

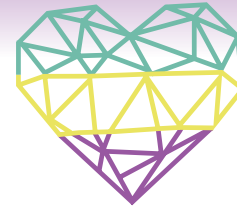
JumpStART Conversations

28-Month Calendar

September 2024 - December 2026



GOAL
EVERYONE
MATTERS



About This Calendar and GEM Project Dayton

The artwork from this calendar was created between 2021 and 2024 by local youth in the Greater Miami Valley for the annual GEM Art Contest for Suicide Prevention.

During the Covid lockdown, a group of Hope Squad students concerned about the mental health of their friends designed, launched, and coordinated this contest to reach and support their isolated peers. In just three years, the GEM Art Contest has tripled in size and become an annual event run by an energetic and passionate student board who work hard to keep it going, and it is generously supported by local mental health organizations, the arts community, businesses, and philanthropic citizens. For us, GEM stands for "Goal: Everyone Matters!" Our mission is to encourage peer-to-peer support in suicide prevention, and this art contest is a wonderful way for us to reach more students. As



GEM Team 2021-22

you can see in this calendar, the GEM artwork resonates, inspires, and helps make the world suicide safer.

Our team thanks every single one of the GEM student artists who have provided these images that help jumpstart conversations about suicide—a topic that is hard to talk about because of the stigma and fear surrounding it. And we MUST talk about suicide as much as if not more than we talk about other dangers facing our students. More people die by suicide than by all the armed conflicts and natural disasters in the world combined. Suicide is the 2nd leading cause of death for youth aged 10 – 14, and it is 3rd leading cause of death in 15- to 24-year-olds. A shocking statistic is that

more than 5,200 youth die by suicide each year compared to approximately 200 students who have died in all the school shootings since 2001. Keeping youth safe must be a priority, and by assessing and addressing ALL threats to our youth, we will save more lives.

A first step in protecting our youth (and anyone!) from suicide is talking about it. However, asking someone about suicide can be difficult, so we hope this artwork will help spark that conversation. If we all work together, we can make the world suicide safer, and the first step begins with a conversation.

Thank you!
The GEM Project Dayton Team

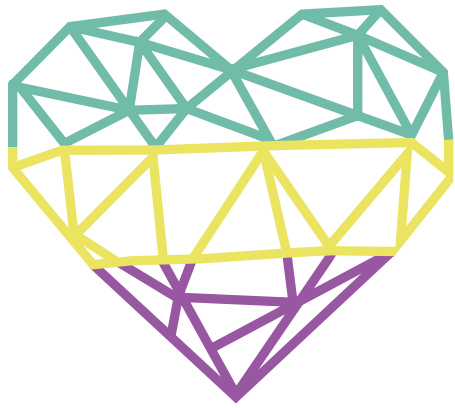
Thank you!
The GEM Project Dayton Team



GEM Team 2022-23



GEM Team 2023-24



GOAL EVERYONE MATTERS

Art Contest for Suicide Prevention

Help us save lives!

Youth grades 6 -12 who
live in the Dayton area are
invited to participate

Contest developed by
students for students

Cash prizes will go to top
winners

Artwork from contest will be used
to promote suicide prevention



Abigail, Grade 12

For details, scan QR code
or go to
www.gemprojectdayton.org



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Kate, Grade 10

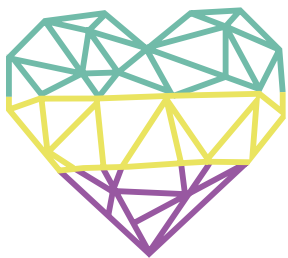


September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Many people who think about suicide are ambivalent about taking their lives.

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988 CALL
or TEXT
if you are thinking of suicide
to get immediate support



Abigail, Grade 12



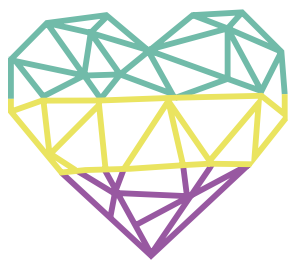


October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Talking about suicide decreases the stigma and increases the chances a person with thoughts of suicide will seek help.

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Tabitha, Grade 12

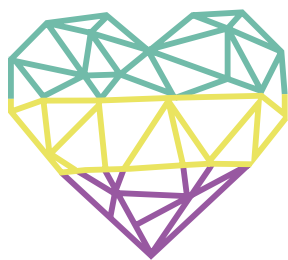




November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
<p><i>Make a promise to a friend to always be there for one another.</i></p>						

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 or TEXT
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Caroline, Grade 9



December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31	<i>Scars are beautiful when we see them as glorious reminders that we courageously survived.</i>				

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Joshua, Grade 11





January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Sometimes we need to help others find the light, to see the possibility of a brighter future.

