Who wants to go first?

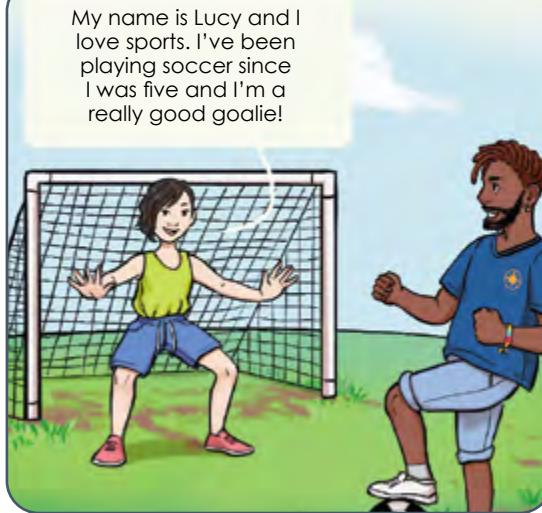
ME!



My name is Noah, I'm the smartest in school, and I love power tools! My last name is "Enlightened." I love rap, so I'm never frightened, I hope your day's been brightened and your load's been lightened!



My name is Lucy and I love sports. I've been playing soccer since I was five and I'm a really good goalie!



My name is Billy. I love science and experiments and I'm a magician in training. Behold one of my famous magic tricks!



What talent could I talk about?

But I don't feel like getting up to speak in front of everyone.

You love reading and you can beat everyone at video games. Also, you're really good at art!

Go see Compass, I'm sure she'll be able to help.

Compass, I don't want to stand up in front of everyone. I'm good at drawing, but I don't like public speaking!

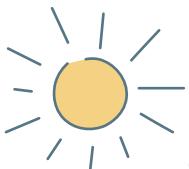
Matt, I hear what you're saying and I'm proud of you!

Why's that?



Because you've asserted yourself! Asserting yourself means being able to tell others what we like and don't like. It also means deciding what we want and don't want. How about if I said you could exhibit a drawing in the auditorium instead? And be sure to sign it!

That's a great idea! Thanks, Compass!



Self-knowledge

How about you? If you had the chance to be in a talent show, what would you choose to do onstage? Write or draw in the boxes the aspects that best describe you as a person.



Sports

Playing tennis, sprinting, slapping a puck hard into the net... etc.



Science

Looking at things under a microscope, identifying plants in the woods, learning about the stars and planets, conducting experiments, etc.



Arts

Making mandalas, playing guitar, doing dance choreographies, etc.



Hobbies

Playing hacky sack, doing puzzles, paddleboarding, etc.

Speaking several languages, do a handstand for more than 10 seconds, etc.



Secret talents



Others

When Matt was asked to introduce himself to everyone, he felt uncomfortable about it. He listened to his little voice, and despite some hesitation, was able to assert himself. It is not always easy to do so, especially when asserting yourself with someone you like or love and don't want to disappoint or hurt.

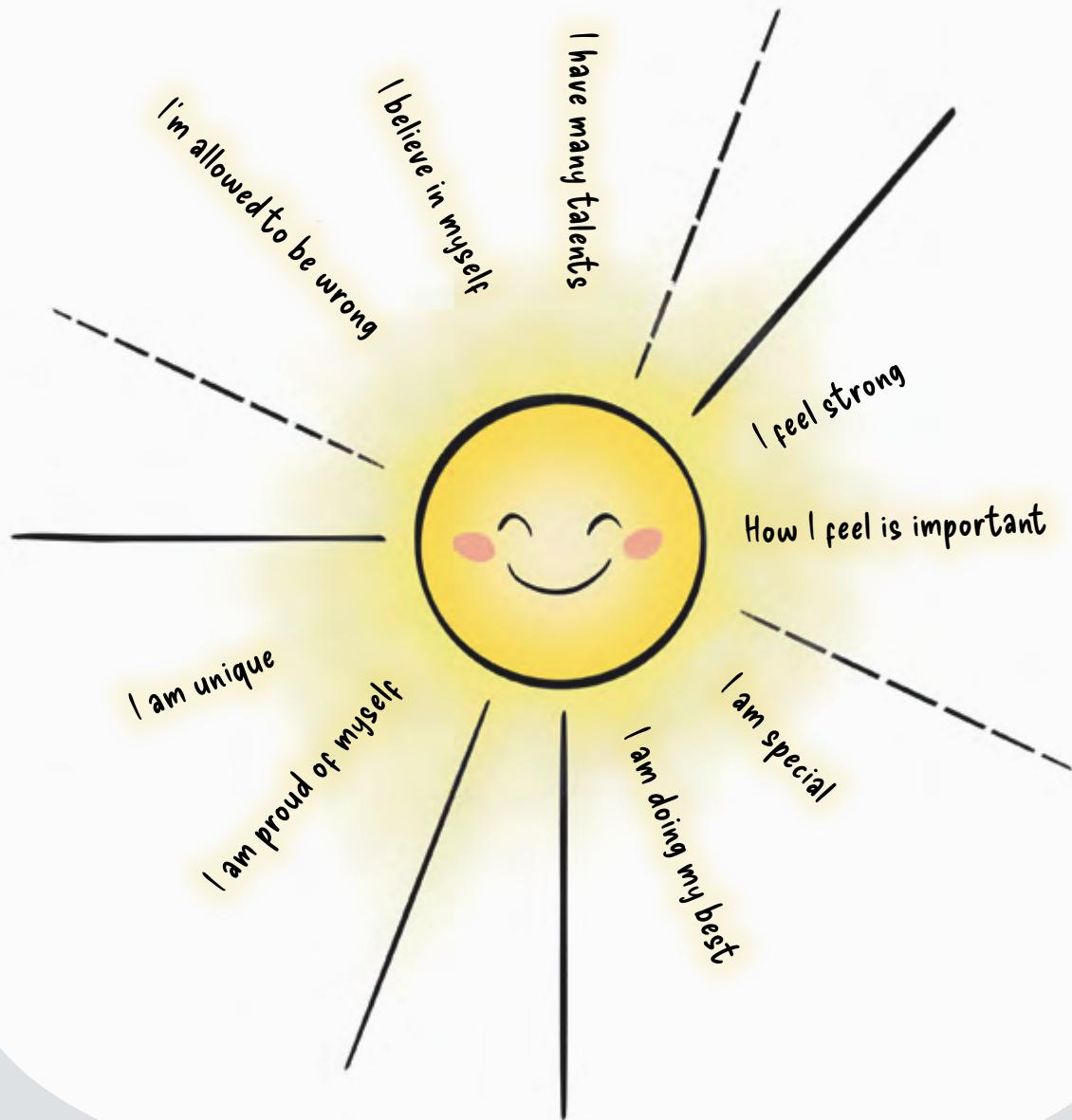
If this happens to you, remember: When a situation, an act or a comment makes you feel uncomfortable or uneasy, you always have the right to say NO! Even to people you like or love.



Have you ever experienced a situation where you had trouble asserting yourself? Were you able to do so? And if so, how did you manage it?

Sometimes, when you are unable to give your opinion, say what you really want to say, or fail to be respected, you may feel “less than.” In such cases, it can be helpful to remember positive phrases that can soothe your heart and your head.

Here are a few ideas. You can **write your own**
inspirational phrases along the sun’s empty rays.

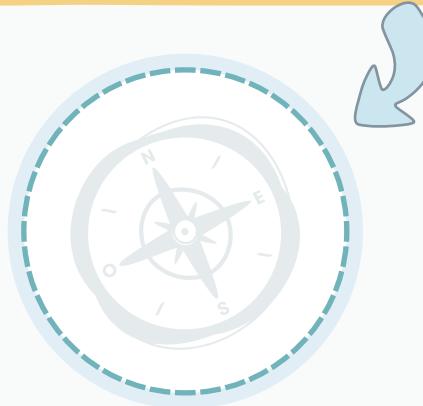




Well done!

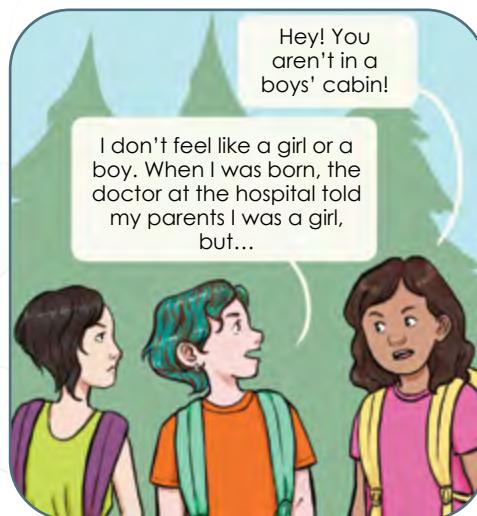
You have completed this section!

Go get your compass affixed by your trusted
adult before starting the next section.



I am me

and that's that!



So why do you dress like a boy, then?
And... what about your hair?



