



#MARTINListens

Thought-Provoking Film *Listen* Coming to the Martin County School District as part of Mental Wellness Initiative

Stuart, FL — Everyday someone is waiting for another person to notice they are broken or alone. What happens when we don't pay attention? The Martin County School District will bring *Listen*, a full-length, narrative film inspired by real youth dying for someone to truly hear them to Martin County in November. Educators and students in Martin County high schools will participate in viewings of the film, followed by interactive discussions with the film's writer, director and youth advocate, Erahm Christopher. The initiative was developed to bring about greater awareness and understanding of the issues teens face including bullying, cyberbullying, self-image and suicide. It will provide a platform to engage students, parents, and community in a courageous conversation on mental health and wellness.

Inspired by a decade of Christopher's work in schools across North America, *Listen* tells the story of what happens when we don't pay attention. It's about all of us, and how we impact each other. Created in response to the unsettling mental health epidemic and the stigma surrounding it, the film is an alarm to face the truth that how you listen defines what happens to you and those you love.

"Ensuring the mental wellness of our children is something that is so important, and is really a responsibility shared by all of us," said Superintendent Laurie J. Gaylord. "We believe that *Listen* will spark a courageous conversation that will help our students feel like they are not alone in their struggles. The accompanying resources and training will support our students, educators, parents and our community in becoming more active, aware and supportive listeners."

In addition to student and faculty film screenings, the District will hold two parent screenings, two community screenings, conduct active listening trainings for students and educators, and integrate a 230-page Social Emotional Based Curriculum throughout the school system.

"I am grateful to be working with everyone in the forward-thinking Martin County School District", stated Erahm Christopher. "After working over a decade in schools across the nation, I believe bullying, self-harm, body image, depression, anxiety, depression and suicide are symptoms of a bigger mental health crisis that is plaguing our schools. To see Martin County allocate the time and resources to address these issues across their community is inspiring. I designed *Listen* to be a tool that others could utilize to help bridge our social divides and I am thrilled to have it used in the Martin County School District."

To learn more about the free community screening at South Fork High School on November 7, please click [here](#).

To learn more about the free community screening at Jensen Beach High School on November 8, please click [here](#).

For more information about *Listen*, please click [here](#).