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Jack, Grade 12



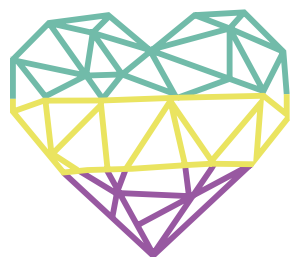


February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

The semicolon is a symbol of overcoming suicide. Rather than a period, a semicolon allows a sentence to continue.

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Livy, Grade 7



Zephyr, Grade 12



March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	<i>Suicide affects more people than we realize. It is important we help others find their way through darkness.</i>				

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Stella, Grade 10

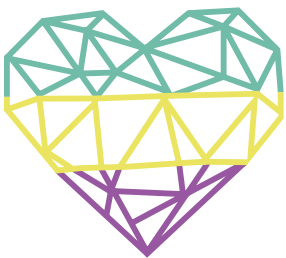


April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

It's important to take time for ourselves, whether that be listening to music, writing in a journal, painting, drawing cartoons, taking a long walk.... It's not selfish to take care of YOU.

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Lillian, Grade 11

May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Remember to take breaks from social media and get away from the noise, which can overwhelm and exhaust.

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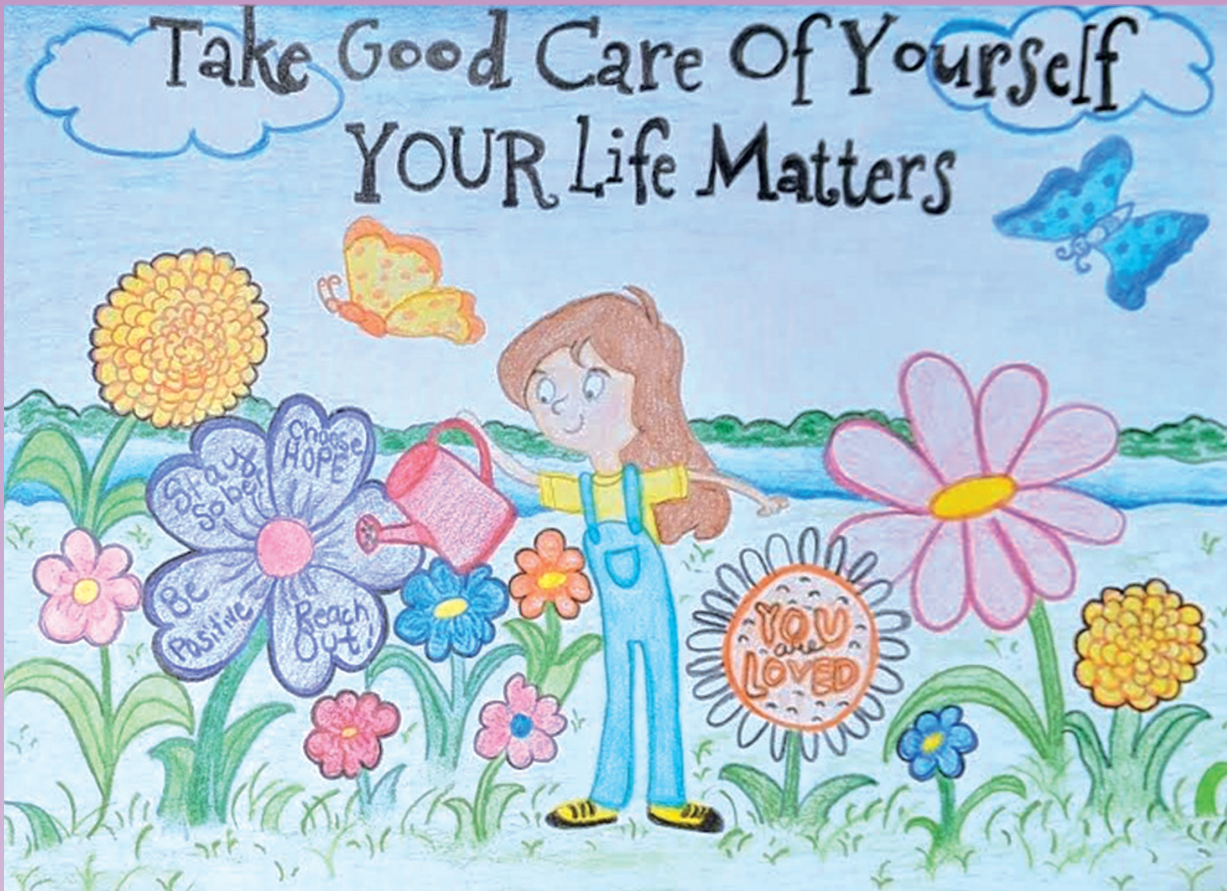


