



Empowerment Through Education

Providing Life-Saving Strategies and Emotionally Healthy Coping Skills

Topic: **The Emotionally Naked Truth About Student Suicide**

(this can also be adapted to a workshop)

Audience: Educators, youth leaders, parents, and those interested in preventing youth/student suicide (For parent-specific audiences, the takeaways and presentation would be tailored to meet their burning questions.)

Description: It was a teacher who first told Anne Moss Rogers that her son, Charles, might be suffering from depression. And it was a teacher who wrote the most heartfelt note after her son died by suicide. It was also the environment that exacerbated his feelings of worthlessness.



Based on the book, [*Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk*](#), this presentation will

empower teachers and youth leaders with the skills to leverage their relationships with students to reduce this threat to life. Educators will learn the cryptic and often veiled ways students cry for help, how to respond and what to do. Attendees will also learn simple and creative ways to model and embed SEL competencies and facilitate connection, the foundation of suicide prevention.



Charles on homecoming court escorted by his favorite teacher

Learning outcomes:

- Real life signs of suicide in youth and what to say/do
- Examples of how other teachers have seamlessly built connection, mindfulness, and coping skills into their classroom culture
- Lesser-known transitions when students are more at risk

Audience feedback from a school nurse's conference, Feb. 19, 2020 from event planner, Karol Wilson:

- "best presentation & most useful"
- "It was incredibly powerful."
- "WOW! Talk about taking your grief and making it work for betterment of others."

- “Thank you for including this in the seminar!”
- “Very difficult, but necessary topic.”
- “Tough subject done well.”
- “I am thrilled that SOMEONE is finally standing up to bring the ‘elephant in our society’ to light.”

Outline: Overall the goal of the presentation is how schools/teachers can make small shifts to create a culture of connection and emotional wellness that prevents suicide and the unhealthy coping strategies that lead to this cause of death.

1. Story of what happened to Charles including his school experience
2. How to spot students at risk and the telling nature of what students seek online
3. Stories of how real teachers are making small shifts to build coping skills, create a sense of acceptance and belonging
4. How teachers can respond to students who are struggling

Video:

- 6-minute TEDx: <https://youtu.be/H6Xm7-MAwZ4>

Books:

- [*Diary of a Broken Mind: A mother's story, a son's suicide, and the haunting lyrics he left behind*](#) by Anne Moss Rogers with Charles Rogers (his lyrics are included)

Awards: New York Book Festival Winner plus 4 other awards

Publisher: Beach Glass books, Published October 2019

- [*Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk*](#), by Anne Moss Rogers and Kim O'Brien PhD, LICSW

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