

## Online Gatekeeper Training Suite for K-12 Faculty and Staff

As many as one in five teens suffer from a mental disorder, such as depression or anxiety, and suicide remains the third leading cause of death in this age group. Training all adults in the school building to **identify, approach and refer** students in psychological distress is an effective strategy to strengthen the safety net for all students.

Kognito gatekeeper simulations are designed specifically to address the training needs of the K-12 education community by offering a **research-proven** and engaging program that is **easy for schools** and school districts to roll out to all school staff. These trainings:

- Are web-based, so learners can train at their own pace and convenience
- Include practice role-play conversations building skills to talk with students
- Come with turnkey materials to assist schools in implementing the training
- Have been used to train over 12,000 school personnel in 40 states

### 3 Fully Interactive, Avatar-Based Training Simulations: Build Skills Through Role-play

#### At-Risk for High School Educators: Suicide Prevention & Gatekeeper Training

##### 1-hour; practice conversations with 3 high school students

- a girl who is highly anxious about her grades and may be cutting
- a boy with poor attendance, low motivation, and drug use
- a shy boy who has written about suicidal thoughts in an essay

Listed in the *SPRC/AFSP Best Practices Registry* and *NREPP*



#### At-Risk for Middle School Educators: Suicide Prevention & Gatekeeper Training

##### 1-hour; practice conversations with 3 middle school students

- a new girl who is being teased by a clique of popular girls
- the clique ringleader, who is having trouble at home
- a boy struggling with impending loss and thoughts of suicide

Listed in the *SPRC/AFSP Best Practices Registry*



#### Step in, Speak up: Training for Educators on Supporting LGBTQ Youth

##### 30-minutes; 3 problem-solving scenarios

- correct the use of anti-gay language
- address observed incidents of harassment
- conduct a one-on-one talk with a student who has been harassed

Listed in the *SPRC/AFSP Best Practices Registry*



**Illinois Schools: Access the training and marketing materials at**

<http://illinois.kognito.com/k12>

**Made freely available to public and private schools in Illinois through the Illinois Youth Suicide Prevention Project and the Illinois Department of Public Health**