

TEXT

TALK



SET TO GO

A JED PROGRAM

WHAT IS IT?

Text, Talk, Set to Go combines text messaging with face to face dialogue. Gather 3-4 high school juniors and seniors and text SetToGo to 833-440-2220 for a fun and engaging conversation on getting emotionally prepared for the transition from high school.

WHY DO THIS?

Because 60% of college students wish they had gotten more help with emotional preparation for college.

Because 90% of TTSTG participants report an increased knowledge about how to stay emotionally and mentally healthy in the transition.

LEARN MORE

Visit settogo.org

On social: #JEDsettogo

GET STARTED

1. Text SETTOGO to 833-440-2220

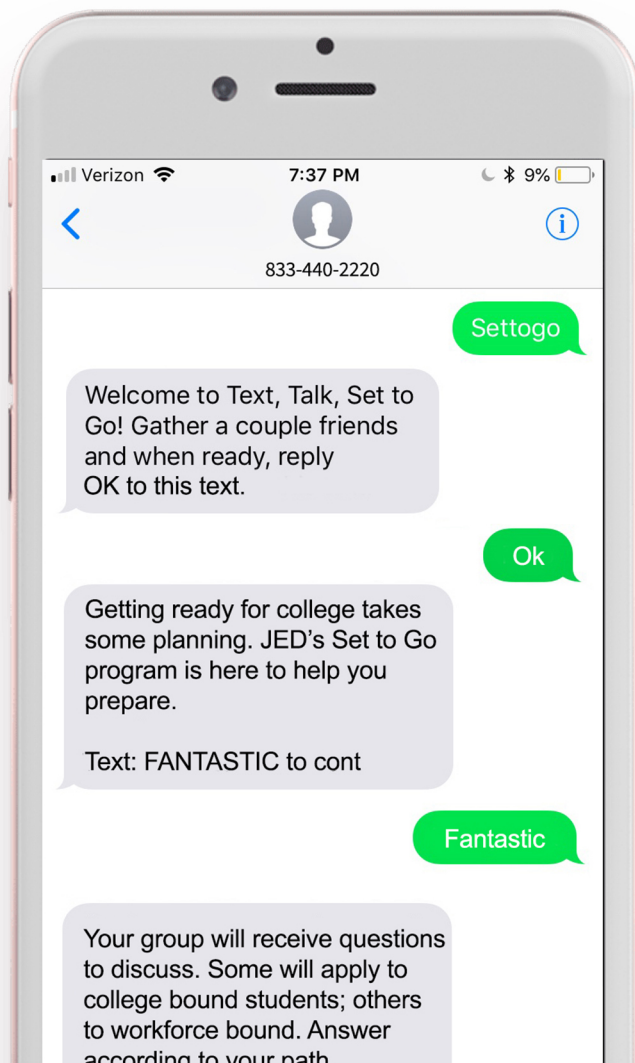
Participants gather with friends or parents/guardians in groups of 3-4 with one cell phone. Text SETTOGO to 833-440-2220 to begin.

2. Follow the text prompts

Each group moves through the texted script at their own pace. Groups will talk about how to get emotionally prepared for the the transition from high school.

3. Be a part of the change

Let the program guide you through a series of discussion questions, social media interactions, and polling questions. As a group, you'll discover new ideas and perspectives - and develop a plan to help you succeed.

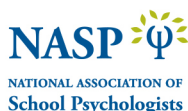


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