

#GiveMe20

Where did #GiveMe20 come from?

Two amazing teens, 17 year old, Chad Harrell and 16 year old, Regan Johnson tragically ended their lives in 2017. Both teens were happy and making plans for tomorrow, next week, next year.... yet both teens ended their lives suddenly and without warning. Their families, joined together through the common bond of losing a child, began to ask questions and research. What they learned completely changed everything they knew about suicide prevention.

Statistics show, often teens are choosing to end their life in a snap decision. Lost in a moment of darkness, many teens go from thinking about suicide to acting on it in less than 20 minutes. Just 20 minutes to decide life isn't worth living. Both families realized they had to do something to educate teens and the people who love them. #GiveMe20 was born.

What is #GiveMe20?

The idea is, if you can choose to end your life in 20 minutes, then couldn't you just as easily choose to LIVE your life in that time? The #GiveMe20 program gives kids and their families tools and resources to help get them through those dark moments. Reminders of the things they love about life, themselves and the people who would do anything to keep them here.

How?

It starts with building a LifeBox. This packet includes a few things to get started.

- **I AM card** - list 10 things you like about yourself or are good at.
- **ALWAYS REMEMBER card** – this is a note from someone who loves you, explaining what you mean to them and why you should always choose life.
- **ALWAYS THERE card** – list 3 people you know you can call anytime, day or night, to help when you are struggling.

The rest is up to you. Fill the box with reminders of happy memories. Dreams for your future. Notes from family and friends that make you feel special. Anything that helps you focus on what you have to live for. Our hope is, should you ever find yourself in a moment where life doesn't seem worth living, your LifeBox can be a tool to get you through it; a continuous reminder brighter days are coming.

We hope that you will work on this with with a friend or make it a family activity. Use it as an opportunity to have open discussions about life and facing adversities.

Recommended supplies include:

- shoe box
- construction paper
- foam letters
- mementos and photos that are special to you
- scissors
- markers/crayons/colored pencils
- puffy decorating balls
- tape and glue
- inspirational stickers

Remember, this is all about what makes you happy and brings light to your world so be creative and make your box meaningful and personal.

BROUGHT TO YOU BY:

shifting
gears &
for regan

keep the
spark alive
FOUNDATION

GiveMe20.net

f keepthepark
shiftinggearsforregan

We want to
see your
amazing creation!

GiveMe20.LifeBox
#GiveMe20

I Am...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

When bad days strike it can be hard to remember that you bring light to the world. Write down 10 things you are good at or that you love about yourself so that you can never forget.



Always Remember...
#giveme20 #shiftinggearsforregan

• I AM card - to list the top 10 things you like about yourself or are good at.

• ALWAYS REMEMBER card -this is a note from someone who loves you, explaining what you mean to them and why you should always choose life.



BROUGHT TO YOU BY: **shifting gears** for regan & **keep the spark alive** FOUNDATION



giveme20.lifebox
keepthespark
shiftinggearsforregan

You are never alone.
Just reach out!
These people are

*Always
There...*



keepthespark
shiftinggearsforregan

Text. Call. Show Up.

1. _____
2. _____
3. _____

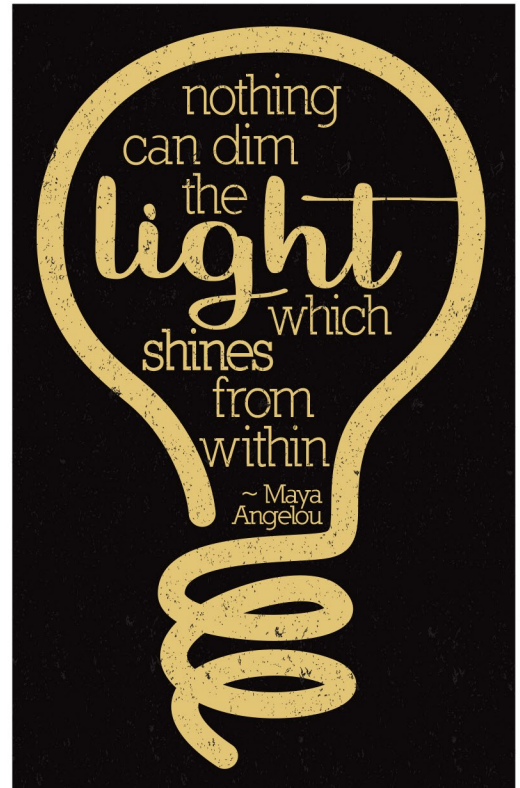
The Crisis Text Line is
always available too!
Just text **TALK** to 741741.
Or call 800-273-8255.

• ALWAYS THERE card - list 3 people you know you can
call anytime, day or night, to help when you are struggling.

*Never
give up!*

We want to
see your
amazing creation!

  GiveMe20.LifeBox
#GiveMe20



*Believe
in
Yourself*

Box On-The-Go!

We know you can't always have
your box with you. Add these
apps to your phone and you can
have resources and reminders
at your fingertips.



Virtual
Hope Box



MY3
Support Network

BROUGHT TO YOU BY:

shifting
gears
for regan

&

keep the
spark alive
FOUNDATION



giveme20.lifebox
keepthespark
shiftinggearsforregan