

Safe & Supportive School Communities

Using a whole school approach, Kognito delivers a practice-based social emotional learning curriculum that helps educators and students build critical skills to navigate difficult real-life situations, leading to more positive outcomes both in and out of the classroom.

Kognito provides students, parents, and the community with the opportunity to build skills focused on mental health and well-being through a virtual learning environment in the following areas:



- ✓ Mental Health & Suicide Prevention
- ✓ Substance Use Prevention
- ✓ Bullying Prevention
- ✓ Dating Violence *Coming Soon*
- ✓ Grief, Loss, & Crisis Response
- ✓ Trauma-Informed Practices
- ✓ Resiliency & Growth Mindset *Coming Soon*
- ✓ Child Abuse, Neglect, & Trafficking *Coming Soon*

Benefits

- ✓ Cultivating a school-wide web of support for students
- ✓ Ease of implementation drives immediate impact
- ✓ Supporting school connectedness in changing times
- ✓ The power to provide lifelong skills with measurable impact



“With Kognito, Fairfax County Public Schools was able to rapidly train more than 20,000 educators, and saw a 30%-40% increase in the number of students whom educators talked with and referred to mental health services.”

PK-12 Product Library & Suites

Mental Health & Well-being Suite

This suite includes five interactive programs for students, teachers, and parents/caregivers:

- ✓ Emotional & Mental Wellness for Educators & Staff
- ✓ Trauma-Informed Practices
- ✓ Friend2Friend (F2F): Emotional & Mental Wellness
- ✓ Friend2Friend (F2F): Substance Use
- ✓ Emotional & Mental Wellness for Parents & Caregivers
- ✓ Substance Use for Parents & Caregivers

Violence Prevention Suite

This suite includes five interactive programs for students, teachers, and parents/caregivers:

- ✓ Safe & Caring Schools for Educators & Staff
- ✓ Bullying Prevention for Educators & Staff
- ✓ F2F: Safe & Caring Schools
- ✓ F2F: Bullying Prevention
- ✓ Safe & Caring Schools for Parents & Caregivers

Professional Development for Faculty & Staff:

- ✓ At-Risk for Early Childhood Educators
- ✓ At-Risk for Elementary School Educators
- ✓ At-Risk for Middle School Educators
- ✓ At-Risk for High School Educators
- ✓ Bloodborne Pathogens
- ✓ Bullying Prevention for Faculty & Staff
- ✓ Coping with Loss at School
- ✓ Emotional & Mental Wellness for Educators & Staff
- ✓ Safe & Caring Schools for Educators & Staff
- ✓ Step In, Speak Up!
- ✓ Transitions: Supporting Military Children
- ✓ Trauma-Informed Practices

Student Curriculum:

- ✓ Friend2Friend: Bullying Prevention
*Coming Soon
- ✓ Friend2Friend: Emotional & Mental Wellness
- ✓ Friend2Friend: Safe & Caring Schools
- ✓ Friend2Friend: Substance Use

Community Programs for Parents & Caregivers:

- ✓ Calm Parents, Healthy Kids
- ✓ Emotional & Mental Wellness for Parents & Caregivers
*Available in Spanish
- ✓ Safe & Caring Schools for Parents & Caregivers
*Available in Spanish
- ✓ Substance Use for Parents & Caregivers
*Available in Spanish