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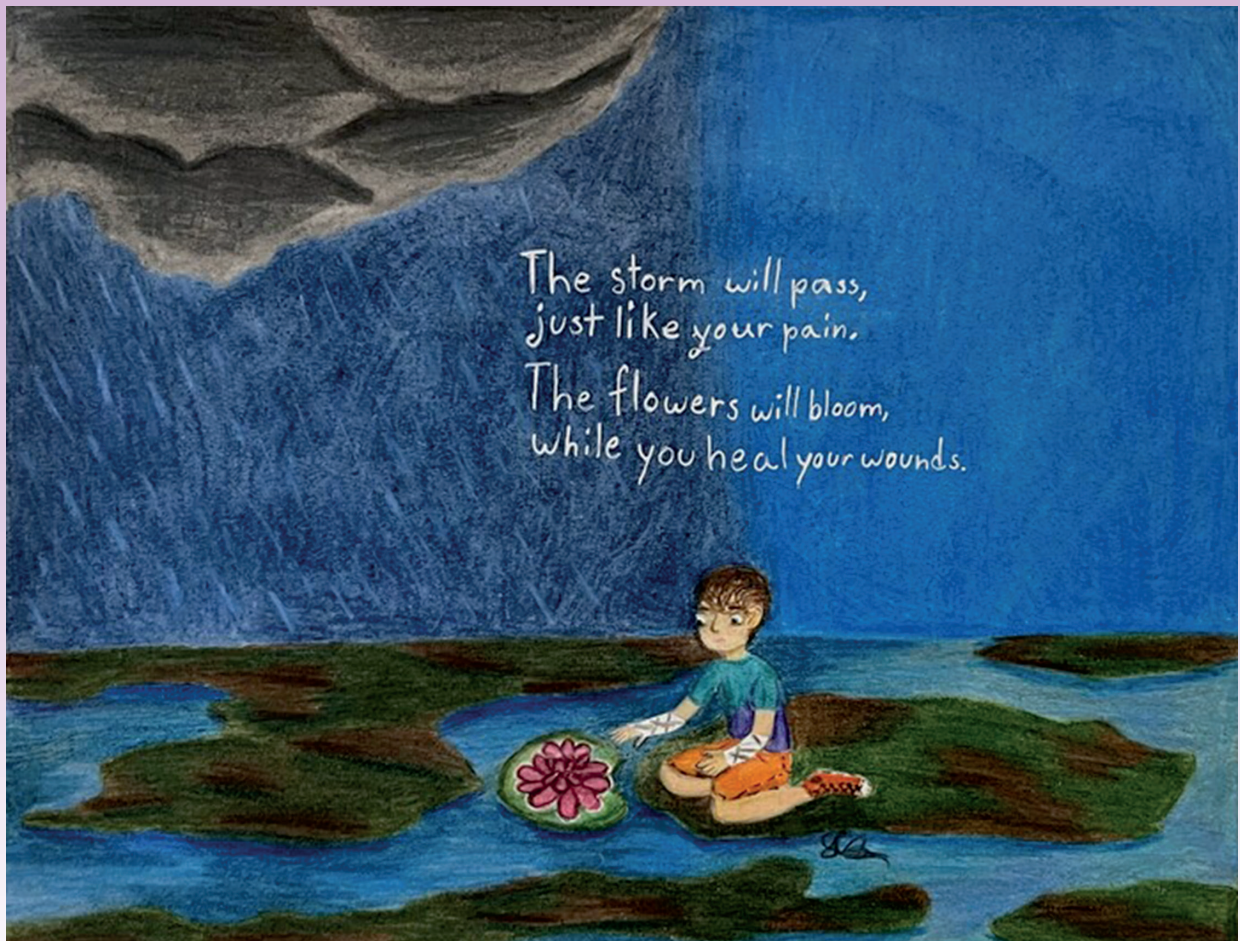
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Danielle, Grade 9



Skylynn, Grade 11

June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

After a storm, the sun comes out to help the world bloom and grow.

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Kameron, Grade 12



July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	<i>Sometimes people don't need advice— they just need you.</i>	

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Autumn, Grade 12

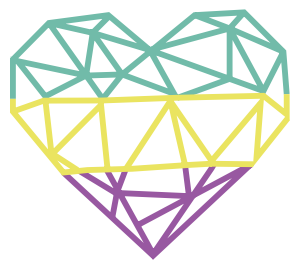




August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	<i>Butterflies emerge from the inner darkness of cocoons.</i>					

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 or TEXT
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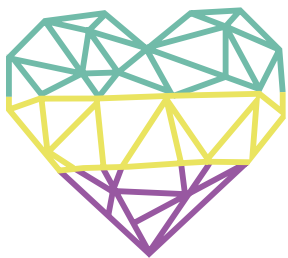
Kelli, Grade 10



September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	<p><i>People who struggle with their mental health often turn to alcohol or drugs to mask their pain, but unfortunately these substances exacerbate the problem.</i></p>			

