

Information for Parents/Guardians

RE: Forefront Suicide Prevention LEARN® Training for Students



Dear Parents/Guardians:

As part of our commitment to student well-being, we want to inform you about an upcoming educational component in your student’s **health class** addressing suicide prevention. Forefront Suicide Prevention is a Center of Excellence at the University of Washington’s Seattle Campus. Their 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.

Youth Suicide in Washington State

Suicide remains a critical issue, especially among adolescents. In Washington, youth suicide rates have climbed among adolescents (ages 10-17) over the past decade and remain higher than the national rate over that same time frame. Suicide was the second leading cause of death among adolescents in 2023, particularly those aged 10-24.

Forefront in the Schools Program (FIS)

The Forefront in the Schools program provides a framework to help schools implement tools and strategies to develop skills that promote emotional health and encourage help-seeking behaviors. The curriculum aligns with Washington State health education standards:

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

Topics Covered in the LEARN® curriculum Include:

- Identifying warning signs of suicide risk
- Using empathy and interpersonal communication skills
- Seeking help from trusted adults for oneself or peers
- Promoting recovery and well-being through available resources

Parental Choice and Resources

If you would like to review the LEARN® training materials used in the program, or if you and/or your student would prefer to opt out of the LEARN® training, please contact me to schedule an appointment.

We also encourage you to explore additional resources related to youth mental health and suicide prevention, [Resources for Youth & Adults](#) that help support recent legislation related to [HB 1373](#) & [HB 2589](#).