

Provincial Resources for Student Safety, Mental Health & Wellness



Whether you are a student, adult or school staff, *erase* can help you find the support, information and resources you need for safe, caring and inclusive schools.

erase | EXPECT RESPECT & A SAFE EDUCATION



erase is focused on providing school relevant information in the areas of diversity and inclusion, mental health and substance use, and school and online safety.

Diversity & Inclusion

Everyone's culture, race, ancestry, ability, sexual orientation and gender identity are important and schools should be places of respect and belonging where everyone feels included, valued and proud of who they are. Many resources are available on *erase* including [anti-racism training](#), [classroom resources](#) and [guides](#) for students and adults on how to prevent and respond to racism and discrimination of any kind.

Mental Health & Substance Use

Mental health is different for everyone. It's common to feel challenges from time to time but, if strong emotions or substance use starts to affect our daily lives, it's important to [get help](#).

erase offers many resources and links to help support you or students navigate through tough times .

- [Mental Health in Schools Strategy](#)
- [Supports for Mental Health in Schools](#)
- [Talking to Youth about Mental Health](#)



Caring for Youth

Supporting kids that self harm or are experiencing suicidality is not easy. The Province has created a series of [online informational videos and resources](#) to help adults and educators support these struggling young people at home and in the school.



Since parents and caregivers have a significant influence on a child or youth's world, it is important that they are equipped with the skills and knowledge to support their child or youth's mental health.

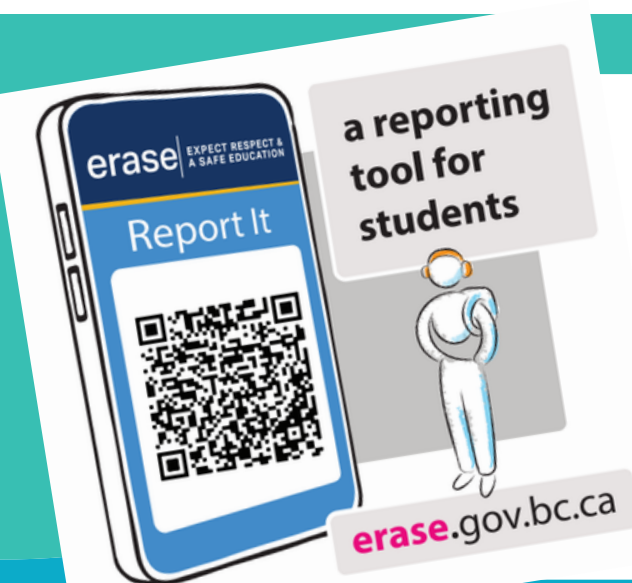
Access [free online training](#) on supporting youth when they are experiencing anxiety and depression.

School & Online Safety



Feeling safe at school is important for wellbeing and academic success. [Access resources and tools through *erase*](#) on topics including bullying, gangs and school violence, social media, consent, and sexualized violence.

A [new provincial program](#) is available to help if unwanted intimate pictures are shared or threatened to be shared. Get your images deleted by the people and/or online platforms sharing them.



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The [erase|Report It](#) tool lets students send a secure, anonymous and confidential message to let the school district's safe school coordinator know that something is not right. Students do not have to provide their name unless they want to.