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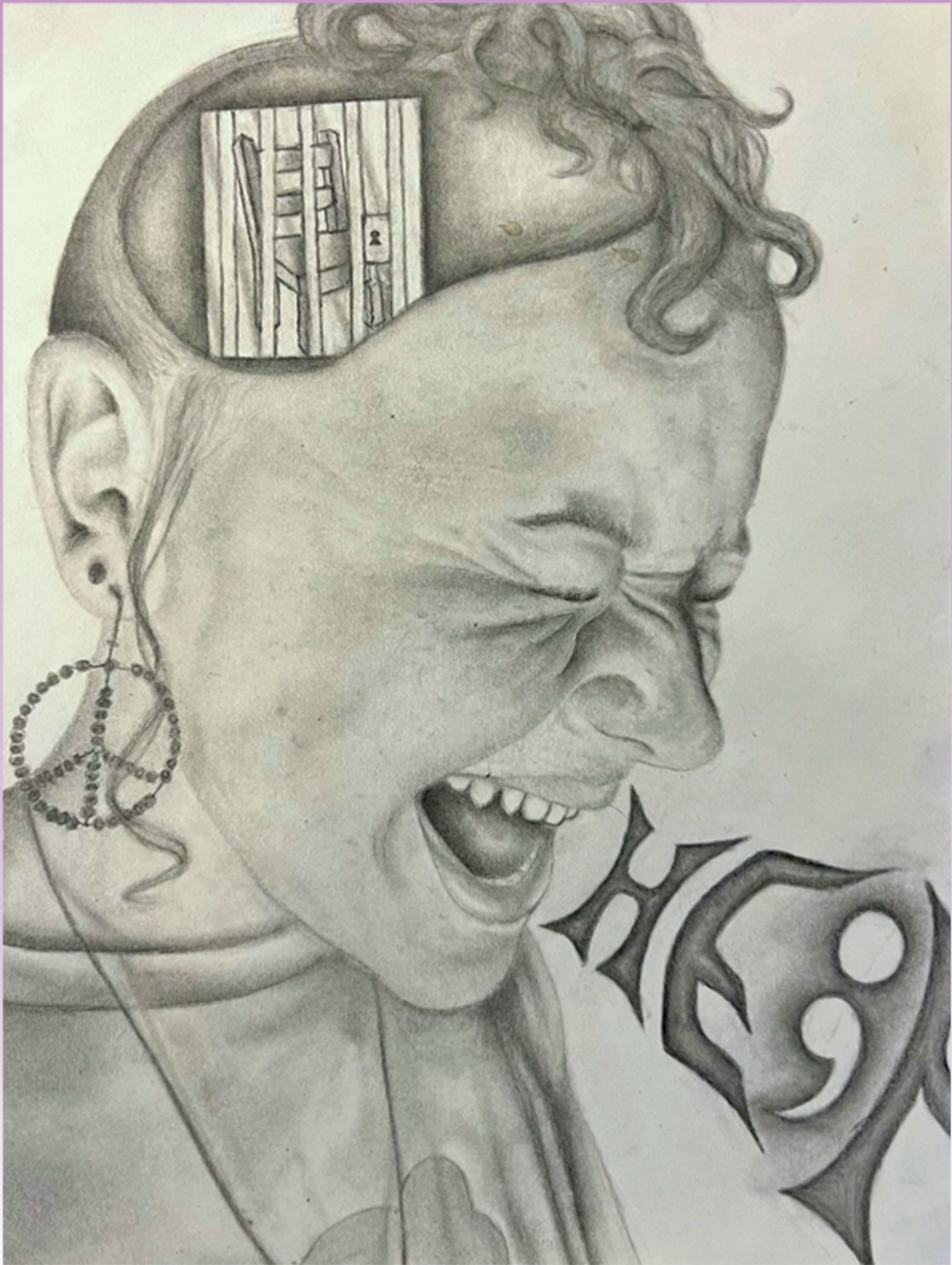


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Ashlynn, Grade 11



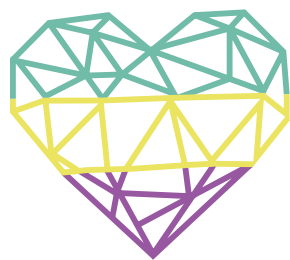


October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

*Sometimes people have trouble putting into words that they need help.
It doesn't hurt to ask if you are concerned about a friend or loved one.*

