



Privacy & Data Usage Statement

Privacy Statement

Text, Talk, Act cares about your privacy! Text, Talk, Act does not sell or share participant's cell phone numbers. Participants who use their phone in a Text, Talk, Act event will not receive unrelated text messages from Text, Talk, Act. Responses are anonymous and cell phone numbers are not displayed on the live webpages with participant responses.

Text, Talk, Act is free to use. Please note, standard messaging rates apply, the same way any text message would apply, based on the individual's contract with the cell phone carrier. However, Text, Talk, Act does not charge any fees for participating in the program.

Some cell phone carriers block short codes (89800 is a short code). If this is the case, participants can text START to 778-588-1995. This number also works in Canada!

Text, Talk, Act participants are invited to share a selfie of their group on social media. This allows students to feel a part of a national conversation, as they will see other selfies of young people across the country who are also talking about mental health! It is a great way to break the silence on mental health and encourage others to participate. However, sharing a selfie is entirely optional, so if social media is blocked in a school, or if there are concerns about privacy, participants can skip this step.

Data Usage

Schools who participate in the nationwide Text, Talk, Act event can request a report of the responses received for their school/community. This allows schools to have meaningful data from their students and learn about their students' needs for mental health programs and services. The report does not include cell phone numbers or names. To learn more about this option, please contact Raquel Goodrich prior to the Text, Talk, Act event at: rgoodrich@email.arizona.edu). The report will include anonymous responses from the following questions:

- Some schools/communities do amazing things to improve mental health. What is working where you are? What could be better?
- If your school/community could do one thing to improve mental health what would it be?

In addition, a report will be provided to policy makers and mental health organizations. This report can help organizations make decisions about mental health programs and funding for youth. The report provided to these organizations (upon their request to Raquel Goodrich: rgoodrich@email.arizona.edu)



will include anonymous responses (no cell phone numbers will be provided) from the following questions:

- How close has anyone in your group, been affected by mental health challenges?
- What does it mean to be mentally healthy?
- What do you do to take care of your mental, social, physical, or spiritual health?
- Think back to a challenging time in your life. What happened? Who or what helped you get through it? What wasn't helpful?
- What are your ideas for ways to reach out and support friends and peers who may be dealing with mental health issues?
- What actions might you take to help?
- Some schools/communities do amazing things to improve mental health. What is working where you are? What could be better?
- If your school/community could do one thing to improve mental health what would it be?
- If our country could do one thing to improve mental health, what should it be?