



Blue Ridge CUSD#18
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#br_u_knighited

September 10, 2020

Dear Blue Ridge families,

Many of you by now may have heard about the disturbing video circulating on Facebook, TikTok, and other social media platforms featuring a graphic depiction of a man dying by suicide. While the original video has since been removed, copies of it continue to spread online. In some cases, it's even being spliced into unrelated videos to purposely shock and disturb unsuspecting viewers.

What to Watch Out For

If you suspect that your child has seen this video, it's important that you talk to them and listen to any concerns, fears, or anxieties they may have. It is extremely disturbing and graphic, and seeing these images could have lasting emotional effects. Even if you believe your child is not on social media, it's possible they may hear about this violent video from friends.

Seek professional help — from a therapist, a school counselor, or a psychologist — if your child seems to be having trouble moving past this, or if you notice any of the following signs:

- Upsetting dreams or nightmares
- Unwanted memories of the video that keep coming back
- Lack of interest in participating in regular activities

Resources for Talking to Your Child About Violence and Suicide

If you need help talking to your child about violence, suicide, and other disturbing images they may encounter on social media, these websites can provide guidance:

- [How to Talk to Children About Tragedies](#)
- [American Foundation for Suicide Prevention](#)
- [How to Talk to Kids About Suicide](#)
- [National Suicide Prevention Lifeline](#)

Please do not hesitate to reach out should you have questions or concerns.

Respectfully,

Dr. Hillary Stanifer
Superintendent



Dr. Hillary Stanifer, Superintendent
Mrs. Lois Dowling, Interim Director of Student Services, Mrs. Mary Diener, Interim BRHS Principal
Mrs. Katie Nichols, BRIJHS Principal
Mr. Ryan Peyton, Ruth M. Schneider Elementary Principal