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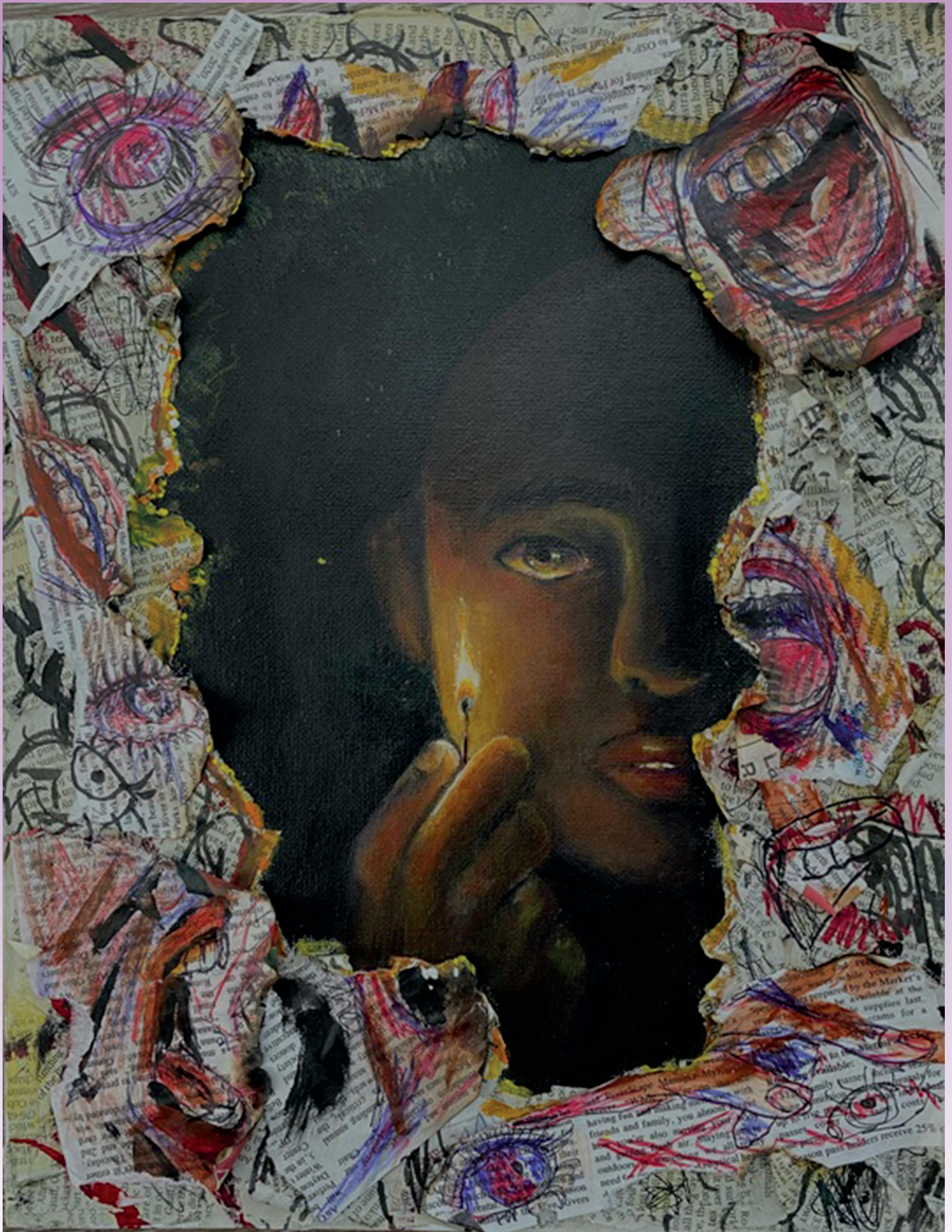
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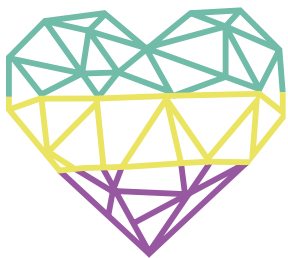
Liliane, Grade 10



November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	<p><i>Talking with someone about suicide shows that you are someone to trust and turn to when help is needed.</i></p>					

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Shelby, Grade 12



December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

If you see someone drowning, you would call for help. Likewise, if you know someone is thinking of suicide, call for help. Both are life-threatening emergencies that require immediate attention.

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or TEXT
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ONLY ONE WAY TO FIND OUT:

be there

Charlotte, Grade 11



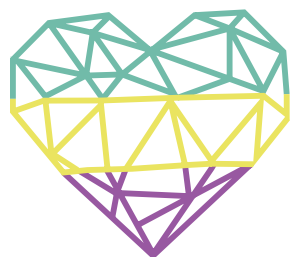


January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

No matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow. (Maya Angelou)

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988 CALL
or TEXT
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to get immediate support



"I would rather listen to your story
than attend your funeral"



Isabelle, Grade 8



February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
<p><i>If a person tells you they plan to die by suicide but asks you not to tell anyone, you must get them help. If they get angry, remember it is better to have a friend who is alive and mad at you than a dead friend.</i></p>						

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Sophie, Grade 11



March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31	<p><i>Most people who think about suicide don't really want to die—they just want their pain to end.</i></p>				

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Joshua, Grade 10



Niko, Grade 11

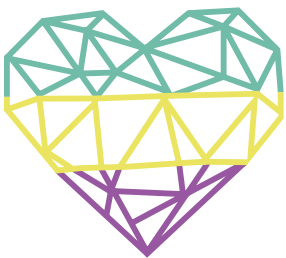


April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

People should treat mental health like any other health issue and seek professional help.

