

Virtual Training for Students

Kognito's Friend2Friend simulations improve school climate by helping middle and high school students cultivate the knowledge and skills to navigate difficult real-life situations, which leads to positive outcomes both in and out of the classroom.



Engaging for students

Conversation scenarios meet students where they are and provide individual feedback across standardized content.



Seamless for educators

Lesson plans and discussion guides facilitate integration into health curriculum and class discussion.



Evidence-based

Kognito's simulation methodology has been determined to be evidence-based in peer-reviewed studies.



Tracking & evaluation

Built-in surveys measure impact on school climate and support evaluation efforts.



Friend2Friend: Emotional & Mental Wellness

- ✓ Learn about mental health & wellness while reducing the stigma
- ✓ Identify warning signs of psychological distress
- ✓ Build skills to approach a peer and motivate them to access support
- ✓ Become comfortable asking a friend if they are thinking about suicide



Friend2Friend: Safe & Caring Schools

- ✓ Identify concerning thoughts and behaviors in others and oneself around bullying, harassment, self-harm, and threats
- ✓ Recognize when a peer's actions need to be shared with adults
- ✓ Discover ways to encourage a peer to open up to an adult
- ✓ Recognize role in creating a safe and caring school climate
- ✓ Feel comfortable to share concerns with an adult



Friend2Friend: Substance Use

- ✓ Understand positive social norms and refusal skills
- ✓ Recognize differences between healthy and unhealthy coping strategies
- ✓ Analyze risks associated with substance use
- ✓ Identify misuse and potential support services
- ✓ Understand how positive self-concept can be used to help others
- ✓ Apply communication skills to help a friend
- ✓ Create an action plan based on personal values and goals

Curriculum for Students Cont.



Friend2Friend: Bullying Prevention

- ✓ Develop social awareness and interpersonal skills to establish and maintain positive relationships
- ✓ Appreciate diversity and build relationships with diverse individuals or groups
- ✓ Demonstrate responsible upstander behavior
- ✓ Choose appropriate strategies for responding to bullying while staying safe
- ✓ Understand how to use upstander strategies using the 3 D's: Direct, Distract, Delegate
- ✓ Identify positive support people to seek out in a conflict or crisis



Friend2Friend: Resiliency & Growth

- ✓ Learn to identify and manage the emotions one experiences when encountering challenges and failures
- ✓ Recognize unhelpful thoughts and use self-talk to reframe them
- ✓ Learn and grow from experiences, including failures and setbacks
- ✓ Reflect on mistakes to see what can be learned
- ✓ Create a plan to continue to develop the skills, values, and resources that can help you grow

97%

of students
who completed
Friend2Friend said they
would recommend the
simulation to their friends

2x

The help-seeking rate
of Kognito trainees is twice
that of untrained students

7%

More self-referrals
If 14 students receive
Kognito training, this leads
to 1 self-referral to support
services