



## Education Program

### **Survival Kit**

An interactive kit offered to schools and organizations outside of the Lifeguard Workshop Program region. This kit includes informational collaterals on The Trevor Project's lifesaving resources, an Educator Resource Guide, a Book & Film list for LGBTQ youth, and much more. Requesting a kit is easy - just go to [TheTrevorProject.org](http://TheTrevorProject.org) and fill out the form.

### **Lifeguard Workshop Program**

A unique opportunity for middle school, high school and college age youth to discuss mental health, suicide, and ways to deal with stress and anxiety in a safe environment. Workshop participants will learn about the services The Trevor Project provides and how to get help for themselves or a friend.

### **CARE Workshops**

An interactive workshop that provides an overview of the risk factors of suicide among LGBTQ youth and the ways different environmental stressors contribute to those risk factors. The first half of the workshop will focus on what research states regarding reducing the risk of suicide and promoting resiliency. After reviewing current research, there will be an emphasis on best practices and practical steps that service providers, educators, and others can take to promote a positive environment for all youth.

### **Webinars**

The Trevor Project offers monthly webinar versions of our CARE workshops for service providers, educators, and other adults across the country. Like the CARE workshops, these webinars will focus on how to reduce the risk for suicide, promote resiliency, and incorporate the best practices to create positive environments for all youth. Check our website for an updated webinar calendar.

**To request a workshop, survival kit, or to sign-up for a webinar, visit**  
[www.TheTrevorProject.org](http://www.TheTrevorProject.org)