

INFORMATION BULLETIN

SEXTING (PART 1)



Sexting is sending and receiving sexual messages through technology such as a phone, app, email, or webcam. For some people, sexting is a way to explore sexuality, trust, boundaries, and intimacy. However, in some cases, sexting is used to bully, blackmail and exploit. Unfortunately, once an image is shared, an individual has no control of where that image will end up.

As a parent, it can be difficult to believe that your child may engage or has engaged in self/peer exploitation (sexting). Whether your child or teen is engaging in this behavior or not, they are likely hearing about it amongst their peers. To assist parents in increasing their awareness of self/peer exploitation in some youth circles, the Delta School District is providing guidance on ways to talk to your teen about this issue. We invite parents to use this as an opportunity to engage in a “check in” conversation with their children and teens.

A great resource for parents and youth is **NeedHelpNow.ca**

NeedHelpNow.ca helps teens stop the spread of sexual pictures or videos and provides support to students and parents along the way.

Delta School Counsellors continue to make prevention-related learning for children and youth a priority. This focus includes, facilitating age appropriate educational opportunities and learning as related to healthy relationships, and the responsible and ethical use of digital media. Our goal as a District is to engage in supportive conversations with students as well as provide resources and offer expertise in preventing harmful behaviors. As we develop strategies to educate students on this issue, Delta School District staff will also be providing resources and training to school staff and parents.

As well, Delta staff is working with our community partners, such as local police and mental health organizations, to better understand how we can approach this subject together to best provide guidance to school communities and parents.

Our school administrators, teachers, staff and counsellors are aware of this issue and the emotional impact it may have on students. Students are being encouraged to contact a school administrator or counsellor if they or their friends are feeling emotionally impacted by this issue. Parents are also encouraged to contact us with any concerns about their child’s well-being.

FOR MORE INFORMATION/RESOURCES:

needhelpnow.ca
deltapolice.ca/patrol/school-liaison/youth-safety-resources
www.protectchildren.ca
KidsHelpPhone.ca
Cybertip.ca
www.thewhitehatter.ca
Stop Exploiting Youth