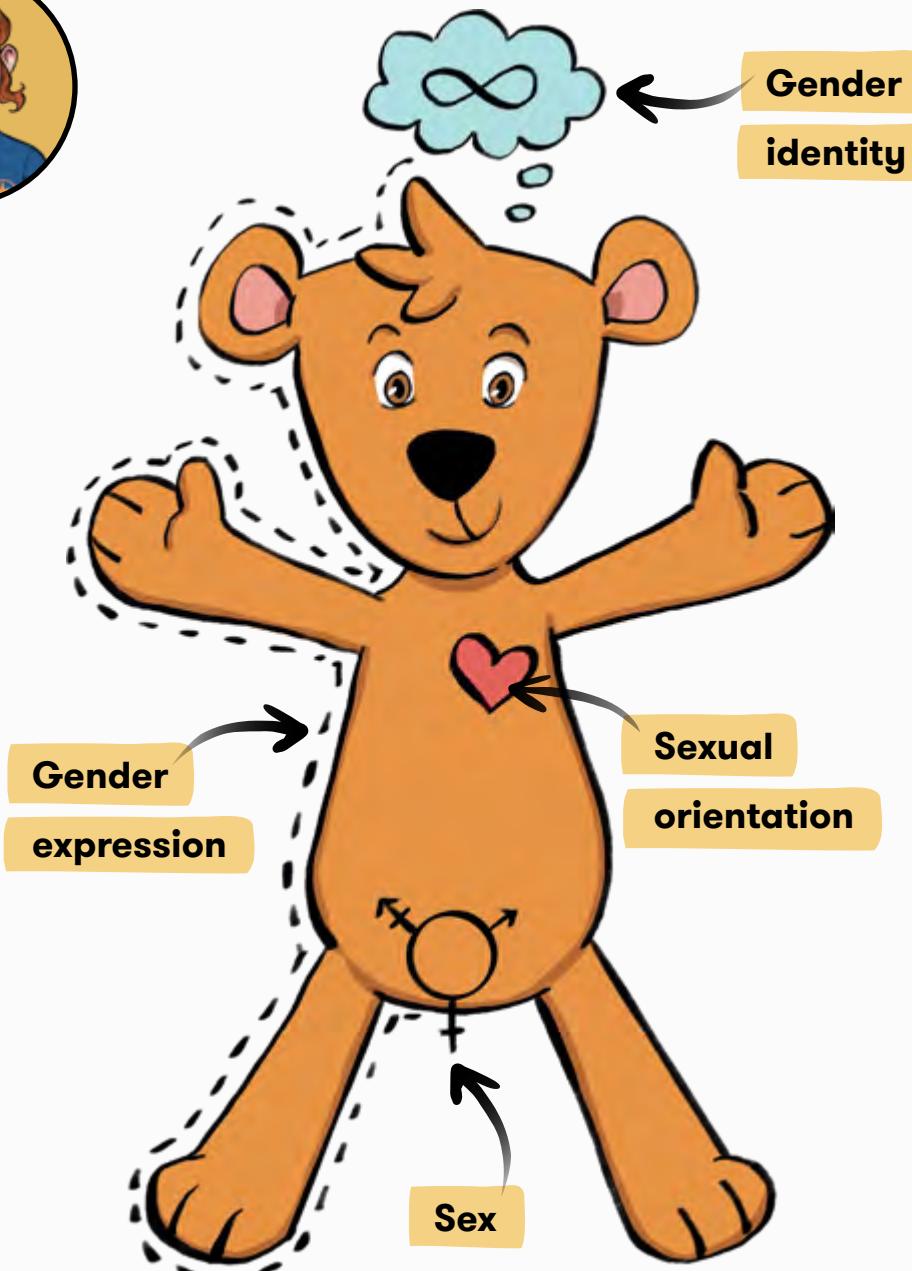
You know, the way we dress or do our hair or whether we wear makeup or not, has nothing to do with how we feel inside. It feels right when I'm with you girls. I don't want to sleep with the boys. Plus, they're always farting.



And you know what? Billy is the person who tells the **BEST** scary stories. They'll be giving us shivers of fear every night!



Sex, gender identity, gender expression, sexual orientation...
Oof! It can all be confusing! I'm here to guide you through
these definitions.



Sex

Anatomy of a person's genitals or reproductive organs. The term 'assigned' sex is used because it is assigned by doctors at birth based on observation of the external genitalia (penis and vulva) and will determine the person's legal status (female/male).

Gender expression

Gender expression is the way you express your gender through your actions, your clothing, your hairstyle, your appearance or the pronouns you choose to use. The way you express your gender is unique to you, and has nothing to do with your gender identity or sexual orientation.

Gender identity

Gender identity is a feeling we have about ourselves that allows us to identify ourselves as a girl, a boy, a bit of both, neither of them or some other identity. Gender identity is not tied to the sex assigned at birth.

Psst: Did you know that you are the only person who can affirm your gender identity? It's an intimate and personal experience, and no one can do it for you!

Sexual orientation

Sexual orientation is the romantic or sexual attraction you might feel towards another person. There are many sexual orientations (homosexuality, heterosexuality, pansexuality, asexuality, bisexuality, etc.) and they are all valid. You may not know what your sexual orientation is, or you may have questions about it.

Your preferences may also change over time. You may not even recognize yourself in these words. That's totally normal; don't worry! The important thing is not the words you use to talk about your sexual orientation, but rather how you feel and how you choose to live out this attraction.

Now that we've covered the various definitions,
identify the concept in question in each situation.

Sex

Gender
identity

Gender
expression

Sexual
orientation

- 1 When Matt was born, the doctor assigned him a boy. _____
- 2 Lucy loves doing her nails, styling her long hair, and wearing baggy sports clothing. _____
- 3 Billy is a non-binary person.
They feel like neither a girl nor a boy. _____
- 4 Noah is attracted to boys and girls. _____
- 5 Grizzly likes to grow his beard. He has a deep voice.
He loves wearing colourful jewelry. _____
- 6 When Compass introduces herself, she specifies
that her pronouns are “she” and “her.” _____
- 7 Matt is attracted to Lucy but doesn’t dare tell her so. _____
- 8 Noah has a masculine body and feels like a boy. _____

sex, gender expression, gender identity, sexual orientation, sex + gender identity
expression, gender identity, sexual orientation, sex + gender identity

Answers:

You know, it's perfectly normal to feel confused about your gender identity, your gender expression, or your sexual orientation. Remember that it all could change over time and that you don't need to be certain about it or to identify yourself right away! You can even keep it to yourself and not tell anybody. The important thing is that you feel good in your head, your body and your heart.

If you have questions or feel the need to talk, don't hesitate to talk to a trusted adult.



Sudoku

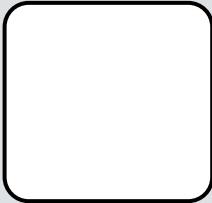
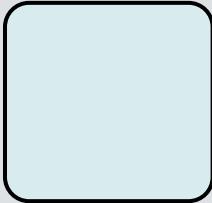
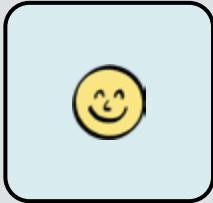
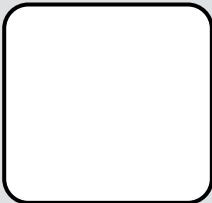
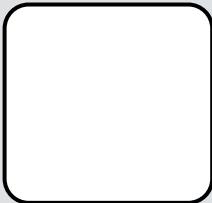
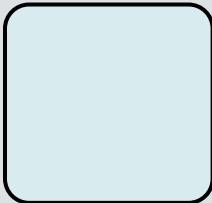
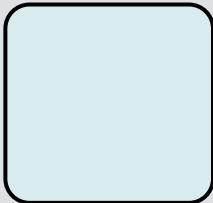
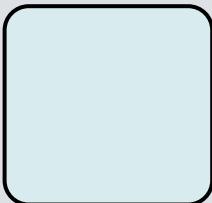
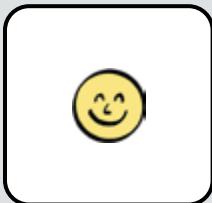
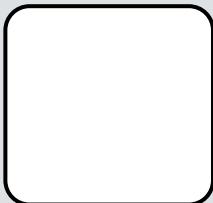
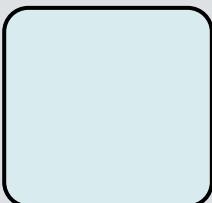
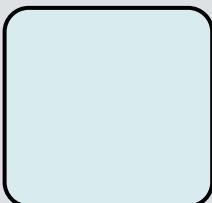
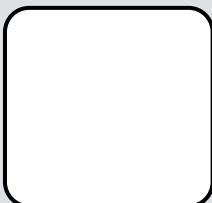
Trusted adult

Maybe you wonder: What is a trusted adult?

A trusted adult is someone you  (like) to see, with whom you feel  (comfortable), and who helps if you have a problem. The trusted adult always respects your  (privacy) and  (boundaries).

Fill in the sudoku grid by redrawing the shapes.

Take care not put two identical shapes in the same row, column or grid!





Well done!

