

The Importance of Seeking Support

If a sexual picture/video of you is being circulated among your peers, you are likely feeling a wide range of emotions. Depending on your personality, your support network, and your ability to bounce back, you may be feeling anywhere from unconcerned, to highly embarrassed and distraught about this situation. While some people might say they don't care about a sexual picture/video of them being shared online, if you are visiting this site, it is probably safe to say that you are concerned about this issue.

Remember, there are a number of people who can help protect and support you during this difficult time. Family, friends and/or other safe adults can assist you in addressing the situation and moving past what has occurred.

If you aren't able to identify a safe adult to talk to, you can contact **Kids Help Phone (1-800-668-6868)** or find a counsellor in your area (i.e. school guidance counsellor, drop-in community counselling). You can also go to Kids Help Phone's website at www.kidshelpphone.ca.

