Date:

Dear {school name} Parents:

At {school name} we strive to give student many opportunities to learn important life skills that will enhance relationships with their peers and make a positive impact in the community. We want students to feel empowered to make a difference and to know we are committed to supporting their growth in every way.

**Kognito is engaging, effective and has been rated highly by those who have experienced it. According to survey data, 93% of students would recommend Kognioto to others.**

{District Name} has adopted Kognito’ s Friend 2 Friend: Emotional & Mental Wellness for Students. This self-led simulation helps to build awareness, knowledge, and skills around mental health while reducing the stigma. Through a series of conversations with virtual humans, it prepares the student to recognize signs of distress, encourages them to reach out to a friend they are concerned about, and identify a trusted adult for support.

**How the Simulation is Administered**

* Friend2Friend Emotional & Mental Wellness for Students is approximately 30 minutes in duration, administered online via computer in a classroom setting and can be accompanied by a group discussion facilitated by an educator.
* Survey questions are found at the conclusion of the simulation and all responses are anonymous and confidential. {District Name} will receive aggregated data *only* and will not have access to individual responses to protect student confidentiality.

**How to access Kognito’s Friend 2 Friend: Emotional & Mental Wellness for Students**

1. Register for a Kognito Accountat northdakota.kognito.com
2. Select your district
3. Select your school
4. Create your account

**Recommended Browser:**

For the best user experience Firefox or Google Chrome are recommended browsers for this product.

**Support:**

Technical support is available and can be accessed from the “Help” link within the simulation.

**Opt Out:**

Participation in this self-led simulation is voluntary for all students. Parents may opt their student out of this training by contacting {Insert school contact name}.

If you have any questions, please don’t hesitate to contact me or {Other Staff Name if applicable} at {name@email.edu}.

Sincerely,

{Signature/ideally the principal or superintendent}