Kognito

Conversations that change lives.

Step In, Speak Up

Professional Development

Insert your name and contact information.

Workshop Overview

- Workshop purpose

- Background of *Step In, Speak Up*

- Take simulation

- 10-minute break

- DISCUSS: LGBTQ student experiences

- DISCUSS: Addressing biased language and harassment

- DISCUSS: Connecting with an at-risk student

- Suicide

- Takeaways

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Group Norms

- Actively participate.

- Be respectful.

- When sharing stories, do NOT share names or other identifying information of students or staff.

- Seek help if you would like to discuss personal mental-health issues.

- If you find any material triggering, take a break and rejoin later. Reach out to let me know.

- Talk to me after the workshop if you are concerned about a student and have questions.

WRITE AN "AEIOU" DESCRIPTION.

A = Adjective - What word describes this image?

E = Emotion - How do you feel about the image?

I = Interesting - What is interesting to you about the image?

O = OMG - What surprised you about the image?

U = Um? - What question do you have about the image?

What is Kognito?

Kognito is a **health simulation company** that comprises learning experts, designers, technologists and implementation professionals.

Our evidence-based simulations build a variety of competencies and shape attitudes through **role-play conversations with virtual people**.

Over 1+ million educators, students, and health care professionals have used Kognito simulations to change lives, including **over 500,000 K-12 educators.**

Our **innovative approach** has resulted in partnerships with government agencies and NGOs.

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How Does A Kognito Simulation Work?

- **User interacts** with a fully animated at-risk virtual student

- **Navigate** through the scenarios by selecting what to say to the virtual student

- **Receive instant feedback** from the virtual coach and engagement meter

- **Can undo decisions** and explore different conversation approaches

- **Receive personalized performance** summary upon completion
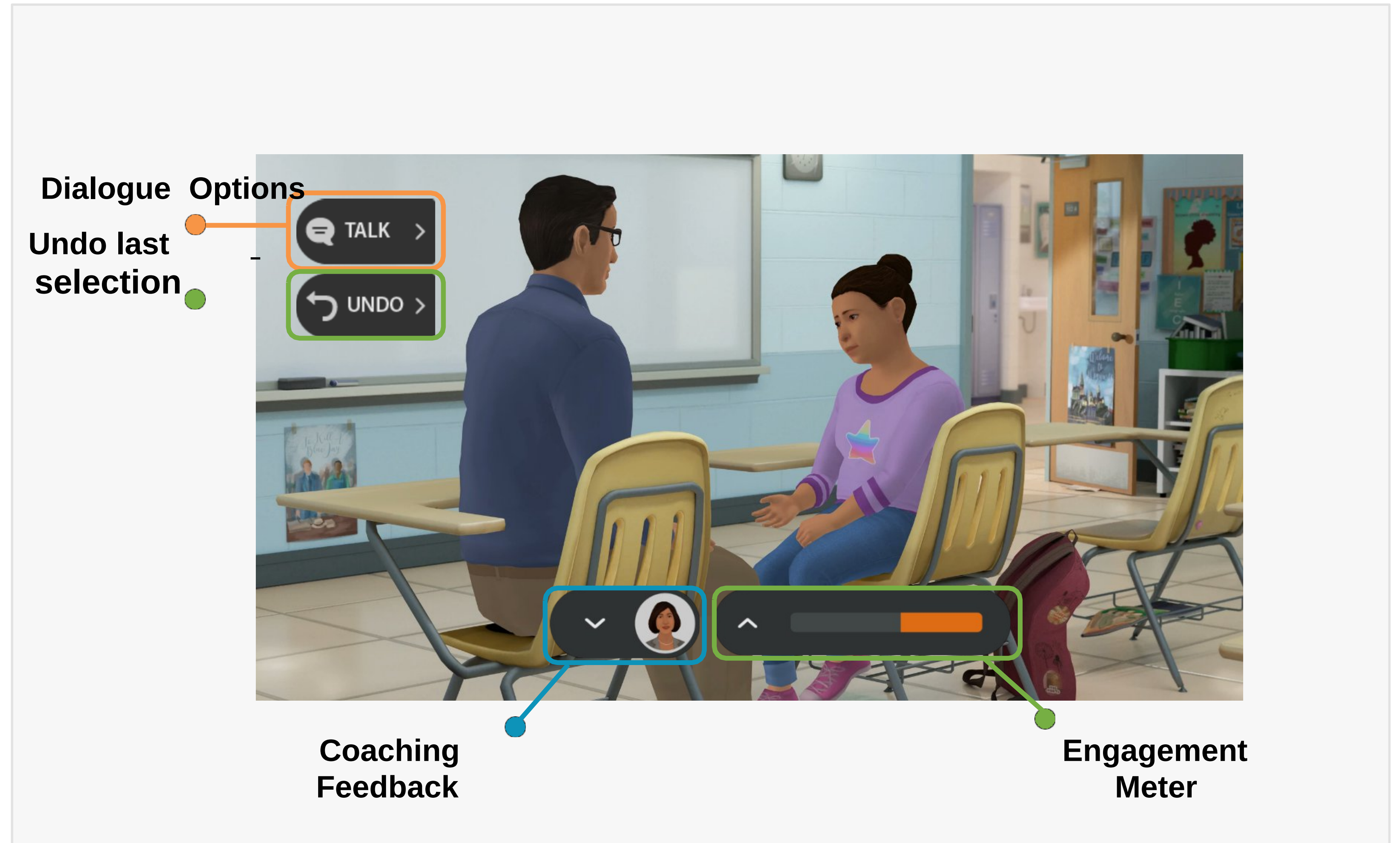
Dialogue Options

