To Parents and Guardians of Children and Youth in the Tri Cities,

This is our third and final letter before Christmas to parents and guardians of students in School District 43. Our intention is to provide consistent information from the District and various Tri-Cities support agencies to all of our families, and to share ideas with parents to keep our children safe and unharmed in our communities.

On Our Radar
Depression and anxiety are becoming more common diagnoses amongst our youth, and the effects of these disorders has significant consequences for families both inside and outside the home, which can affect all aspect of life. Canadian studies suggest that 14-25% of children and youth will experience significant mental health issues.* We have found the following websites to have excellent resources:

- http://teencrisisconnection.com
- www.keltymentalhealth.com

- www.mindcheck.ca
- www.sd43.bc.ca/Resources/ ParentResources

Also On Our Radar
Two topics we will continue to address are online peer/self-exploitation, also known as sexting and parenting in a digital world.
- http://www.needhelpnow.ca/app/en/ is an excellent resource for parents, teens and tweens who find themselves or their friend involved in sexting.
- The Canadian Centre for Child Protection (www.protectchildren.ca) has created resource guides on two topics; one for educators and one for families to assist in managing self/peer exploitation incidents and one for parenting in a digital world. As well this website is filled with excellent ideas and help tips in caring for our children.

Communication between helping agencies continues to strengthen our communities. We wish all of our families a Happy Holiday and look forward to working with you again in the new year.

* Mental Health Commission of Canada: School Based Mental Health in Canada: A Final Report Sept. 2013

Julie Pearce, Co-Chair
Safe Schools Task Force
School District 43 (Coquitlam)

Cindi Seddon, Co-Chair
Safe Schools Task Force
School District 43 (Coquitlam)