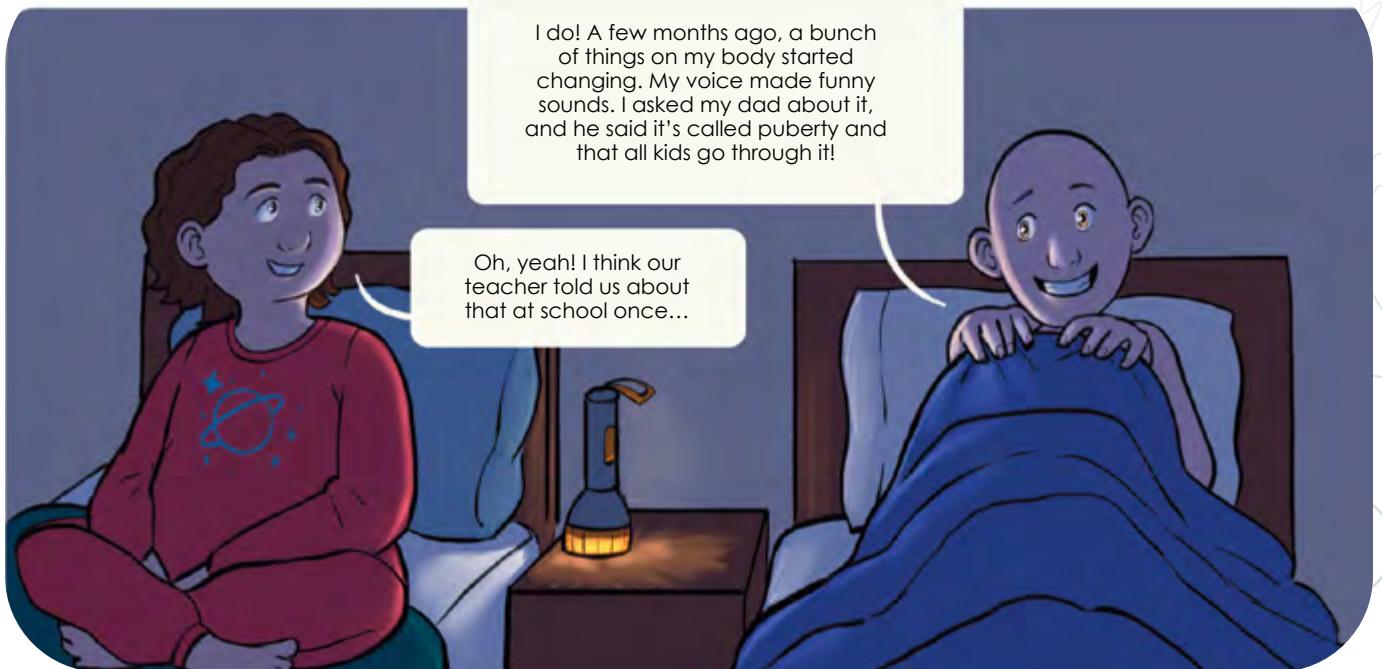
You have completed this section!

Go get your compass affixed by your trusted
adult before starting the next section.



Our changing bodies





Puberty is a period of transition into adolescence. It is a time of big changes in your body, head and heart. All children go through this phase, but at different times and a different pace.

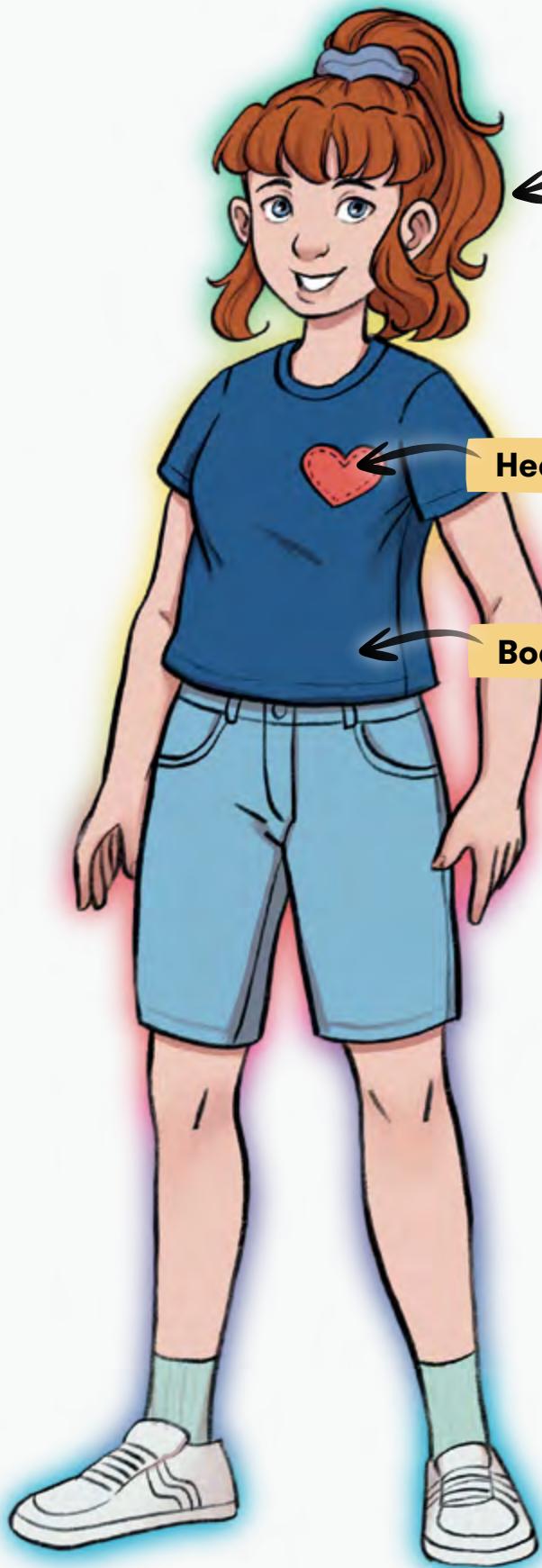


Following are some of the changes involved in puberty.

Are they happening in the body, the head or the heart?

For each situation, write your answer on the next page.

- 1** Noah is in love with a girl in his class. Because this is the first time he has felt this way, he wonders how he should behave.
- 2** Lucy doesn't like wearing tight-fitting tops anymore, because it shows the shape of her breasts.
- 3** Billy doesn't feel quite right hanging out with adults, but at the same time feels that the kids their age are immature.
- 4** Matt feels like he's on a roller-coaster. His emotions are all over the place and it takes next to nothing to make him irritable or unhappy.
- 5** Lucy is the first girl in her class to get her period.
- 6** Billy would rather spend more time with their friends than with their parents.
- 7** Noah spends lots of time each morning making sure he looks good. He loves to follow the latest trends.
- 8** Matt has taken an advanced babysitting course. Because he's 12 years old, he is now responsible enough to sit for his neighbours' kids.



Head: 3, 6, 7, 8
Heart: 1, 4
Body: 2, 5

Answers:

You could feel all sorts of pleasant emotions about puberty, such as enthusiasm, excitement and pride. You might also have questions, feel ashamed, or be worried. All these feelings are normal and valid. Don't forget that the changes that occur during puberty lead to more maturity and independence.

