



## Pine Brook School

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Dear Parents and Guardians,

As you may know, suicide is one of the top three causes of death for young people ages ten through twenty-four. Because we take the safety and well-being of our students at the heart of all decisions, we will be providing our students with some basic information about youth suicide and, more importantly, teaching them what to do if they are worried about themselves or a friend. We have made sure that the curriculum we are following is effective, age-appropriate, and focused on the importance of help-seeking behavior.

**Lifelines Prevention**, the program we have selected, exceeds these criteria. Because research has demonstrated that programs presented only once have little lasting impact, the Lifelines Prevention curriculum is designed to be delivered in multiday modules that reinforce messages about help-seeking. The interactive curriculum teaches basic information about potential warning signs for suicide, but its emphasis is on what to do if a student is worried about either themselves or a friend. The topics include: **Suicide Isn't Silly** - Basic information about suicide is provided with a focus on help-seeking when you are worried about yourself or a peer. **Friends Help Friends** - Students will explore developmentally relevant signs that a peer may need help. They will begin to explore interventions to help troubled friends. **Asking for Help Takes Courage** - School-based resources will be reviewed so students know where and how to get help for themselves or a peer when they are in school. **Practicing What We've Learned** - Lessons learned in the previous three sessions are demonstrated in video segments of youth dealing with a peer who may need help.

Additionally, Lifelines Prevention doesn't stop in the classroom. The program also includes training for our support staff and the members of our crisis intervention team, as well as resources for our administrators and faculty members. If you have concerns regarding this unit of Health, please send an email to your child's health teacher at the start of their health cycle.

Sincerely,  
**Julie Szustowicz**  
Julie Szustowicz  
Principal