

August XX, 2020

Welcome back...and get ready to be informed, entertained and inspired at the [LivingWorks Youth Summit](#), a live-streaming online mental health event being created specifically for our grades 7 to 12 students! Coinciding with National Suicide Prevention Month in September, the event focuses on mental health, resiliency and suicide prevention.

As we continue to deal with the COVID-pandemic, we know mental health supports for our students are needed now more than ever. As you may already be aware, the CDE and the San Diego COE have partnered with LivingWorks to provide LivingWorks Start - an online suicide prevention training program - to 66,000 staff and students this academic year. Many of you may have already taken your LivingWorks Start training.

To effectively launch this training to our students, we are inviting all students, staff and teachers to attend the Summit on **September 15, 2020 at 1:00 pm**. This one-hour, free event is essentially a virtual field trip - there will be a compelling presentation by teen suicide attempt survivor [Emma Benoit](#), a musical performance by MTV New Artist Nominee [Tate McRae](#) and a jaw-dropping cardistry routine by America's Got Talent winner, [Shin Lim](#). Additional performers and speakers will be announced in the weeks leading up to the Summit. At the conclusion of the event, students will be offered access to the training program by text or by website.

This is a first-of-its-kind event, and is an incredible opportunity to engage our students on this important topic in a unique, fun and inspiring way.

But, we need your help! We want as many students as possible to access the live stream, so here are a few ideas of how you can motivate your students to tune in:

- Make the LivingWorks Youth Summit a mandatory class assignment for English, Health, Physical Education or Social Studies class. After tuning in, the students can have a class discussion to explore their thoughts and feelings about the messages shared during the Summit.
- Offer extra credit or bonus marks for students who attend the Summit.
- Essay writing - hold an essay writing contest in your class or school. The winning essay could be highlighted at the school or district level.
- Share the LivingWorks Myth vs Fact online quiz and have the students complete it after watching the Summit. Review the quiz together after the Summit.
- Issue a social media challenge - encourage students to post a selfie and what they learned on social media using the hashtag #LWYouthSummit.

The Summit serves to start a conversation among our students about mental health, and in turn about suicide prevention. By breaking down the stigma that has traditionally been part of mental health, we are encouraging youth to open up, to know that it's ok to talk about how they're feeling with their peers, their teachers and others. The Start program empowers youth to recognize when a friend is struggling, when they may be at risk of suicide and how to connect them to help.

We are excited to launch this program for our students, and we look forward to your participation. We have included a one-page Save the Date poster for your use, along with a PDF about Start. If you have questions, please contact, [XXX](#).