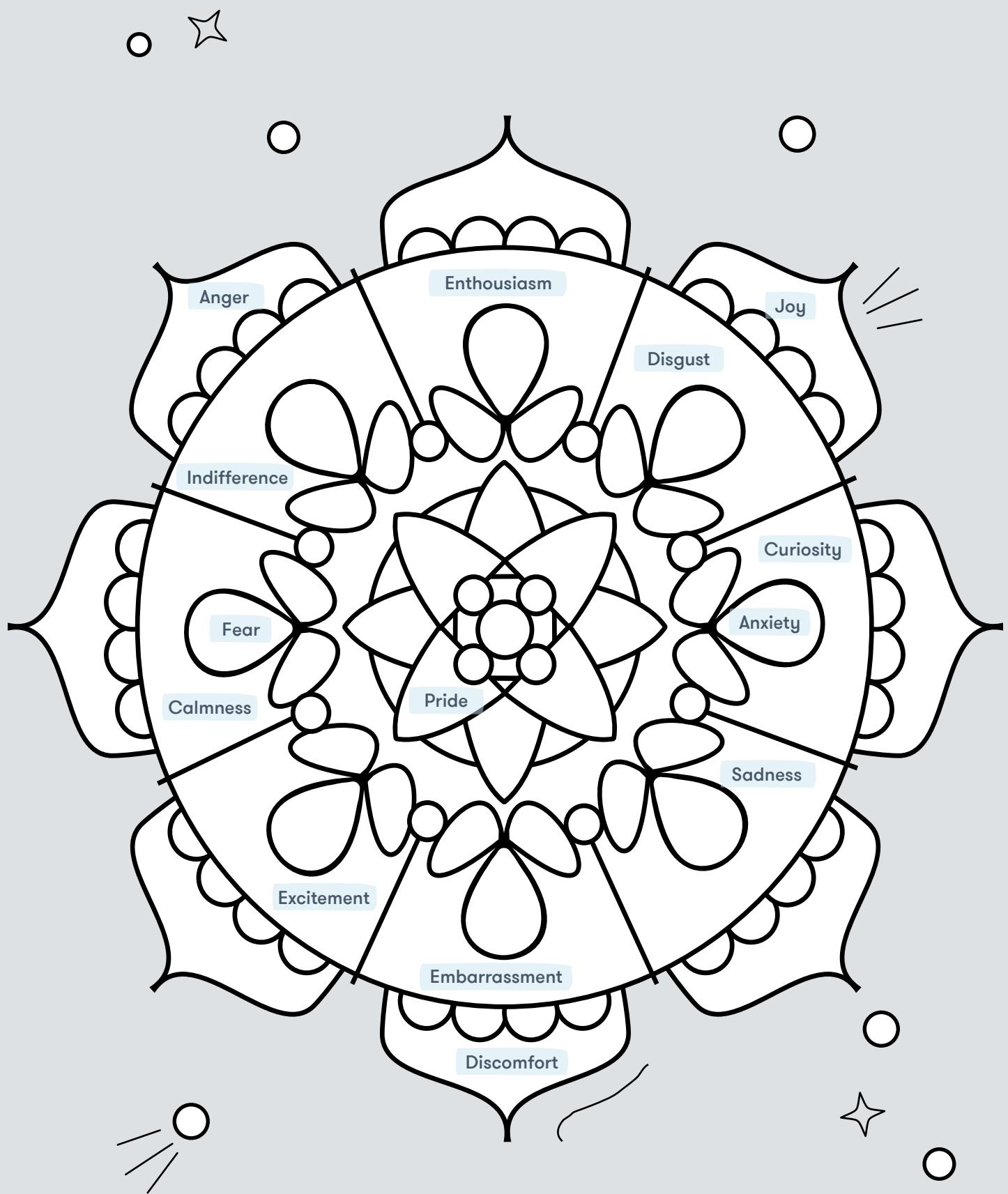
Remember, you can always share your feelings and ask your questions to a trusted adult if you need.



How do you feel about reaching puberty?

Colour the emotions you feel when you think about puberty.

If the emotion you feel is not included in this mandala, write it in an empty space. Like the pace of puberty, the shape of the emotions mandala will be different for each child/youth.



Your body is precious. It allows you to move, eat, play, love! Though all children go through puberty and its various physical changes, remember that every body is unique. They come in different shapes, colours, and physical abilities. They are all beautiful in their own way!



Tribute to my body

Write a letter to your body and tell it what makes it beautiful and unique!

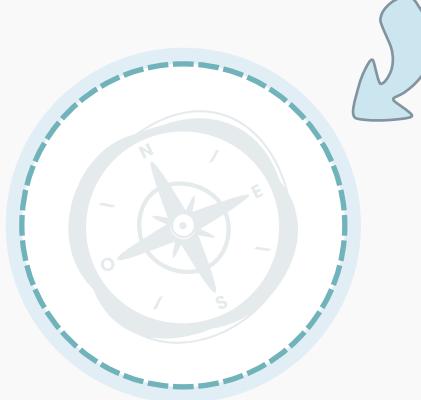
Your body is wonderful, and you might feel the urge to explore, look at, touch it... all perfectly normal! Just be sure to do so in a private place, such as your bedroom or the bathroom.



Well done!

You have completed this section!

Go get your compass affixed by your trusted
adult before starting the next section.



True love?



Hey, girls! Tonight's the night we trek into the woods to watch for shooting stars! I can't wait!

That's tonight? Yay! I've been looking forward to this activity!



But I have something to confess. I won't be looking at the stars much...



I think I'm in love with Grizzly. He's so handsome! Tonight, I'm going to tell him how I feel.



What? Get real, Lucy! You can't date Grizzly, he's way too old for you! There are laws against that!

Oh, never mind! I shouldn't even have told you!



A little later...



I would have liked to tell Grizzly how much I love him. But maybe my friends are right. Maybe I can't go out with him?



Maybe he'll laugh at me if I tell him how I feel? Maybe he thinks he's too old to go out with me?



Look, Lucy! I think I just spotted a shooting star!

Leave me alone, Billy.



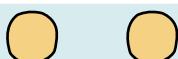
True or False? ?

Answer these True or False questions

to help Lucy think about the situation.

True False

1 What Lucy is feeling is not love.



2 Grizzly and Lucy have the same idea of what it means to be in a romantic relationship.



3 Lucy could get trouble with the law officials if she dated Grizzly.



4 Grizzly could get trouble with the law officials if he dated Lucy.



5 If Lucy's parents are okay with their daughter dating Grizzly, there won't be any problems.



1-False... Only Lucy can answer this question!
2-False 3-False 4-True 5-False

Answers:

Compass's words of wisdom

Lucy's friends are right!

To start with, all human beings go through different stages of development as they age. Children and adults are not on the same stage and therefore **do not** have the same expectations of a romantic relationship. Sexuality has a (more or less) important role in the romantic relationships of teens and adults. When we are young and experiencing our first loves, our hearts, minds and bodies are still in discovery mode. We feel a jumble of feelings: admiration, attraction, jealousy and more. These feelings are all real. However, it is only with time that we discover new aspects of love... and learn that love also helps us grow! Pre-teens are not ready to experience the same things as an older person. They haven't reach the same stages in their knowledge, learning, responsibilities and sexuality. This type of relationship would not be egalitarian. **This is why children and adults can never be in a relationship together;** if they were, it would be considered **sexual exploitation.**

Furthermore, Canada has laws and legal age consent guidelines that protect children from sexual exploitation. Those laws stipulate that adults or persons in charge of caring for minors (under the age of 18) may **never** have an intimate, romantic or sexual relationship with the young people in their care. For example: a teacher, therapist, camp counsellor, sports coach, foster parent, etc. must never become involved in a relationship with a child. This is known as a relationship of authority, or power relationship. Adults all know these rules, with no exceptions. That is why abuse of power or authority is never the child's fault.

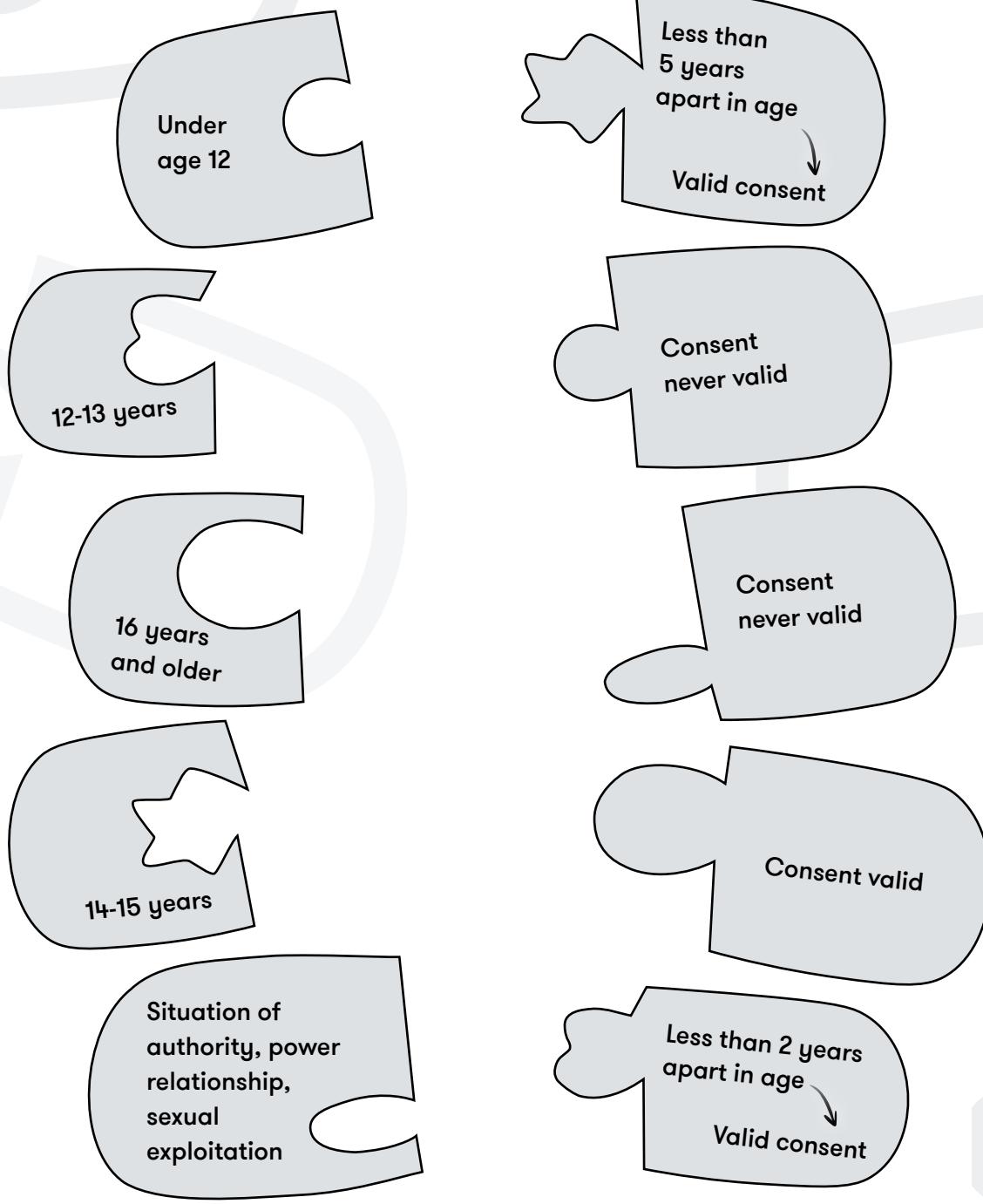


Puzzle: law on consent

to sexual activities

Put the puzzle pieces together to learn more

about the law on consent to sexual activities.



