

Dear Lisbon Families,

The following are a list of online resources available for you to learn more and be able to discuss Bullying, Suicide and other Social Media safety related issues with your children. Please contact me at rgreen@lisbonschoolsme.org or 353-6711 X1005 if you have any questions or know of any other resources that you would think would be helpful for parents. Also, if you have questions or feel that your family may require additional support, please contact one of our guidance counselors or social workers. They can be reached at the following numbers:

L.C.S. (207) 353 4132 X101

P.W.S. (207) 353-3055 X3005

L.H.S. (207) 353-3030 X2006

Tri-County Crisis Outreach 783-4680

St. Mary's Psychiatric Emergency Department 777-8700

Maine Statewide Crisis Hotline 1-888-568-1112

National Suicide Prevention Lifeline 1-800-273-TALK (8255)

Communications and Contact information for the Department of Education

For suicide prevention and/or resources contact Greg Marley, NAMI Maine, Maine Suicide Prevention Program, 622-5767 X2302

For questions regarding education laws related to suicide prevention contact Susan Berry, Maine DOE, 624-6695, susan.berry@maine.gov

For more information and resources visit www.maine.gov/suicide

Blue-Whale-Challenge

Here is a recently published article about the Blue Whale Challenge, from Cyberbullying.org, that may provide some more helpful context around the app and specific rumors associated with it: <http://cyberbullying.org/blue-whale-challenge>. Please take note of the last two paragraphs which contain information that supports the importance of awareness and prevention strategies:

“My concern about the sudden captivation in the Blue Whale centers on hackers who will capitalize on interest in the activity to lure curious clickers into compromising their computers and networks. And even though there has yet to be any confirmed suicide directly connected to the game, it could lead to trouble for vulnerable youth looking for attention. A suicide contagion has been well-documented in research and so even just increased discussion of suicide in relation to this game is potentially problematic. Instagram now warns users who search the app for #bluewhalechallenge that they may encounter images that encourage hurtful behavior.

Whether the Blue Whale Challenge/Game/App is true or not is mostly beside the point. There certainly are many pro-suicide websites and individuals or groups online who encourage others to commit suicide. Today it may be a Blue Whale, tomorrow it could be some other high profile

provocation. Take this opportunity to talk with your children about what they might encounter online (positive and negative) and foster a relationship with them so that they know they can turn to you if they run into trouble or are feeling down. Frequent and open dialog is the best way to inoculate our kids from the variety of life challenges they are likely to confront, whether perceived or actual, online or off.”

Netflix series called “13 Reasons Why”

National Association of School Psychologists:

The National Association of School Psychologists has released a position statement recommending at risk youth (those who have experienced or are currently experiencing suicidal ideation) not watch the series. More information regarding this and additional resources can be found at the links below:

<https://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/preventing-youth-suicide/13-reasons-why-netflix-series-considerations-for-educators>

The JED Foundation:

<https://www.jedfoundation.org/>

Society for the Prevention of Teen Suicide:

<http://www.sptsusa.org/parents/>