**SOS Student Letter**

October 6th, 2021

Dear 7th 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. Following the videos, all students will complete a response 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.

I am posting more information for you, as well as for your parent/guardian, on the HTMS counseling website. I hope you get the chance to talk with them about SOS. If you have any questions or concerns about participating in the program, you can email me or talk with any of the school counselors.

Sincerely,

Sydney Brooks

School Counselor

Hightower Trail Middle School