For more information, visit Éducaloi :
educaloi.qc.ca/en/capsules/age-of-consent-to-sexual-activities/

Romantic and sexual awakening

What is love? It's a question that every person, everywhere on the planet, asks themselves at some point in their lives. The answer is simple yet complex: love can be a very different experience from one person to the next. You can learn a lot about love by... actually being in love! For example: Lucy feels like she's in love. In her body, her heart and her mind, there are all sorts of things going on that she has never felt before: new sensations, different emotions, brand-new desires. Did you know that it is perfectly normal to be romantically or sexually attracted to one or several people? It is also possible to have a sexual attraction to a person without being in love with them.

What are your thoughts on this?

Draw and colour these words any way you like to
illustrate how you might feel or want to do when you
are attracted to someone!

AFFECTION

Weak in
the knees

FEELINGS

Being close

DESIRE TO PLEASE

Touching
my private
parts

Fascination

DISCOVERING
MY BODY

NERVOUS
BUTTERFLIES

HESITATION

Blushing

FAST-
BEATING
HEART

QUESTIONS
ABOUT SEXUAL
ORIENTATION

WRITING A LETTER

Hugging

Shyness

Dreaming

Catching their eye

KISSING

Curiosity about sex

Holding hands

You can feel love for a person who also loves you back. It makes us feel giddy or thrilled but also brings its share of questions. **How can you know if this relationship is right for you? It's simple: use WATER!** Water is an essential element of life, without it we cannot grow and develop... to cultivate healthy and harmonious relationships, water is always necessary!

Test your water!

W

for Well-being

I feel good when I'm with the other person.

A

for Acceptance

I feel I can be myself at all times with the other person.

T

for Trust

The other person is there for me when I need them.

E

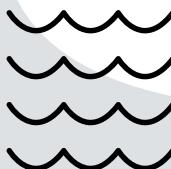
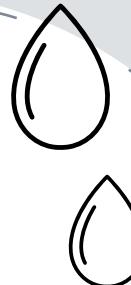
for Equality

What I think, feel, want or don't want is just as important as what the other person thinks, feels, wants or doesn't want. Trust, respect, acceptance and well-being are shared in our relationship. This means that the relationship is reciprocal and that both people are valued!

R

for Respect

I feel comfortable talking about my feelings, ideas or needs with the other person, who listens.



Psst! **Water** can help you grow all kinds of relationships: friends, family members... it is a key ingredient!

Ready

or not!



Just tell her you prefer to sleep alone in your bag, Matt! Your sleeping bag is a personal space, right? And your body is yours alone, so you get to decide. You don't need to justify anything. No means no! And even if you don't express yourself verbally, your body language can speak for you. The other person must always be attentive, ask for permission, and verify each time if she still has your permission to touch you or cuddle up with you. You can ALWAYS change your mind. My mother taught me that!



A little later...



For consent to be truly valid, it must be...

Circle the four words you think should complete the text.

Freely given

Forced

Enthusiastic

Imposed

Coerced

Obligated

Optional

Unique

Informed

Validated

Assumed

Sexual consent means granting permission to someone to engage in intimate and/or sexual activities. To give consent, an individual must be given the room and freedom to respond. Consent must therefore be _____. It is not valid when obtained by pressure, threats or coercion. The same is true when it is not _____, and for that, you have to ask!

Secondly, a person is entitled to change their mind at any time, as Matt did with Jana. If the person initially says yes but later says no, the “no” wins the day! Thirdly, we must ensure at all times that the other is granting their consent in an _____ way: their words, gestures and body language all say YES! Lastly, it is important that consent be given in an _____ manner; the consenting person must be fully aware of what they are agreeing to.

A concrete situation to
illustrate the concept



“I’m with my girlfriend, who tells me her parents will be gone all day. She asks if I want to hold her hand (**validated consent**) and gives me time to think about it (**freely given consent**). I’m happy she asked me and I accept by saying YES (**enthusiastic consent**). Then some friends come over. I am embarrassed and no longer want to hold her hand. I tell her I’ve changed my mind (**freely given consent**). My girlfriend pouts and says she didn’t know I wouldn’t want to hold her hand in front of other people. I reply that I suspect she knew her friends would be coming over but deliberately didn’t tell me (**NOT informed consent**). I explain that I always have the right to say no (**freely given consent**), even to people I like or love!”



Well done!

You have completed this section!

Go get your compass affixed by your trusted
adult before starting the next section.



When things go wrong, help is there.

I can't wait for the swimming competition! And guess what, we're also going to have the famous sauna activity prepared by the counsellors!



What's wrong, Billy? You look like something is bothering you.



It's just that... I don't really like wearing a bathing suit in front of everyone ... and now I'm going to have to spend the whole day wearing one.



Oh. What don't you like about it?

I'm shy about people maybe looking at me. And I don't like my body these days, I feel like one breast is bigger than the other and it bugs me.



I know how you feel. Sometimes, I don't like what I see in the mirror, either. Last month I was so sick of my negative thoughts, I got up the courage to write a message to Tel-Jeunes.



Oh, yeah? And did they help you?

They sure did! It felt good to confide in someone. The counsellor I chatted with online listened to what I had to say, and she said there are tons of images and people telling us what we're supposed to look like. And yet all bodies are different. She gave me tips on how to turn my negative thoughts into positive thoughts. And I didn't even have to tell her my name.

Wow, that's cool!



Yep! She told me that instead of focussing on what I don't like about my body, I should focus on what I do like. And also, to think of the many things my body enables me to do.

Positive thoughts?
I'll give it a try...
I think I have a nice smile. I like the beauty marks on my shoulders and arms. And I like how fast my body can be in motion... and how I'm going to beat you in the swimming competition!



Ha, ha! Exactly! Anyway, I really enjoyed chatting with that counsellor. It's like the internal mail service at school. I even started thinking I might want to be a caseworker myself someday!

When things aren't going right, when your heart is heavy and you don't know who to turn to and talk it over with, **there are resources that can help**. Here are a few:

Tel-Jeunes

You can get in touch with a professional 24/7 by phone, text or live chat, in English or in French. Go to the Tel-jeunes website for more info! The service is free and confidential.



Kids Help Phone

Services are similar to those provided by Tel-jeunes. See their website for more details.



Interligne

Helpline and information service for LGBTQ+ persons, their loved ones, and professionals. Available 24/7.

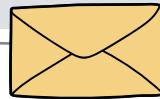


Kid's Mailbox

Ask a trusted adult if they know of a Maison des Enfants or a Maison des Jeunes that has the kids' letter-writing service (sometimes called something else), which is often sponsored by schools. You can write a letter about any topic, send it, and get a personalized reply.

Compass also answers mail from anonymous campers. There were two letters in the mailbox this morning. **Help your favourite camp counsellor respond to these letters by answering the questions.**

Open- Mail



Eleni, age 10

Hello!

I'm writing to you because I'm not feeling very well lately, but I don't really know who to talk to about it. I've been taking karate lessons since I was three, and I really love it! I even started competing last year and I think I'm pretty good. I've got a new coach this year; his name is Simon. He's super nice, and since he's been teaching me, I've managed to pass three belts! I am really proud of myself. But for some time now, it seems that Simon has been touching me a lot when we're doing the exercises. At first, it was just my arms and legs, to teach me how to position myself properly. But the other day, I felt his hand move a bit further down my bottom. Nobody noticed, and he just kept smiling and telling me what to do. I didn't know how to react, so I just froze and said nothing. I felt terrible, as if I'd done something wrong! Then, last weekend, when we were at the provincial competition, I was the only girl in the group. After the competition, Simon came into the girls' locker room while I was getting changed. I was in my underwear, and he stared at me for a long time. I covered myself with my hands and looked at the floor. Afterwards, he said he hadn't meant to do it and apologized, telling me that if I hadn't taken so much time it wouldn't have happened. But I think he was doing it on purpose. Since then, I haven't been to karate class. I feel very small and don't know what to do. Can you help me?

► How does Eleni feel? What emotions can you identify?

► Is what's happening Eleni's fault?

► Can you point out the signs that Eleni is in a high-risk situation
(one that poses a danger to her physical and/or psychological safety)?

