



## Student Safety Topic: Mental Health Awareness

Why It's Important: In Arkansas, suicide is the third leading cause of death for ages 15 to 24 and the second leading cause of death for ages 25 to 34. (*American Foundation for Suicide Prevention*)

### Support Your Child/Student

- Keep the door of communication open with your child/student, so your child/student feels comfortable talking about difficult situations.
- Pay particular attention if your child/student experiences a stressful life event or any form of bullying.
- Watch for warning signs such as withdrawal, recklessness, aggressiveness, loss of interest, change in sleeping patterns, anxiety, irritability, substance abuse, etc.

Seek Help: Immediately seek assistance if you have concerns. National Suicide Prevention Line: 1-800-273-8255.



## College and Career Readiness Topic: R.I.S.E. Arkansas

### R.I.S.E. Arkansas



Reading is the foundation of student success in college, career, and community engagement. The Reading Initiative for Student Excellence (R.I.S.E.) Arkansas is building a culture of reading. Through the campaign, the state, schools, teachers, parents, students, and communities are partnering to promote the importance of reading, increase access to books in the home, and provide professional development for teachers by focusing on how students learn to read.

### Your Role



Everyone plays an important role in this initiative! From reading at home each night to setting learning goals, both parents and teachers can help children/students achieve reading milestones. Schools are encouraged to partner with community leaders to promote reading in the community. This may be in the form of book drives, volunteers to read to students after school, or tutoring.

### Book Talks



### Book Talk Program

Book talks are excellent opportunities to build a culture of reading! A book talk is a short video that highlights a book you would like children/students to read. Book talks should be short and can be filmed on a smart phone or device. Once filmed, book talks can be posted to social media using #RISEArkansas. Tips for creating a book talk are available at <http://bit.ly/2k4xiMF>.

### Start the Conversation...

- How can I get involved in the R.I.S.E. (Reading Initiative for Student Excellence) Arkansas campaign?
- What reading assistance resources are available to help my child/my student?
- How can I promote a culture of reading?
- How can I encourage positive mental health behaviors?
- What are signs that my child/my student may be struggling with a problem?
- What resources are available to help my child/my student develop healthy mental health behaviors?

### Additional Resources:

<http://www.arkansased.gov/divisions/communications/my-childmy-student>