

April 1, 2019

Dear Parents/Guardians,

This letter is to inform you that a Peer Counselor from Marjory Stoneman Douglas and a school-based mental health professional will be coming into your student's personalization period to provide students with a 20-30 minute presentation on Suicide Prevention. The training will cover the following topics:

- Warning signs of suicide
- Myths related to suicide
- Risk factors and protective factors
- How to respond to someone they are concerned about (online and in person)
- How to connect to school and community-based resources
- Information about national resources and online supportive Apps (MY3 App and A Friend Asks App)
- The importance of asking for help and seeking help for a friend, if concerned

The information in the presentation was taken from state and national experts on Suicide Prevention education. The resources utilized can be found at the following sites:

- <https://www.youthsuicidewarningsigns.org/>
- <https://suicidepreventionlifeline.org/>
- <http://www.dcf.state.fl.us/service-programs/samh/prevention/suicide-prevention/>
- <http://www.suicidology.org/resources/warning-signs>

The video being shown during the presentation can be found at the link below: Reach Out: Preventing Teen Suicide: <https://www.youtube.com/watch?v=TIeBxeOxFyE>

The goal of the presentation is to educate and increase awareness of the signs of suicide. The presentation will stay within the national guidelines for safe messaging on suicide prevention. Specifically, the presentation will be done in a small group setting and will be focused on help, hope and healing. The main objective is to ensure that students are aware of the resources available in the school and throughout the community and how to access them. Additionally, its focus is to remind them of the importance of peer to peer support. There will not be any stories or details about suicide shared during the presentation. Moreover, mental health staff will be present to identify any students in distress, whether expressed verbally or nonverbally. If a student is identified to be in distress, the counselor will meet with him/her individually, assess for risk, and address his/her needs immediately after the presentation concludes.

The presentation was developed by mental health professionals from the Broward County Public Schools Suicide Prevention Program along with the Peer Counseling students at MSD. **If you do not want your son/daughter to participate in this presentation, please complete the opt out below and submit to your child's Personalization Teacher by April 5, 2019.** If you would like more information about Suicide Prevention you are invited to attend a presentation hosted by Broward County Public Schools and the National Center for School Crisis and Bereavement on Wednesday, April 3, 2019 at 6pm in the Media Center. Thank you for your cooperation and support as we continue to support the needs of the students at Marjory Stoneman Douglas. If you have any questions, please do not hesitate to reach out at 754-322-2266. The curriculum will begin in the personalization class on Monday, April 8th for those students for whom an opt-out form has not been returned.

Teresa Hall, Principal

I, DO NOT want my child to participate in the suicide awareness program scheduled during his/her personalization class.

Name of Parent

Signature of Parent

Student's Name

Date

