

SOS Student/Parent Letter

Oct 23, 2023

Dear 9th Graders:

Our school is participating in SOS Signs of Suicide which teaches warning signs for suicide and how to ACT (*Acknowledge, Care, Tell*) to get help if you are worried about yourself or a friend.

In class, we will watch SOS video clips and discuss them together. We will also distribute a questionnaire to help you learn more about symptoms of depression and suicide and when to seek help. After the lesson, all students will complete an exit slip asking if they would like to speak to an adult. After class, we will check in with any student who wants to talk. We will also be contacting some students for feedback about the program.

We hope that our class discussion will give students an opportunity to share their questions, concerns, and ideas. But if anyone finds the discussion difficult, they will not be required to participate. Students will be able to take a break if needed, and counselors will be available to help anyone who is having a tough time.

Please give this letter about the program to your parents/caregivers. I hope you get the chance to talk with them about the program.

Sincerely,

Janna Hankins
BCHS School Counselor
jhankins@bchsmt.com
406-683-2361

Please return this portion of the letter if you choose to opt your child out of the suicide prevention program by **OCT 27th**. Keep this letter if you choose to allow your child to participate.

My child _____ may NOT participate in the signs of suicide program.

Parent/Guardian signature

Date