

#IWONTBESILENT

RAISING THE NATIONAL CONVERSATION ON YOUTH SUICIDE PREVENTION



WHAT IS IT?

The time is now. It's time to raise the national conversation on youth suicide prevention. Suicide is the 2nd leading cause of death for our youth ages 10-24. Did you read that? Starting with age 10! We've got to get the word out! Would you know how to respond if you recognized someone you know who may be thinking about suicide? The purpose of #IWONTBESILENT is to challenge anyone and everyone to raise the national conversation about youth suicide prevention. Learn the warning signs and challenge the people you know to learn them, as well. Taking a few short minutes to challenge the people you know will help take some of the "silence" away from the "Silent Epidemic" of youth suicide.

WHY PARTICIPATE

The Jason Foundation believes that education is the key to prevention. Suicide is not only a leading cause of death for our youth, suicide is a leading cause of preventable death for our youth! Our nation should be familiar with the warning signs associated with suicide, suicide facts & statistics, and how to find help for at-risk youth. Suicide is PREVENTABLE! Together, we can save lives! You may even save your friend, your neighbor's child, a relative, or even your own son or daughter.

This guide will give you ideas on how you can participate and challenge your school to raise the conversation on youth suicide prevention. All events should be completely voluntary and no one should be forced to participate. The steps on the following page explain how you can become involved and hold a successful group event. These steps are just suggestions, feel free to use your creativity to explore other ways to challenge those around you. Be sure to visit www.iwontbesilent.com to see the latest information on our #IWONTBESILENT campaign.



SCHOOL INVOLVEMENT

STEP 1. If needed, make sure to obtain approval from someone at the executive level before beginning any awareness activities.

STEP 2. Select an individual that will act as a point of contact for your event. This person will act as the main point of contact for anyone wishing to get additional information. Additionally, this person should be an organized and trustworthy individual.

STEP 3. Visit iwontbesilent.com and read over the “Point of Contact Resource Information.” That information should answer all of the questions you may have in regards to being the main contact. Should you have additional questions, please send an email to contact@iwontbesilent.com.

STEP 4. Get out the calendar and select a period of time to hold the event. Events can last as long as a week or be as short as a day, it is up to you and your team to determine the length.

STEP 5. Obtain the #IWONTBESILENT materials by downloading them from iwontbesilent.com.

STEP 6. Spread the word about your event by posting #IWONTBESILENT flyers around your building, sending emails to your contact list, and posting on social media. There are multiple flyers available for your use via the downloadable kit.

STEP 7. Print out the #IWONTBESILENT signs that your team will take pictures with.

STEP 8. Hold your event. Have your school challenge their friends, family, and other schools in the area to join in on raising the national conversation on youth suicide prevention.

STEP 9. Like, subscribe, and/or follow all of The Jason Foundation’s social media accounts. Be sure to tag us in your event photos and use #IWONTBESILENT when posting.

STEP 10. Give yourself and team a high five! You just helped us raise the national conversation on youth suicide prevention.

STEP 11. Consider hosting another event, either later in the year or next year. It’s with your help that we will take some of the silence out of this “Silent Epidemic.”