

Friend2Friend

HEALTH EDUCATION SIMULATION

A game-based simulation for adolescents that builds awareness, knowledge, and skills about mental health while reducing stigma. It prepares youth to recognize signs of distress, reach out to a friend they are concerned about, and help identify a trusted adult for support.

TOPICS

Mental health,
suicide prevention

USERS

Youth
ages 13–18

SETTINGS

High schools,
youth programs,
juvenile justice

DURATION

25
minutes

Adopted by several state, district, and nonprofit organizations nationally, this research-proven online learning module engages youth in a conversation about mental health and drives change in their skills and attitudes toward seeking help for oneself or a friend.

BUILD REAL-LIFE SKILLS IN A VIRTUAL SCHOOL

Learn about mental health from two virtual high school students. Assume the role of an adolescent and talk with a friend to learn what's going on and help them identify a supportive adult.



Learn more at kognito.com

Harnessing the power of conversation to promote peer support and lifelong wellness.

Youth 13–18 navigate a difficult stage of social and emotional development, often turning to their friends as their first line of support. Approximately 75% of lifetime mental illness emerges during the teen years, and a national survey of high school students found that 16% of them have seriously considered suicide in the past year.

LEARNING OBJECTIVES

- Learn about mental health and wellness while reducing stigma
- Identify warning signs of psychological distress, including verbal, behavioral, and situational clues
- Build skills in how to approach a peer in a manner to motivate them to access support
- Become comfortable asking a friend if they are thinking about suicide

FEATURES

- Fully-hosted solution deployed to users in less than one week
- Technical assistance and outreach templates to drive adoption
- Usage reports and customizable online surveys to support program evaluation
- Customizable list of local and national mental health resources
- Lesson plan and discussion guide to facilitate integration with mental health curriculum or group discussion

HOW TO BUY

Organizations can purchase yearly subscriptions to the simulation that include hosting, technical assistance, program evaluation, and usage reports. For details, contact k12accounts@kognito.com or **212.675.9234**. To purchase 1–50 individual licenses, please visit store.kognito.com.