



# MIDDLETOWN TOWNSHIP PUBLIC SCHOOLS

900 Nut Swamp Road, Middletown, NJ 07748

[www.middletownk12.org](http://www.middletownk12.org)

(732) 706-6111

Fax (732) 706-8058

William O. George III, Ed.D.  
*Superintendent of Schools*

Devyn Orozco  
*Director of Science, Health & Physical Education*

---

October, 2018

Dear Parents and Guardians of our 5th and 6th Grade Students:

As you may know, suicide is one of the top three causes of death for young people ages ten through twenty-four. Because we take the safety and well-being of our students very seriously, we will be providing our fifth and sixth grade students with some basic information about youth suicide and, more importantly, teaching them what to do if they are worried about themselves or a friend.

We have made sure that the curriculum we are following is effective, age-appropriate, and focused on the importance of help-seeking behavior. Lifelines Prevention, the program we have selected, exceeds these criteria. Because research has demonstrated that programs presented only once have little lasting impact, the Lifelines Prevention curriculum is designed to be delivered in four forty- to forty-five-minute modules that reinforce messages about help-seeking. The interactive curriculum teaches basic information about potential warning signs for suicide, but its emphasis is on what to do if a student is worried about either themselves or a friend.

The topics include:

**Lesson 1: Suicide Isn't Silly** - Basic information about suicide is provided with a focus on help-seeking when you are worried about yourself or a peer.

**Lesson 2: Friends Help Friends** - Students will explore developmentally relevant signs that a peer may need help. They will begin to explore interventions to help troubled friends.

**Lesson 3: Asking for Help Takes Courage** - School-based resources will be reviewed so students know where and how to get help for themselves or a peer when they are in school.

**Lesson 4: Practicing What We've Learned** - Lessons learned in the previous three sessions are demonstrated in video segments of youth dealing with a peer who may need help.

Additionally, Lifelines Prevention doesn't stop in the classroom. The program also includes training for our support staff and the members of our crisis intervention team, as well as resources for our administrators and faculty members.

If you choose not to have your son/daughter participate in this unit of Health, you must complete a "Request to be Excused" form which is available in the main school office. If you wish to discuss these units, please call your child's school for an appointment.

Sincerely,

Devyn Orozco