

## Talk Change CCSD Video Project



Dear Parent/Guardian:

April 22, 2020

Your child has been invited to participate in an important project in our school district. This letter is intended to provide an explanation of the project as well as ask you for your signed permission for your student to participate.

Talk Change Cherry Creek School District (TCCCSd) is a student-led team with support from district-level mental health staff in the Wellness Office.

**Our Mission Statement:** *Talk* about what matters to **change** what matters most.

### Our Goals:

- Unify the CCSD community
  - Let people know they are not alone
- Reduce the stigma around mental health
  - Create conversations to make sure students and adults have accurate information about mental health

### What is the project about?

TCCCSd is inviting students (8<sup>th</sup> – 12<sup>th</sup> grade) and staff to take and submit “selfie style” videos. We will compile videos into a larger video that will be released to CCSD students, staff, and families in September during Suicide Prevention Month.

Mental health affects us all. By sharing stories and being open, honest, and real, students and staff will be able to help uplift our community, share important information, support those who are having a hard time, and make a positive difference.

### Video Guidelines:

Using a smartphone or other recording device (“selfie style”), record a video about 1 minute.

- Introduce yourself by telling us something important to you about who you are (for example, I am a trumpet player, I play soccer, I love math). If you are comfortable, tell what school you attend/work at.
- Answer up to 3 of the following questions:
  - 1) Why does mental health matter to you?  
(if sharing a story, please don't mention others by name)
  - 2) What would you say to someone who is struggling with mental health?
  - 3) What would you change about how mental health is dealt with?
- Video and permission form should be returned via email by **May 15<sup>th</sup>** to:  
[wellness@cherrycreekschools.org](mailto:wellness@cherrycreekschools.org)

### Who can I call for more info?

If you have any additional questions about this project, please contact:

- Janise McNally – Wellness Coordinator (720) 554-4539, [jmcnally@cherrycreekschools.org](mailto:jmcnally@cherrycreekschools.org)

**PLEASE SIGN AND RETURN THE FOLLOWING PERMISSION SLIP ALONG WITH VIDEO TO WELLNESS@CHERRYCREEKSCHOOLS.ORG:**



"Talk about what matters to change what matters most."

## TALK CHANGE CCSD CONSENT FORM

I [Click or tap here to enter text.](#) (parent/guardian name) give permission for my child [Click or tap here to enter text.](#) (student's name) to participate in the video project described above.

I authorize consent for use of the recorded video clip in a video to be used for the TCCCSD video project, social media, and other promotional materials.

I acknowledge that TCCCSD will not limit the amount of submissions accepted, however, not all submissions are guaranteed to be used in the final video. All video submissions, no matter if they are used in the final video, are a part of gathering information for youth voices and mental health advocacy.

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Printed Parent Name

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Parent Signature

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Date

**\*\*\*Please note that the goal of this activity is to raise awareness about mental health. This project is not an appropriate outlet for getting mental health services. If you are in a crisis or seeking immediate care, please call the Colorado Crisis Line at 844-493-8255.**