

SB 2311

Senate Human Services Committee

Testimony of Megan Krantz in support

February 9, 2021

Mrs. Chairman and members of the committee:

I am here today to offer testimony in support of SB 2311, which would require mental health awareness and suicide prevention be introduced into the health and wellness curriculum of students from grades seven through twelve. As a former student of North Dakota schools, both public and private, and as a person whom was failed by the systems that were in place to promote student wellness, I believe this is critical information to give to the students of North Dakota. Had I been given adequate, accurate information starting in middle school about mental health or if my peers and I had been given information about how to properly spot signs of suicidal ideation and address those signs, my life would be drastically different.

Even over this past weekend, a video from the social media platform TikTok that was filmed at Horizon Middle School here in Bismarck surfaced and was spread around other forms of social media. In that video, a table of kids were targeted and had food thrown at them. While this is clearly unacceptable and Bismarck Public Schools has addressed the issue, I worry about the health and well-being of those students. Being targets of bullying is incredibly embarrassing and minimizing and undoubtedly has a negative effect on mental health. The information that

could be offered if this bill is passed, even if it is just the information on resources available, would be one more tool these children could have in their arsenal to cope with this traumatic situation.

I thank you for your time today and urge a do pass recommendation on SB 2311.