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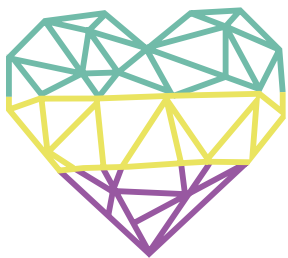
Matilda, Grade 10



May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	<i>When you are going through hell, just keep going. (Winston Churchill)</i>					

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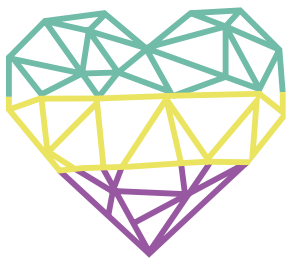
Chloe, Grade 9



June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	<p><i>A suicidal person does not see the world clearly: a crisis point has been reached, they are desperate to escape pain, and their thinking has become limited.</i></p>			

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Josalan, Grade 12



SianFu, Grade 9

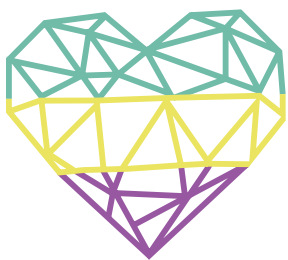


July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Yoga, meditation, and deep breathing are good ways to center yourself throughout the day.

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988 CALL
or TEXT
if you are thinking of suicide
to get immediate support

YOU ARE NOT ALONE



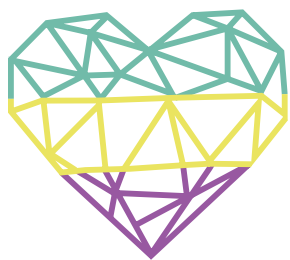
Haley, Grade 12



August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31	<i>Troubles are easier if not handled alone.</i>					

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Lili, Grade 9





September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

In a world where you can be anything, be yourself.

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Sasha, Grade 10



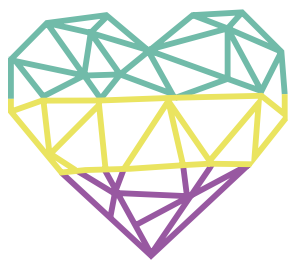


October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

*Trust your gut if you think someone is thinking about suicide.
Assume you are the only one who will reach out.*