► Is Simon's behaviour toward Eleni appropriate?
Which acts can you identify as being inappropriate? Why?

► Who can Eleni confide in about this issue?

Compass writes back

Dear Eleni,

Thank you for taking the time to write me your letter. It must not have been easy, and you are very brave!

I see in your letter that you feel confused and don't know what to do because you really like your karate classes and your instructor, but his behaviour makes you uncomfortable. First, let me assure you that what you're feeling is completely normal. Your body is your own and nobody else's. Nobody has the right to touch your body without your consent, especially your private parts. Nobody has the right to look at your private parts, as Simon did in the locker room. Acts like that are called sexual violence and forbidden by law. Adults all know the rules. So if an adult touches your private parts, as Simon touched your buttocks, they alone are at fault.

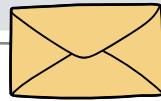
If an adult tries to see you naked, they are in the wrong... not you. It's **never** your fault. When you say that you feel very small and don't know what to do, that's your body, head and heart talking to you. They want to tell you, "Ooh, that's not right!" It's called instinct, or your little voice. When that little voice speaks to you, it's important to listen. That's what you did when you wrote to me! Now you need to talk to a trusted adult about what Simon did. Remember, a trusted adult is someone you enjoy seeing, someone you feel comfortable with, someone who helps you when you have a problem. A trusted adult always respects your privacy and your boundaries. Your parents, other adults in your family, your teacher, camp counsellor or even a friend's parents can all be people you can trust. Finally, if you talk to an adult who does nothing to help you, remember that you should talk to another until someone helps. Talking about the problem could make you feel better and start enjoying karate again.

If ever a similar situation were to occur, do not hesitate to assert yourself, to shout no, to run away (even if you have to injure the other person to do so) and get help from a trusted adult.

Thank you for writing to tell me about what you're going through.



Open- Mail



Robin, age 11

Hello!

For the past two weeks I haven't been able to get someone out of my head. His name is Laurent and we met online. We've chatted lots of times on Brikos, my favourite online game, and he is a really funny guy!

Plus, when he asked me what school I go to, we realized we live in the same city! Except that he's 12 years old and I've only just turned 11. Laurent is really nice. He gave me a bunch of tips to help me beat levels in Brikos and he listens to me when I'm upset about arguments with my parents. He sent me a photo of himself with his best friend Syrine. I find him really cute. When he writes to me, I get butterflies in my stomach. I think I'm in love with him. This is the first time I've felt like this. Yesterday, he asked if I'd ever kissed a boy. I was embarrassed, but I told him I hadn't. He said he'd like to be the first boy I kiss and asked if we could meet after school at the park near his house.

I'm worried about meeting him in person, but at the same time I don't dare tell my parents, because I never admitted to them that I like boys more than girls. What should I do?

► How does Robin feel? What emotions can you identify?

► Can Robin be sure that Laurent is a boy close to his own age? Why or why not?

► What signs tell you that this is a high-risk situation?

► If Robin can't tell his parents, who can he confide in?

Compass writes back

Hey Robin,

Thanks for your letter! I can understand you're nervous about meeting Laurent. First love is always exciting and stressful at the same time! You know, everyone gets a crush on someone at some point. It can happen even if you haven't met the person face to face. You enjoy the time online you spend with Laurent and you enjoy the way he makes you feel inside.

When you have this kind of feeling, it's possible to want to get close to the person, touch them or kiss them. I understand from your letter that you feel more attracted to boys than girls but that you've never told your parents about it. Don't worry, you have the right to want to keep this to yourself; but know that if you want to talk about it, that's perfectly normal, too. It's also normal to ask yourself questions and to want to explore the attraction you feel towards others. Sexual or romantic attraction is called sexual orientation. There are many sexual orientations, and none is 'better' than the other. No matter the gender or sex of the person you fall in love with, there are a few things you need to make sure your relationship is healthy. First of all, the person must always respect you. This means accepting your choices, tastes and needs without trying to change them. For example, if you choose not to meet Laurent, he must understand your choice. Next, the other person should listen to you without judging. They should also treat you as an equal: everyone is important. They must also always respect your consent. They must be honest. It's easy to lie on the Internet when talking about ourselves. For example, I could easily say that my name is Sandy and that I'm eight years old! Even if you want to believe the person you're with, you need to be careful. There's one word I'd like to draw your attention to in your letter: you wrote that **you're worried** about meeting Laurent in person. This anxiety is actually your little voice, or instinct, speaking to you. It's telling you that if you go on this date, there is a chance of it being unsafe.

For this kind of situation, it's always best to talk to a trusted adult. If you don't feel like talking to your parents, you can turn to someone else close to you (aunt, uncle, grandparent, etc.) or to a teacher or counsellor. This person could accompany you to your meeting, or work with you to find another way to ensure your safety. This way, your first face-to-face meeting with Laurent will be much more pleasant. What do you think?



Minefield

Online, it can be hard to know if the person you're chatting with has good intentions. Sometimes the other person uses tactics to soften you up or make you feel responsible. You don't realize that the situation puts you at risk; it's like walking through a minefield.

Caution: hazards ahead!

**Read these situations attentively and identify
the ones that have live bombs ready to blow.**



The person repeatedly compliments me.



The person tells me about an unhappy event they experienced and I get the feeling they are trying to make me feel sorry for them. I feel bad. I want to do something to cheer them up.



The person wants to give me a gift but doesn't want me to mention it to anyone.

The person uses some of my profile information to pretend to have the same interests as me.



The person intimidates, threatens or scares me.

The person shares personal information about themselves and then asks me to share my information.



You may already have guessed it, but all of these situations can involve risks for your safety and physical and psychological integrity. If you were to find yourself in one of these situations, who could you talk to about it?

Draw a  next to the trusted adults to whom you could turn, and write their name on the line.

► Parent

► Brother/sister

► Camp counsellor

► Grandparent

► Professional

► Uncle/aunt

► Teacher

► Other

Our friends can also listen to us, but they cannot help us the same way an adult can.

If you were to find yourself in a position like Robin's or Eleni's, or feel that you're in a high-risk situation, it is important to find and speak to a trusted adult.

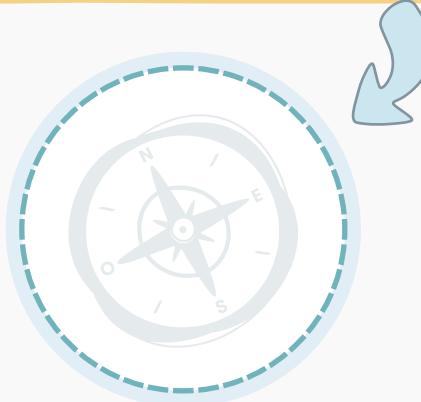




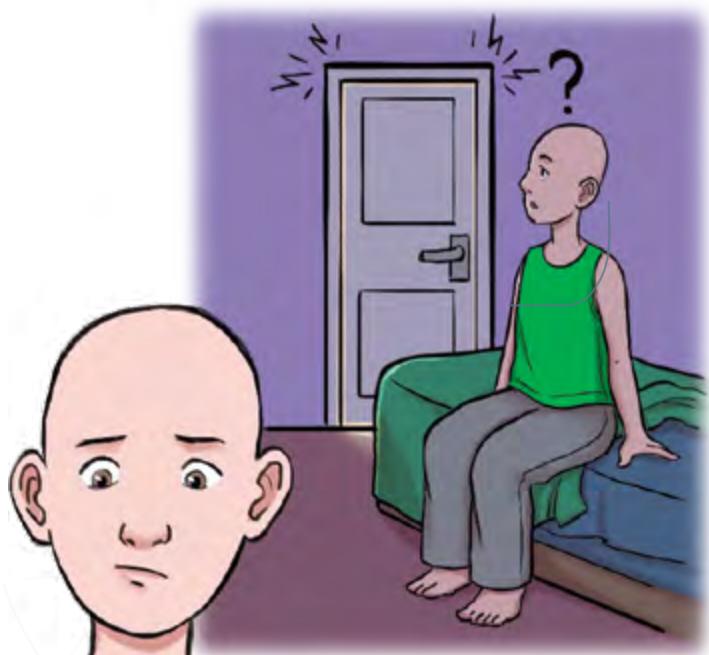
Well done!

You have completed this section!

Go get your compass affixed by your trusted
adult before starting the next section.



Secrets...





Seek and find

the emotions

Look closely at the image.