Undo last selection

TALK >

UNDO >

Coaching Feedback

Engagement Meter

At-Risk Learning Objectives
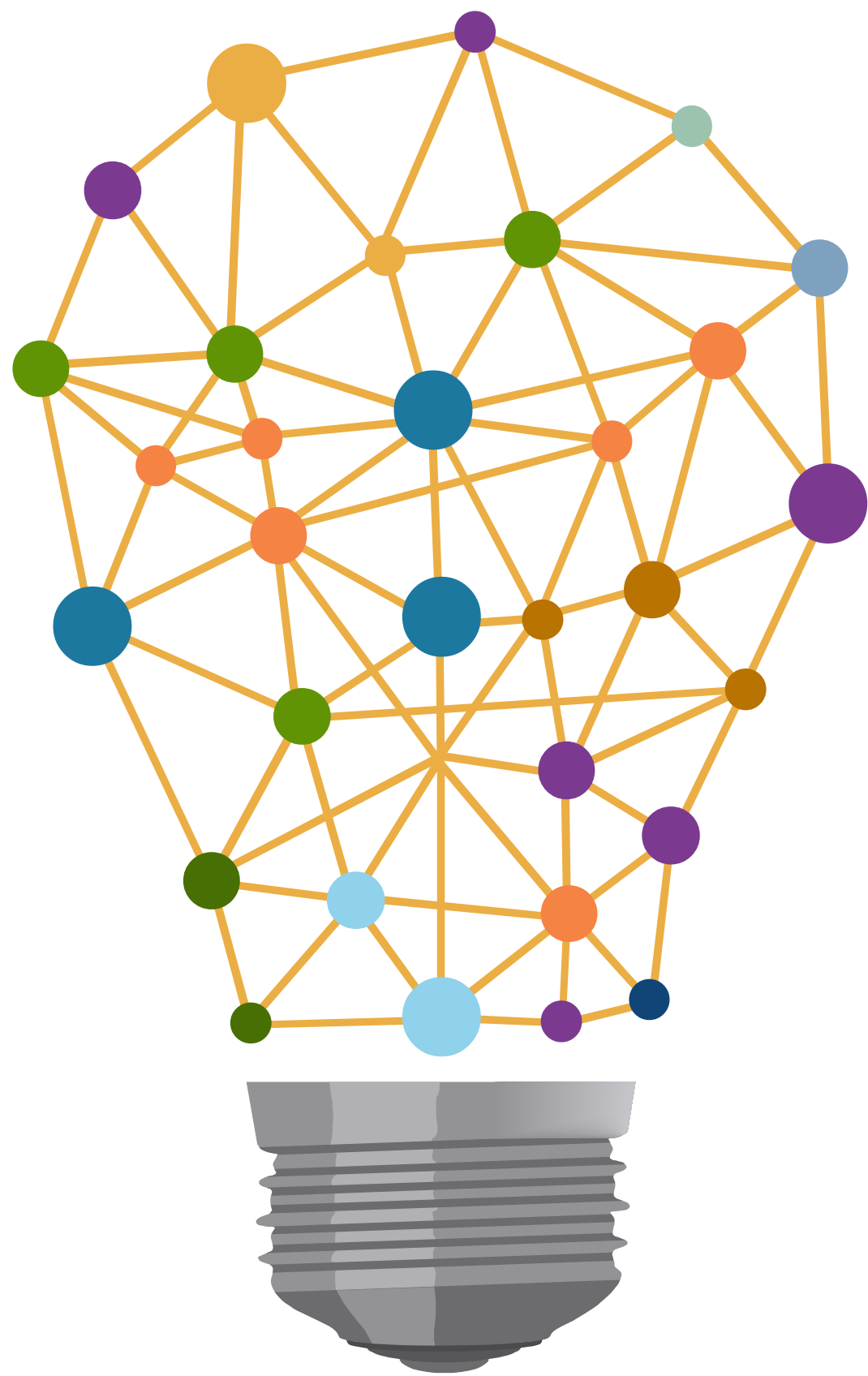
1) **Recognize** warning signs that a student may be suffering from psychological stress, including anxiety, depression, substance abuse and suicidal ideation

