



Mounds View High School

Bandana Project

We at Mounds View High School care about one another's well-being and are committed to maintaining a safe and caring community. It's important for us to watch out for one another. The Bandana Project is one of the ways that we are doing just that. The Bandana Project is a peer-to-peer suicide prevention initiative designed to show students that they are never alone.

Students who choose to be a part of the Bandana Project will:

- Receive annual training on how to listen and get help for someone who has confided in them about a mental health crisis
- Access resources that they can share with others
- Identify school and local support professionals who can help
- Contribute to a safe and supportive culture
- Make a difference in our community

After training, student-allies tie green bandanas to their backpacks and carry resource cards to share with peers who connect with them. It's important to note that the Bandana Project is not peer-to-peer counseling, but consists of student-allies who serve as a listening ear. It's critical that we never keep a secret as serious as someone considering suicide. And we know that there is help available for anyone who is at risk.

Mounds View High School recognizes that parents play a key role in providing support to their teens. For this reason, we are asking for parents to acknowledge their student's participation in this project. Please contact a dean or other trusted staff member if you have questions or concerns regarding this request and thank you in advance for being a part of the conversation!

I _____ support _____
(Parent/Guardian name) (Student name - please print)

in becoming a part of the Bandana Project.