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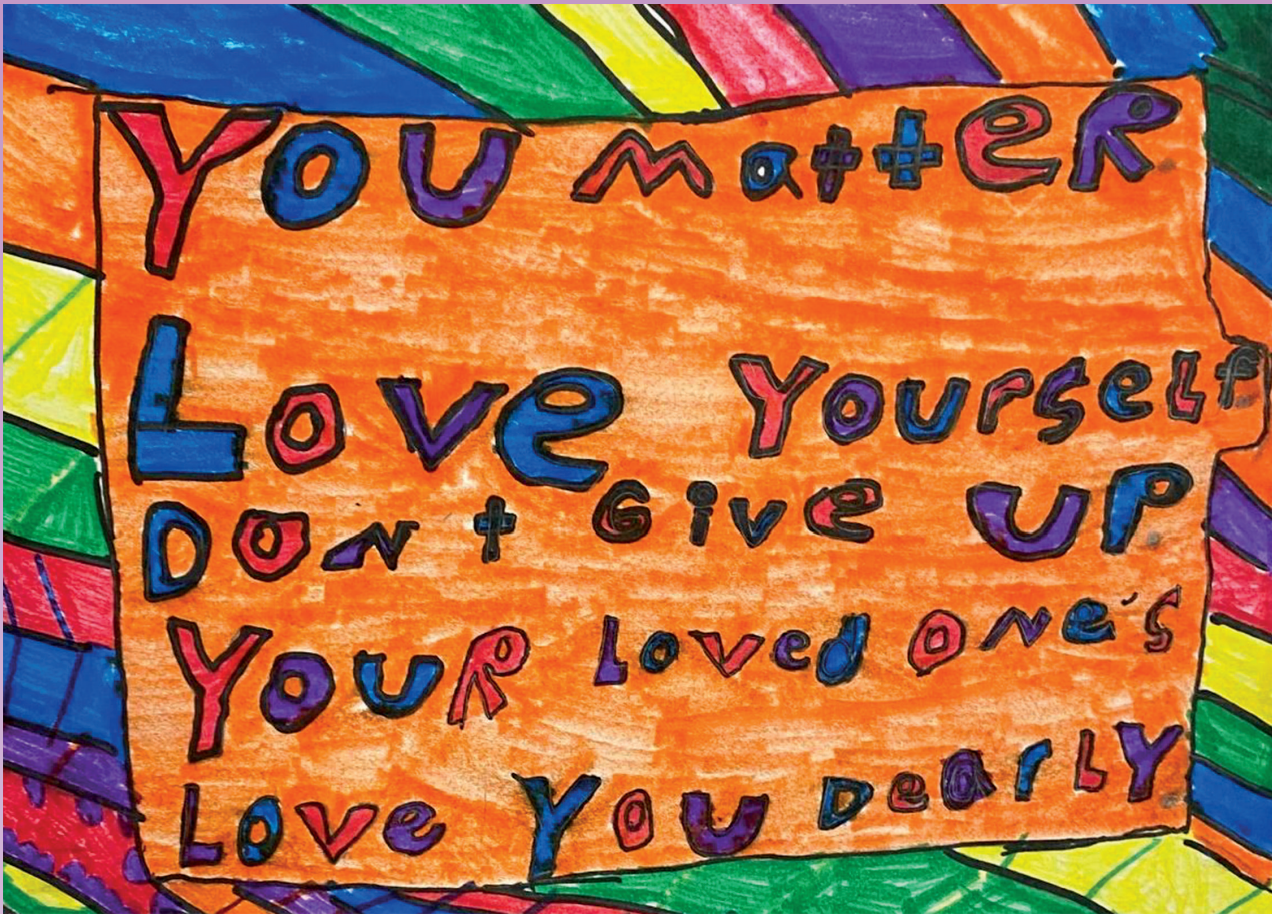
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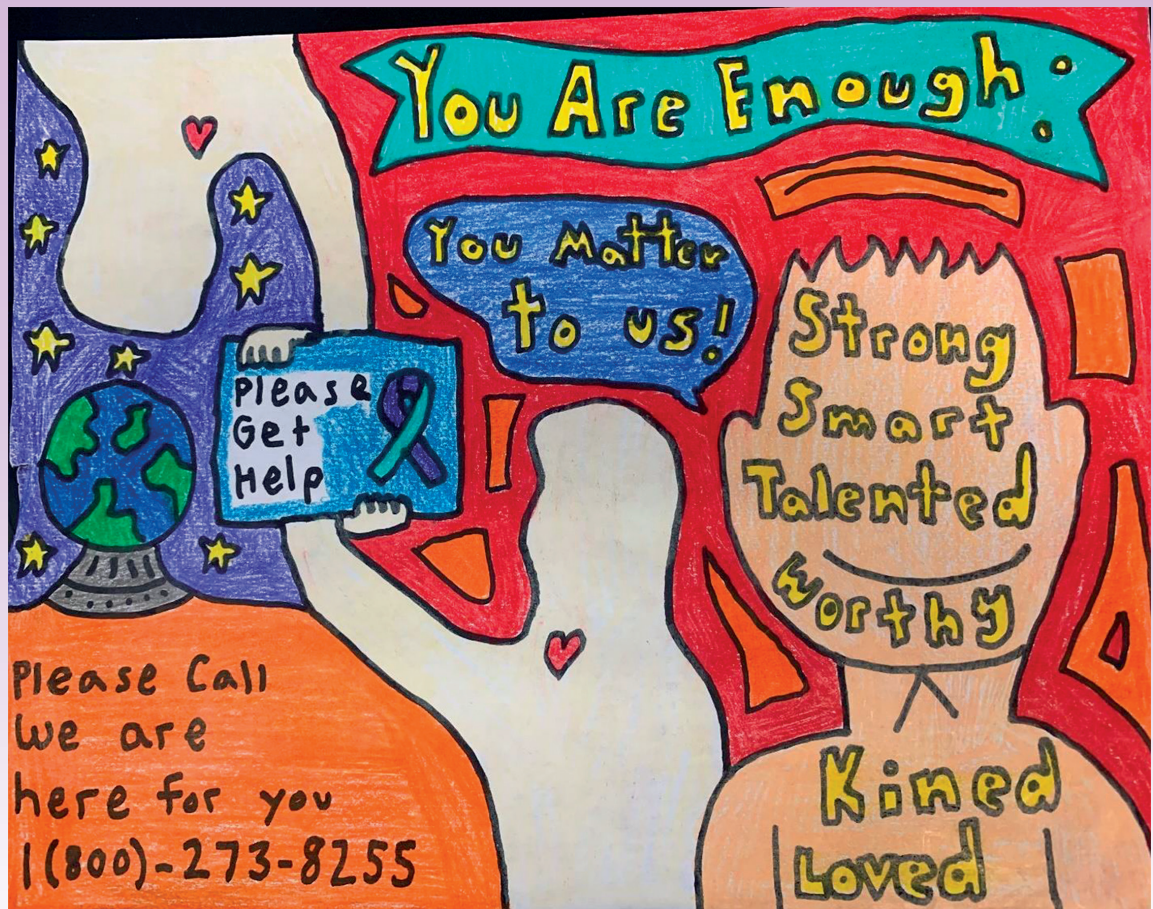


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Elijah, Grade 8



Logan, Grade 9

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	<p><i>Only 2 in 5 people with a mental health issue seek treatment—we must stop the stigma and save lives.</i></p>					

