



### WHO SHOULD ATTEND?

We want to see our students over age 12 along with their friends, parents and caregivers. It is possible that at some point during their school years, students will encounter a peer who may be struggling with isolation or suicide, and this event will help teach ways to support and get help. People who also feel passionate about supporting youth in the community are also welcome. No children under 12, please. You don't have to be an LPS family to attend - this is open to the community.

### WHAT SHOULD I EXPECT?

*Ghosted* is a play about four students experiencing various challenges in high school. There is a student who is worried about her depressed friend, a student who is struggling with anger, and a student who is feeling isolated and wants to connect with peers. Here is a link that further explains the play: [www.kuow.org/stories/ghosted](http://www.kuow.org/stories/ghosted)

### WHAT WILL I LEARN?

Immediately following the play, there will be a workshop that will teach specifics on how to ask questions to someone if they are concerned about their risk for suicide, how to listen so people will talk, and how to find resources in their school or community.

### CHILD CARE?

We are sorry, child care is not available.

### WILL THIS SHOW PUT THOUGHTS IN MY STUDENT'S HEAD ABOUT SUICIDE?

No. Research has shown that talking about suicide, especially on how to support and prevent suicide, DOES NOT increase suicidal thoughts. In fact, it helps students, families and community members feel empowered to support and help.

### WHO CREATED THIS PLAY?

Kaiser Permanente worked with the Seattle Childrens' Theater to create *Ghosted*. They took feedback from youth about the experience of high school. Kaiser offers *Ghosted* for free for high schools and other community organizations.

### WILL THERE BE FOOD?

We will have heavy appetizers, vegetarian & GF options available.

### WHAT'S THE TIMING?

6-7: Doors open, Refreshments and Resource Tables  
7-7:45: *Ghosted* play  
7:45-8:30 Workshop & Education

