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**On behalf of Scott W. Lay, Nevada County Superintendent of Schools, and Chris Espedal,  
Director of School Safety**

Please share the following important safety information with your parents and staff.

During these challenging times many of our students, staff and community at large are trying to navigate new ground. With an increase in screen time, cyber safety has become a new area of concern. It is important for families to have conversations regarding cyber safety and what to do if a student views disturbing content, particularly with reports of some disturbing videos circulating online.

The FBI Sacramento Field Office recently offered “Internet Crimes Against Children and Online Safety”, a virtual presentation for parents and students in middle school and high school who reside within our responsibility area. However, for younger grades, the FBI offers **FBI-SOS**, a free, fun, and informative program that promotes cyber citizenship by educating students in third to eighth grades on the essentials of online security. You can access the FBI-SOS site and program information at: <https://sos.fbi.gov/en/>.

If you are ever concerned that your child may be considering thoughts of suicide, it’s important to ask them about it directly. Asking, “Are you thinking about suicide?” will not put the idea in their head. If the answer you get is “yes” or an unconvincing “no,” there are immediate steps you should take, including contacting professional help. Call one of the crisis hotlines (listed below), and do not attempt to handle the situation on your own. Make sure that guns, knives, and medications are locked up safely. Do not leave your child alone until a safety plan has been put in place.

If you need help starting this important conversation, or others regarding cyber safety, with your children, resources are available through your school’s psychologist and counselor. In the event of a crisis, expert help is available 24 hours a day through the following organizations. All services are free of charge.

- Nevada County Crisis Line: **(530) 265-5811 or toll free (888) 801-1437**
- National Suicide Prevention Lifeline: **(800) 273-8255**
- National Crisis Text Line: **Text “HOME” to 741741**

Thank you. Please stay safe and healthy.