



# Kognito Friend2Friend Module

**Youth ages 13-18 navigate a difficult stage of social and emotional development, often turning to their friends as their first line of support.**

The Santa Clara County Office of Education and Santa Clara County Behavioral Health Services Department are pleased to provide access to Kognito's **Friend2Friend: Emotional & Mental Wellness** module for up to 10 school sites within Santa Clara County at no cost to the school site/district.

*Friend2Friend: Emotional & Mental Wellness (F2F)* is a research-proven online learning module that prepares youth to recognize signs of distress, reach out to a friend they are concerned about, and help identify a trusted adult for support. Interactive role-play simulations build youth awareness, knowledge, and skills while reducing stigma. Learning objectives include:

- Identifying warning signs of psychological distress, including verbal, behavioral, and situational clues.
- Building skills to approach a peer in a manner that motivates them to access support.
- Becoming comfortable asking a friend if they are thinking about suicide.

**Available:** Upon finalization of MOU through June 30, 2023

**Audience:** Students in grades 6 – 12

**Format:** Online, self-paced

**Duration:** 30 minutes

**Cost:** No cost access for up to 10 school sites (upon selection).

**To express interest:** [Click here](#) to access the Kognito F2F Interest Form. Submission of this form is required in order to be considered for one of the 10 no cost school site licenses. Please complete by August 31, 2022.

**For more information, please contact:**

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