Do you see children feeling these emotions:

Joy

Sadness

Anger

Relief

Pride

Shame

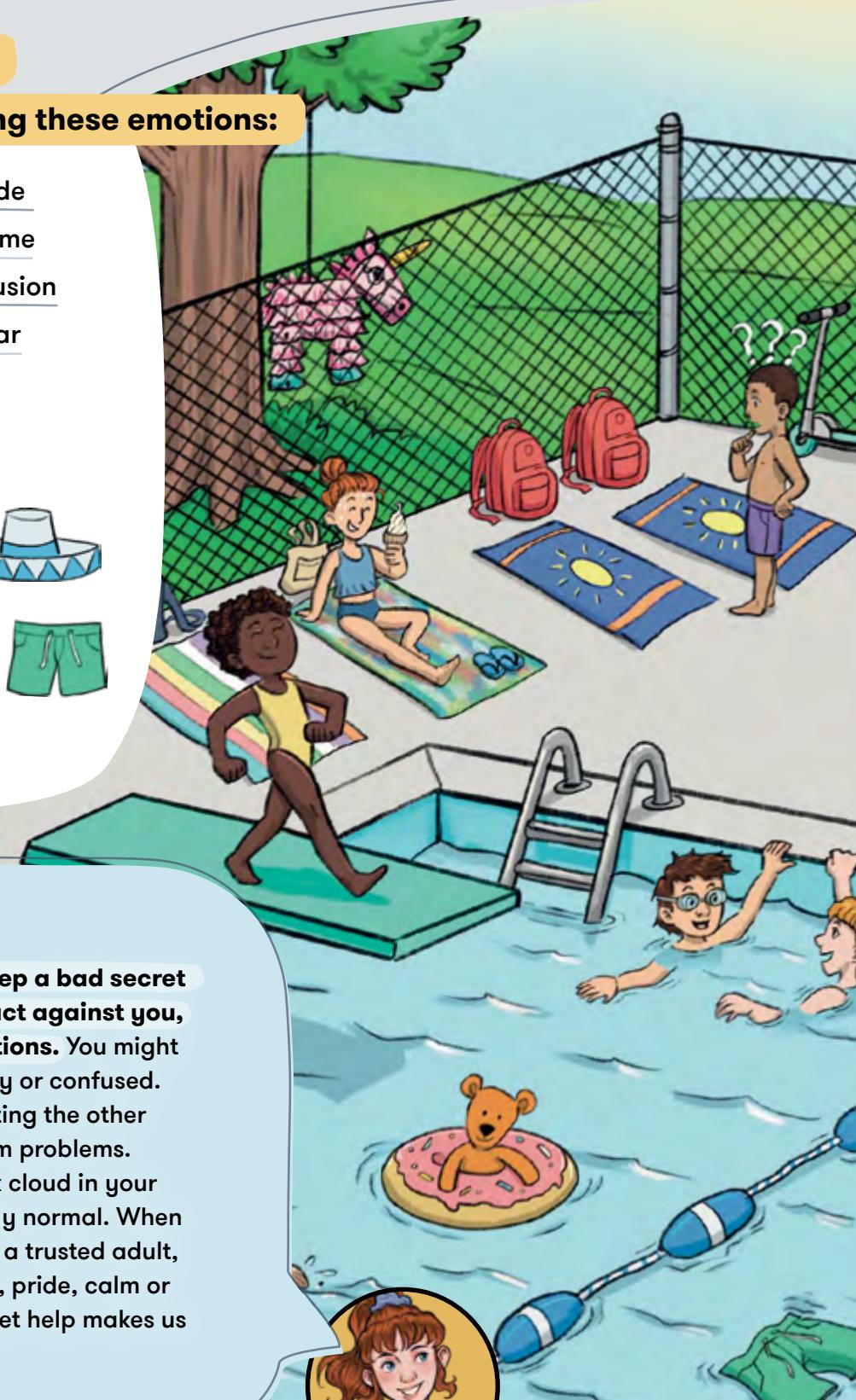
Confusion

Fear

Bonus article:



When someone asks you to keep a bad secret or commits an unacceptable act against you, you could feel a range of emotions. You might feel afraid, angry, worried, guilty or confused. You might be worried about hurting the other person's feelings or causing them problems. These feelings can create a dark cloud in your heart. And they are also perfectly normal. When you feel this way and confide in a trusted adult, you might then experience relief, pride, calm or contentment. Knowing we can get help makes us feel safe once again.





Arrange these words in their category to help Compass explain the difference between a good and a bad secret.

Worried	Excitement	Happy
Trusted adult	Over the long term	Silence
Unacceptable touching	Private parts	Sadness
Fear	Positive	Threats
Joy	Surprise	Has to be revealed Over the short term

Good secret

Bad secret

A good secret is a secret that can make you feel good, make you laugh, or make you feel calm. It can be shared with a trusted adult and is always a good thing. It has a time limit; you can't keep it secret forever. It involves happy events, such as a nice surprise.

A bad secret is one that can make you feel sad, worried, confused or even scared. A secret that you feel you can't tell a trusted adult about, that you're forced to keep quiet, or that involves the private parts or unacceptable touching is always a bad secret. A secret that places you in a high-risk situation (endangering your body and/or your well-being) is always a bad secret too. Even if you're told to keep quiet, it's important to tell this secret to a trusted adult. Adults will be able to help you feel better and keep you safe.

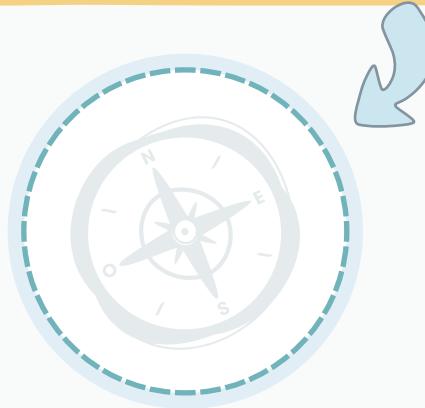




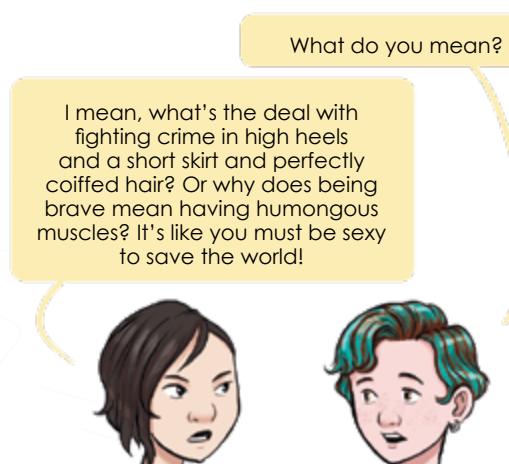
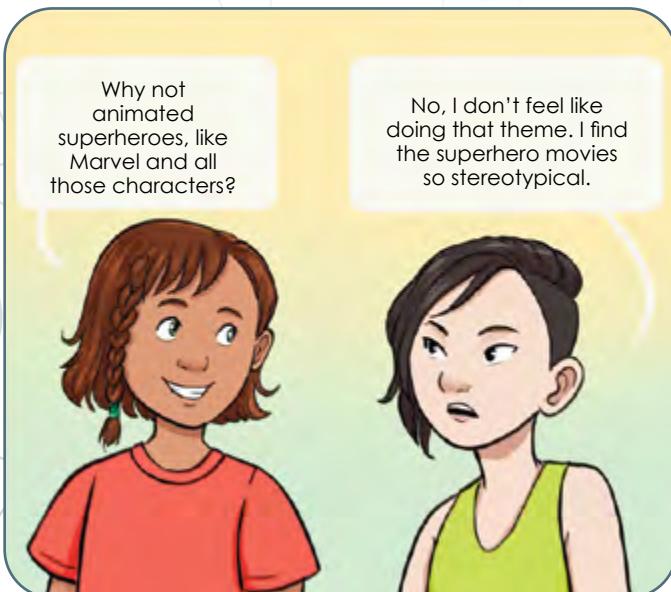
Well done!

You have completed this section!

Go get your compass affixed by your trusted
adult before starting the next section.



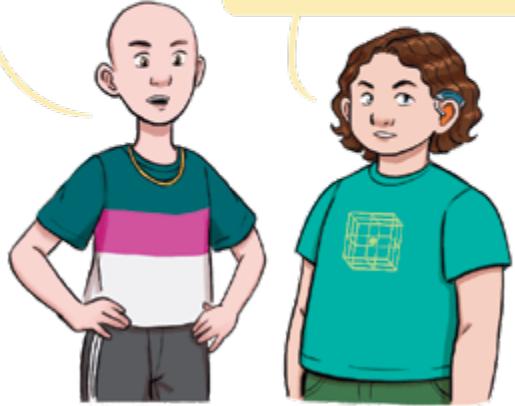
Stereo what?





What are you talking about? Lucy is the best athlete I know. And I saw other girls beat you in archery the other day. What you're saying doesn't stand up.

I agree with that! Girls like sports as much as we do. The only thing is... It seems like an odd theme for a dance. I might have an idea...



So? Have we reached a consensus?



What a great bunch of kids...I'm really going to miss you all!



A ⏪  H ⏪  O ⏪  V ⏪ 

B ⏪  I ⏪  P ⏪  W ⏪ 

C ⏪  J ⏪  Q ⏪  X ⏪ 

D ⏪  K ⏪  R ⏪  Y ⏪ 

E ⏪  L ⏪  S ⏪  Z ⏪ 

F ⏪  M ⏪  T ⏪ 

G ⏪  N ⏪  U ⏪ 

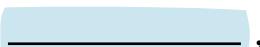


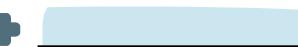
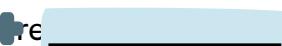
**Crack this secret code to find out more
about gender stereotypes.**

There are several kinds of ways to be a      .

