

## Viewing of film “ANGST” Student Opt-Out Letter

Dear Families,

We thank you and your family for being our valued partners as we work together to educate the children in our district. As part of the Student Climate Clubs' initiatives this year, we are planning to show the film "Angst" to all 11th and 12th graders on February 4th followed by a panel discussion. The film de-stigmatizes anxiety by helping people understand what it is, what it feels like, how to manage it, and the importance of reaching out for help. Teenagers telling their own stories help viewers understand what a common condition it is and that they are not alone.

The film will be aired on Friday, February 4<sup>th</sup> from 8:45 a.m. to 10:30 a.m. to each 11<sup>th</sup> & 12<sup>th</sup> grade class. There will be an introduction beginning at 8:45 a.m. followed by the viewing. The film lasts 55 minutes. After the film, the teacher will return to the Google Meet where a panel discussion will follow. Students are to direct their questions to their teacher who can type them into the Chat Box.

Please notify us if you would like your child to opt out of participating in the viewing of the film “ANGST” by filling in your name and your child’s name below and returning it to school by **February 2, 2022**. We thank you in advance for your thoughtful responses. If you have any questions about the film viewing, please don't hesitate to contact us at 504-349-8623 or email [erin.valls@jpschools.org](mailto:erin.valls@jpschools.org).

Sincerely,  
YOUR NAME

\* \* \* \* \*

*I do not want my child to participate in the viewing of this film.*

Student Name: \_\_\_\_\_

School Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Guardian Name: \_\_\_\_\_

Guardian Signature: \_\_\_\_\_

## Description of the film “Angst”

**Angst** is a film that addresses anxiety, a common issue around mental health for teenagers. Built around personal stories with perspectives and information from related experts, it packs a heavy dose of edutainment, enlightenment and empowerment within a 55-minute class period.

**Angst** de-stigmatizes anxiety by helping people understand what it is, what it feels like, how to manage it, and the importance of reaching out for help. Teenagers telling their own stories help viewers understand what a common condition it is and that they are not alone, while expert perspectives break down what anxiety is, and provide tips and tricks to persevere through it. Together they show that anxiety is 100% treatable, giving hope to those struggling.