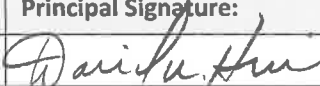




**TEXAS ASSOCIATION OF STUDENT COUNCILS
TASC TOP TEN PROJECTS COMPETITION**

HIGH SCHOOL

ENTRY COVER SHEET

School Name:	School Address:
Keller Central High School	9450 Ray White Rd
School City/State/Zip:	Size of Community:
Fort Worth TX 76244	47,000
Advisor Name:	Advisor E-Mail:
Lianna Gantz	Lianna.Gantz@kellerisd.net
Principal Name:	Principal Signature:
David Hinson	
School UIL Classification:	
6A	
Project Name:	Project Dates:
Stop the Silence week	September 17-21
Total Number of Students in Council:	Number of Members Involved in Project:
83	83
Total Number of Students Enrolled in School:	Number of Other Students Involved in Project:
2,500	2,500
Total Number of Faculty Enrolled in School	Number of Faculty Involved in Project
180	160
Number of Community Groups Involved in Project	Number of Community Members Involved in Project
2	28

THIS INFORMATION MUST BE SUBMITTED ONLINE.

Top Ten entries must be submitted by **FEBRUARY 13, 2019**

This application must be submitted online via the TASC website.
Upload your photos, newspaper articles, etc. online as well. Scan all pages into one document and upload.

Please consider presenting a table talk (HS) on your project for extra points. You must apply to do that.

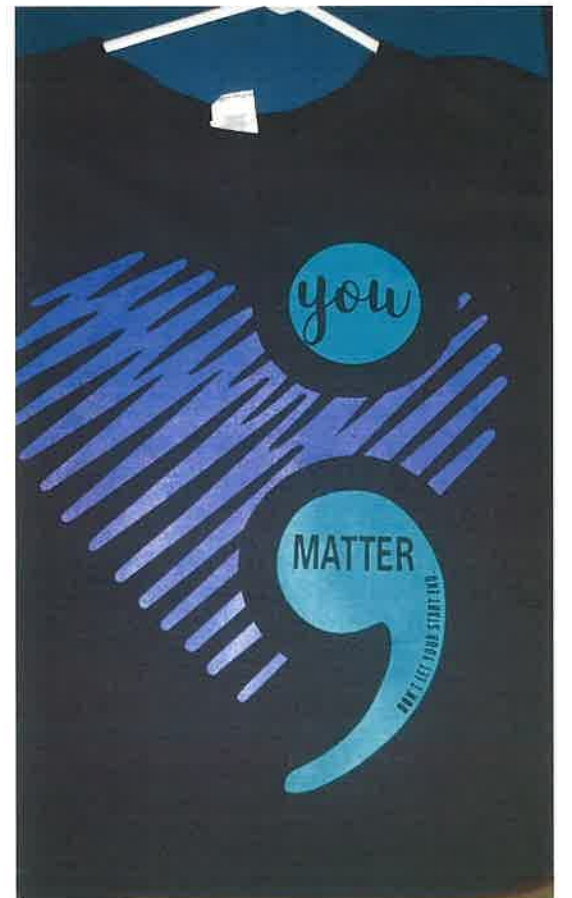
Title of Project: Stop the Silence Week

Date: September 17-21 2018

Purpose/ Goals: In working with our intervention counselor and administration, we identified a need within our student body to help those struggling with suicidal ideation. We initiated a suicide awareness week on our campus in order to start the conversation regarding suicide, create an open environment for those struggling, and ways to help those who need it. We know we can't "end" suicide but by initiating "Stop the Silence" week we hoped to open the doors of communication on our campus.

Description of Activities: "Stop the Silence" was a week in which we implemented various projects as developed by our council to address suicide awareness on our campus. Each day, 117 flags were planted in our courtyard to symbolize people who had statistically committed suicide that day. We created an "I Live For..." chalk wall for students to write on in order to give students an outlet and show that hope is important. Everyday throughout the week all our staff showed videos we created that (1) addressed the signs of suicide, (2) showed how to have a conversation if someone is struggling, and (3) shared students anonymously telling their stories of how suicide has impacted their life because many don't believe it's an issue at "their" school. We participated in the "Semi Colon project" by passing out semicolon temporary tattoos during lunch and took pictures of our students pledging to stop the silence which we then used to create a semicolon picture collage display. To emphasize the impact of suicide, we asked diverse students outside of our council to participate in a "living" representation of the statistic that "every 16.2 minutes someone commits suicide" and "every suicide directly impacts 6 people". These students wore signs explaining these statistics and were assigned times to put their signs on to show the impact this statistic would have on our population. By the end of the day we had hundreds of students wearing signs which in turn demonstrated the importance of addressing suicide. As students entered the school we passed out purple and teal braided bracelets (the color of suicide awareness) and invited students to add beads to their bracelet depending on how they have been impacted by suicide - blue meaning "Someone in my family has been affected by suicide" and purple meaning "have personally struggled with suicide", etc. We also created a display based off the statistic that "1 in 12 high schoolers have attempted suicide" showing that at Central High School, that would mean 212 students have attempted suicide within the past year. Other clubs & organizations contributed by donating 212 items representing their groups to help with our visual display. Each item represented a student in our school that has attempted suicide. We also designed and sold t-shirts within our school as well as the community to raise money for the American Foundation for Suicide Prevention along with a miracle minute that was held to add to the donation.

Results: Our goal was to create an environment where students who were struggling felt that there were people who cared, who wanted to help, and that there was no need to feel ashamed because of what they were going through. We created a survey for our student body that indicated that we were successful in increasing awareness in 81% of our student body, that 93% of our student body feels we need to continue with our push to start a conversation, and out of the names of 42 students submitted who might need help, 2 new students were identified and now receive the assistance they need.





9450 RAY WHITE RD.
KELLER, TEXAS 76244
PHONE: 817-744-2011

COUNSELING DEPARTMENT

1/30/2019

To Whom It May Concern,

As the Intervention Counselor at Central High School, I am thankful and impressed with our Student Council. The leadership team approached me and wanted to know the mental health concerns that we see most often in our counseling department. They did not come out of curiosity, but a desire to help by providing education with educating themselves. They also wanted to begin conversations among student and faculty so that it would bring mental illness out of the shadows and decrease the shame. They succeeded by implementing the "Stop the Silence" week. The ultimate price paid for mental illness is suicide. The goal was to give students an avenue for reaching out and to demonstrate that they are not alone. Student lead programs like this have a lasting impact because peers listen to peers. I am so appreciative and honored to partner with such an innovative and compassionate group of students to "Stop the Silence". I view our program as dropping a rock in the water. We will never know how far the waves reach.

Respectfully Submitted,

Melanie C. Maine, M.Ed., LPC-S

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