The more you grow up, the more you learn about who you are, what you like, and what you don't like.

Human beings are all       .

Each person can be       ,
feel     and cry, jump for    ,
boil with     
or feel          .

Each person can enjoy different           ,
different      and
      .     

         makes the world beautiful,
unique and interesting!

If we were all the same, it would be        !



Have you ever heard the term 'gender stereotype'? **A gender stereotype is a misconception people develop about what girls and boys should like, be able to do or not do, or how they should behave.** Such ideas put children and adults into little boxes from which it can be hard to escape. These labels do not fully represent the world's diversity. They can prevent us from being free and being our true selves.

If you see or hear around you people, young and old, who propagate stereotypes, I encourage you to act as a role model, to deconstruct preconceived ideas, or to go and get an adult to help you do it. Everyone can do it!

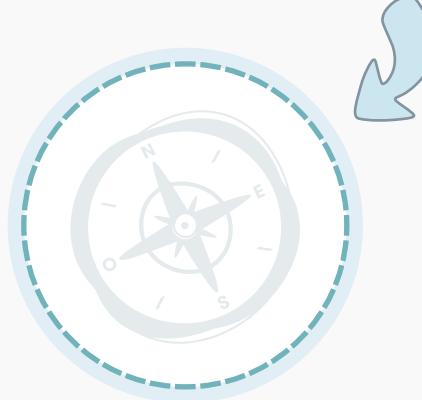




Well done!

You have completed this section!

Go get your compass affixed by your trusted
adult before starting the next section.



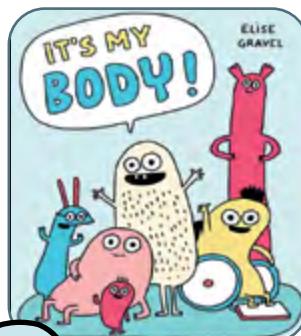
Book club

Would you like to learn more about the body, sexuality, and healthy, egalitarian relationships? Here is some suggested reading. You can take the time to read these books on your own or with a trusted adult.

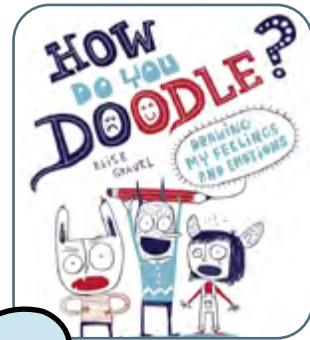
Draw a  on those you've already read, and a  on those you'd like to read.



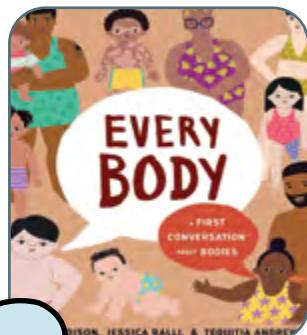
Pink, Blue, and You!
Élise Gravel



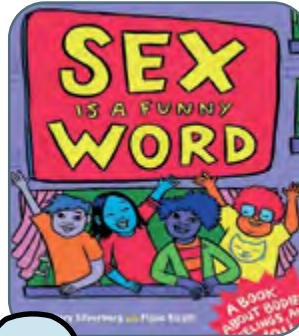
It's My Body!
Élise Gravel



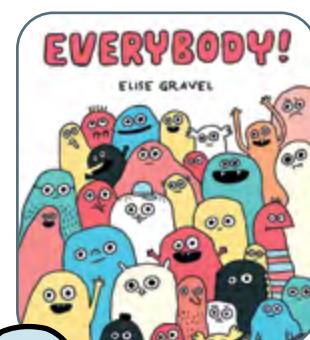
How Do You Doodle?
Élise Gravel



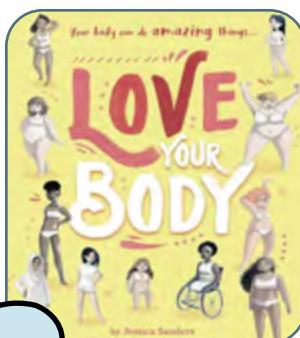
Every Body : A
first Conversation
About Bodies
Megan Madison
Jessica Ralli



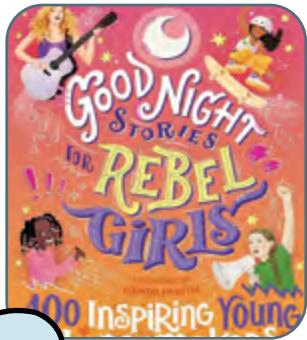
Sex is a
Funny Word
Fiona Smyth
Cory Silverberg



Everybody!
Élise Gravel



Love Your Body
Jessica Sanders



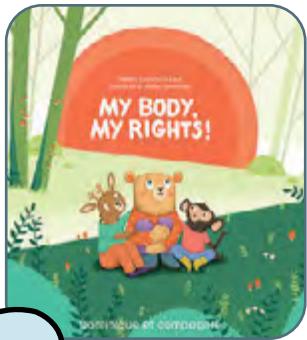
**Good Night Stories
for Rebel Girls T.3**
Jess Harriton (Editor)



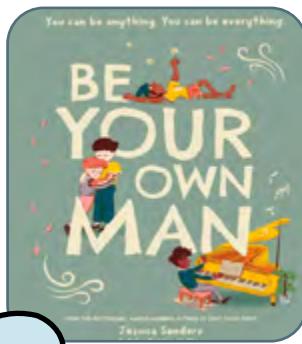
**Some Secrets Should
Never Be Kept**
Jayneen Sanders



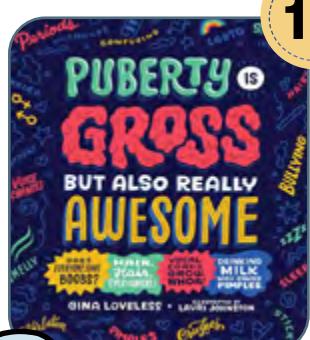
**Riley Can't
Stop Crying**
Stéphanie Boulay
Agathe Bray-Bourret



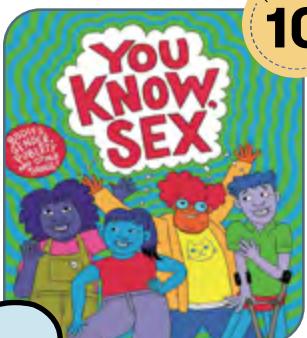
My body, my rights!
Espace Gaspésie-les-îles



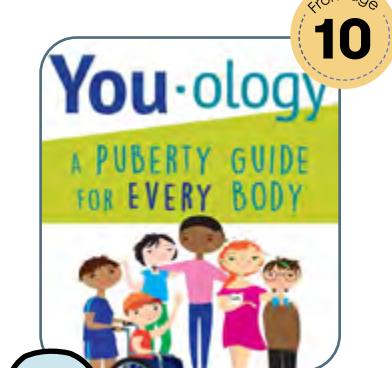
Be Your Own Man
Jessica Sanders



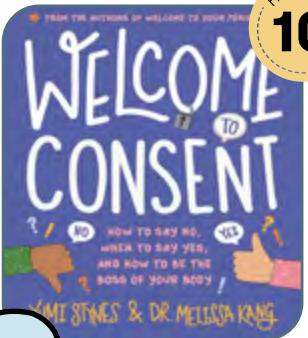
**Puberty is Gross But
Also Really Awesome**
Gina Loveless



You Know, Sex
Cory Silverberg
Fiona Smyth



**You-ology: A Puberty
Guide for Every Body**
Trish Hutchison
Kathryn Lowe
Melisa Holmes



Welcome To Consent
Yumi Stynes
Melissa Kang

Final stage

of the adventure!

Complete these charade to claim your official

I am the master of my destination certificate!

- ▶ My first is short for the thing you use to call or text your friends.
- ▶ My second is the sixth letter of the alphabet.
- ▶ My third is a level you reach when you are really good at something.
- ▶ My fourth is short for technologies.
- ▶ My fifth shines in the sky all day long.
- ▶ My all is all the things you can do when you find yourself in a situation where your little voice (your instinct) tells you that you are in danger.

Answer: _____

- ▶ My first is one of Compass's ingredients for healthy relationships.
- ▶ My second is short for Edward.
- ▶ My third is a sound you make when you are relieved.
- ▶ My fourth is a toy you can dress.
- ▶ My fifth is the 20th letter of the alphabet.
- ▶ My all is someone with whom you feel comfortable, someone you enjoy seeing, who makes you smile and can help if you have a problem. It's also a person who respects your personal space.

Answer: _____

- ▶ My first is useful to compare with the pro's when you want to take a decision.
- ▶ My second is a pleasant smell.
- ▶ My all is the act of granting permission to someone to engage in intimate and/or sexual activities.

Answer: _____



Well done!

You have completed the logbook!

Go get your compass affixed

by your trusted adult.

