

## Envision Counselling in Local Classrooms: Mandy's Story

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*Stock photo.*

Mandy (not her real name) started talking online to a new friend on a gaming website.

When he asked her to prove her friendship by sending him private pictures, she did it.

she sent them, Mandy regretted it. But it was too late.

Mandy didn't know who to talk to, or if there was anything she could do to stop her online friend from finding her in real life.

Mandy's class had a guest speaker from Envision Counselling and Support Centre who talked about cyberviolence and social media dangers.

Mandy finds out that she was being groomed by an unknown predator and that it happens to other kids too. She learns what she can do to protect herself in the digital world. If she experiences online cruelty, she has some options:

- Don't Respond
- Talk about what's going on
- Report it
- Block it
- Ask a friend to report it if you are uncomfortable
- When in doubt...log off!

The outreach education in the schools from Envision Counselling offers presentations on topics such as Healthy Relationships, Sexting and Body Image/Gender Roles.

Envision Counselling hopes that by informing students about these subjects, they are able to make decisions that keep them safe and healthy.

When you donate to Envision Counselling, you help them venture into the community, so that kids like Mandy receive education on issues that affect their lives.

Envision Counselling has been operating for 25 years in Southeast Saskatchewan. They have four offices with more than 30 staff members.

If you or someone you know could benefit from Envision Counselling please call the office at 306-637-4004 or look online at [www.envisioncounsellingcentre.com](http://www.envisioncounsellingcentre.com).