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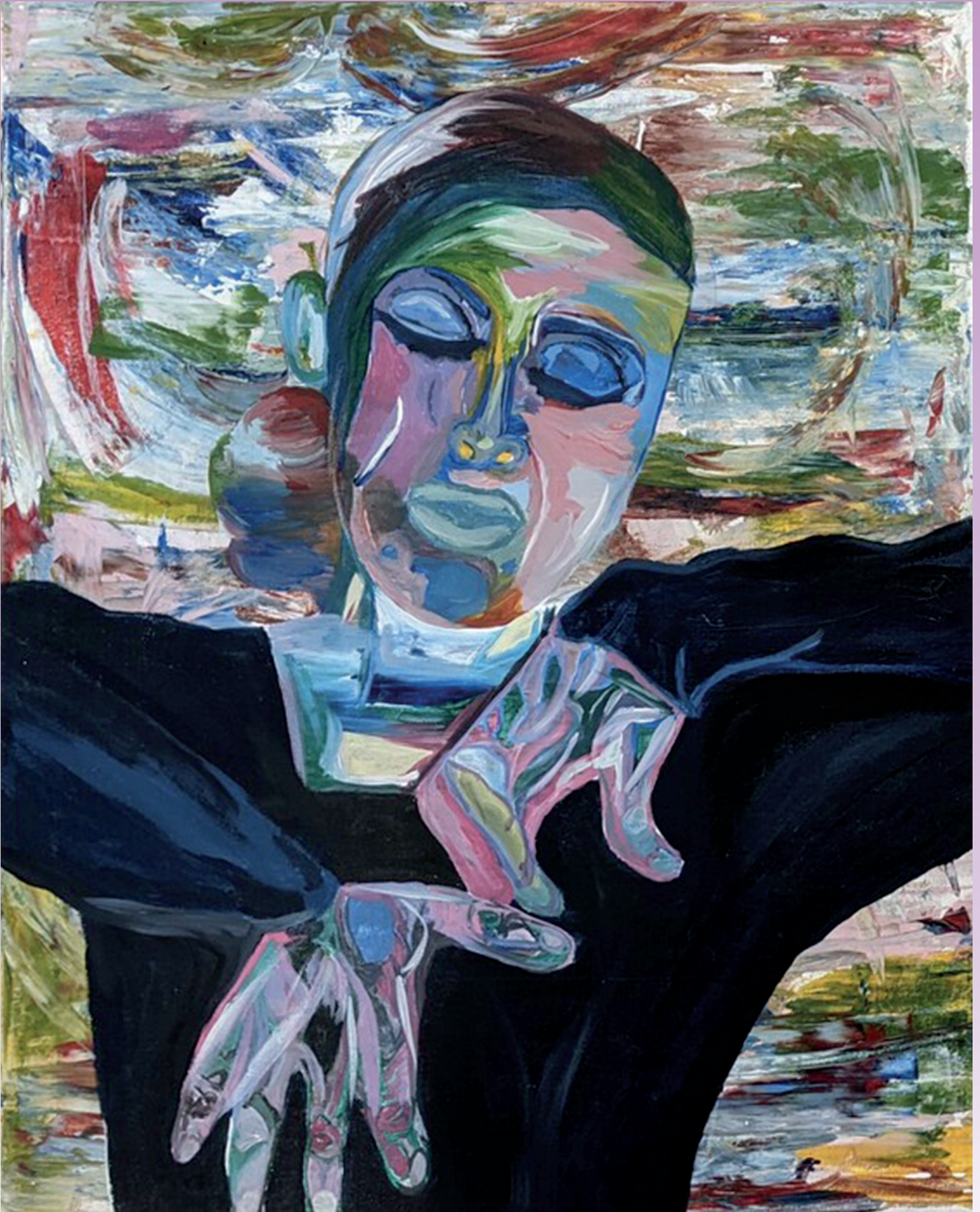


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Grace, Grade 11

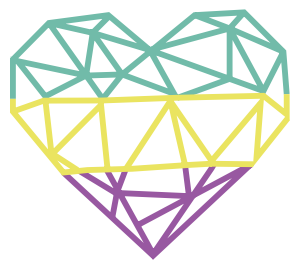




December 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
<i>Dance like no one is watching! There is only one YOU!</i>						

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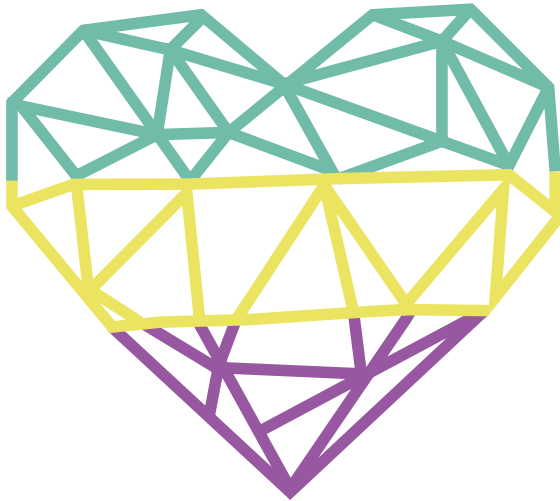
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