



**SOCIETY FOR**  
**MEDIA PSYCHOLOGY & TECHNOLOGY**  
DIVISION 46 OF THE AMERICAN PSYCHOLOGICAL ASSOCIATION

October 13, 2017

To Whom It May Concern:

Please accept this letter of endorsement for the Prepare U high school curriculum produced by Therapy Live. I was fortunate enough to evaluate the curriculum from the lens of the president of the Society for Media Psychology and Technology, a journal editor, a former school district program evaluator and Institutional Review Board chair, as well as a parent.

The curriculum includes interactive videos and experiential activities that address important topics for high school students such as suicide, anxiety, stress, anger, cognitive distortion, family systems and mental health stigmas. The overall goal of the program is to teach students the fundamentals of the topics and the resources that exist to help with them. Students are to watch the videos and participate in experiential activities that includes journaling.

This curriculum is exactly what our students need. The videos are ideal for the targeted high school audience: a balance between smart and informative, while interactive, funny, and engaging. The assessment and evaluation process are on point in that they aim to provide evidence of the program's effectiveness through academic achievement, suicide rate, and school incident data.

Any district would be fortunate for the Prepare U curriculum to be implemented into their schools. For some students it might be an introduction to difficult, real life topics, but they are guaranteed to understand the content, know they are not alone, and where to go for help.

Thank you for considering the Prepare U program. Please contact me if you would like any additional information.

Respectfully submitted,

A handwritten signature in black ink, appearing to read "Joanne Broder Sumerson".

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