1) **Initiate** a conversation with a student to build resiliency and help the student identify sources of support

1) **Connect** the student to appropriate support services

1) **Learn** motivational interviewing techniques and how to avoid common pitfalls, such as attempting to diagnose the problem or giving unwarranted advice

Take the Simulation
www.KognitoCampus.com

For technical support or any questions about your simulation, please contact Kognito at
support@kognito.com

LGBTQ Student Experiences

Students who identify as LGBTQ are much more likely to report feeling sad/helpless and to consider/attempt suicide.

- Due to verbal and physical harassment and feeling isolated and unvalued by their schools, families, and communities.

Educators have the power to make schools better.

- They can help LGBTQ students get better grades, lower their risks of dropping out, and save lives!

Addressing Biased Language and Harassment

Connecting with an At-Risk Student

Suicide Warning Signs

- Talking about or making plans for suicide

- Expressing hopelessness about the future

- Displaying severe/overwhelming emotional pain or distress

- Showing worrisome behavioral or changes in behavior, such as:
  - Withdrawal from or changing in social connections/situation
  - Changes in sleep (increased or decreased)
  - Anger or hostility that seems out of character or out of context
  - Recent increased agitation or irritability

www.save.org/youthsuicide, 2017

What if a student may be suicidal?

1) Gather as much information as the student is willing to share:

- Are they thinking about suicide?
- Do they have a plan?
- Do they intend to act on the plan?
- Do they have the means to act on the plan?

2) Connect the student *immediately and in person* to a supportive counselor, staff member, local service provider, or crisis center.

The National Suicide Prevention Lifeline
1-800-273-TALK (8522)
24 hours a day, seven days a week

How to Ask the Question

✗ You're not thinking about suicide, are you?

✗ You wouldn't kill yourself. I know you're smarter than that.

✓ Are you considering suicide?

Referral Policy

- Does your school have an LGBTQ-friendly club?
- What is the policy for reporting harassment?
- To whom do you make a referral if you are worried about a student?
- What is the referral policy for students who may be a danger to themselves or others?

Insert Local Resources

3, 2, 1 Activity

Q. What are 3 things you learned?

Q. What are 2 questions you have?

Q. What is 1 way you're going to change your practice?

Bridging the Gap

Q. Where You Are: List some of your observations.

Q. Where You'd Like To Be: List some of the qualities of your ideal school.

Q. What It Takes: List some ideas that might bridge the gap between where you are and where you'd like to be. What could happen to bring your school one step closer to your ideal?

Thank you!

The conversations you have
with students can open the door
to them getting the help they need.
If you do this for just ***one*** student,
you will have made a ***difference***.