

Information for Parents

RE: Forefront Suicide Prevention LEARN® Training for Students



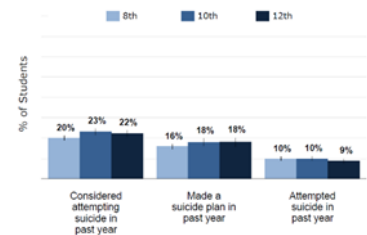
Our Mission

Forefront Suicide Prevention is a Center of Excellence at the University of Washington's Seattle Campus. Our efforts focus on reducing suicide by empowering individuals to identify and support people at risk, creating protective environments and promoting wellbeing and connectedness that include social emotional and problem-solving skills. We are an innovative organization that partners with UW faculty, researchers, legislators, and other local and national organizations all dedicated to addressing this growing public health problem.

Youth Suicide in Washington State

Each year, more than 1,000 young people in Washington take their own lives. (Healthy Youth Survey, 2010-2020). Our state's suicide rate among youth ages 10-17 has been rising (from 3.5 per 100,000 in 2010 to 6.9 per 100,000 in 2018) and remains higher than the national rate in the same time frame. Since 2017, suicide has surpassed accidental deaths, making it the leading cause of death among youth. (WA-VDRS)

Suicidal Feelings and Actions...
Students who report considering suicide, making a suicide plan, and attempting suicide in the past year



Everyone Can Play a Role in Suicide Prevention Efforts

The education, public health, and school health sectors have each called for greater alignment that includes integration and collaboration between education leaders and health sectors to improve each child's cognitive, physical, social, and emotional development. We can all play a role in helping to keep one another safe.

(DOH / [Washington State Prevention Plan](#), [CDC](#), [WSCC](#), [OSPI](#), [DOE](#))

Forefront in the Schools Program (FIS)

Forefront in the Schools offers a comprehensive, multi-year program that provides schools with a framework, tools, strategies, and guidance to increase resilience and reduce the risk of youth suicide in schools. State and national leaders agree. Suicide prevention content should be available for elementary, middle, and high school students as it helps lay a foundation of knowledge for students to be healthy and well throughout life. Our peer-led suicide prevention training aligns with Washington state's health and fitness standards as outlined in the table below.

"I can say that I am trained in saving a life and I am part of one of the most important movements in my life." ~ High School Student

Washington State Health Education Standards	Forefront Suicide Prevention LEARN® Training
<ul style="list-style-type: none">✓ Comprehending concepts related to health promotion & disease prevention to enhance health✓ Demonstrating the ability to use interpersonal communication skills to enhance health & avoid/reduce health risk✓ Demonstrating the ability to advocate for personal, family, and community health	<ul style="list-style-type: none">✓ Identifying warning signs related to suicide risk✓ Using empathy as a communication skill✓ Seeking trusted adults when concerned about self/peers✓ Promoting help-seeking, recovery & resources that support behavioral health & well-being

Parents/Caretakers: Please know that you and/or your student may choose to opt out of the LEARN Training. To view the Student LEARN Training materials please make an appointment with your child's school counselor.

See [Resources for Youth & Adults](#) that help support recent legislation related to [HB 1373](#) & [HB 2589](#). Watch the [King 5 - Youth Preventing Suicide](#) feature to see what youth in our program are doing around this issue.