

# CLARIFYING OBJECTIVE

- 8.MEH.3.2 - Implement a plan for seeking adult help for peers who express symptoms of self-- -injury or suicidal intent.

# VIDEO

- [UNC Suicide Prevention video \(3:29 minutes\)](#)

# Suicide Prevention

**WARNING SIGNS AND WAYS TO HELP**

TRUE OR FALSE

# TRUE OR FALSE

- Suicide is the intentional ending of one's own life.
  - (True)
- Suicide is the second leading cause of death among young people between ages 15-19.
  - (False, third)
- If someone tells you that they are going to kill themselves, you shouldn't do anything.
  - (False – If someone tells you that they are going to kill themselves, you need to let a caring adult know.)
- All attempts to suicide result in a completed act.
  - (False – Thousands of young people attempt suicide, but fortunately not all attempts are fatal.)
- Every year as many as a thousand teens and young adults attempt suicide.
  - (False – Over a half million youth attempt suicide.)

- More than 5,000 teens and young adults complete suicide yearly.
  - (True)
- Only insane people attempt suicide.
  - (False – Many people who commit suicide have not lost touch with reality, but they feel hopeless and depressed.)
- People who attempt suicide want to die.
  - (False – Most of them want to end their pain, not their lives but don't know how to go on living with their pain.)
- All kinds of people (rich, poor, female, male, young and old) attempt suicide.
  - (True)
- Many, but not all, suicide attempts can be prevented with help.
  - (True)

# TEACHER INPUT:

- By this time tomorrow, 12 young people in this country between the ages of 15 and 24 will have killed themselves.
- That means a young person dies by suicide about every two hours.
- Many more young people attempt suicide every day.
- If a young person is feeling self-destructive he or she might be more likely to speak with a friend or classmate than with an adult.
- However, a young person cannot manage the threat of suicide by him/herself.
- If a classmate, friend or sibling is considering suicide or self-injury *an adult MUST be involved*. Even if the person requests it be kept secret, it must be told.

- The adult should be one that is perceived as trustworthy and credible by the student.
- It may be a school nurse, social worker, or guidance counselor.
- Sometimes a teacher or administrator is the right person.
- A friend of the person at risk could talk with his or her parent or guardian who might then speak to the suicidal young person's parent.
- An adult who has training will be able to talk openly with the youth and assist him or her with getting help from a mental health professional.

# WARNING SIGNS



- Decline in school performance
- Skipping class
- Dropping out of activities
- Aggressive or destructive behavior
- Insomnia
- Daytime sleepiness
- Difficulty concentrating



# WARNING SIGNS

- Lack of energy
- Changes in eating patterns, either over-eating or not eating
- Withdrawal from relationships with friends and family
- Isolation
- Feelings of worthlessness, excessive guilt

# WARNING SIGNS

- Risk taking behavior
- Changes in personality or behavior
- Beginning to use alcohol or other drugs
- Giving away prized possessions
- Statements, such as “I wish I were dead” or “No one cares”



# WARNING SIGNS

- Loss of interest in everyday activities, even things they enjoy doing
- Apathy
- Death themes in artwork or written work
- Planning a suicide attempt or a previous attempt
- A sudden lift of spirits because they feel their problems will soon end



# WAYS TO HELP



- Take any signs or verbal statements seriously.
- Listen to the person and show him or her that you care.
- Don't leave the person alone.

# WAYS TO HELP

- Build a network of support:
  - Friends
  - Family members
  - Counselors
  - Teachers
  - Faith leader
  - Health care provider



# WAYS TO HELP

- Call a suicide hotline number. Check your local telephone book for a local hotline number.
- Get professional help.
- Seek out local agencies that could provide professional counseling services.
- Seek a trusted adult.



# VIDEO (DISCOVERY ED)

- [Suicide: A Guide to Prevention, Second Edition](#)

# WHAT WOULD YOU DO?

- A good friend of yours has seemed troubled lately and has begun to keep more and more to himself. One day you go to see him and he tells you he would like to talk to you about something but you must promise to keep it a secret. He seems pretty serious and you value your friendship with him so you agree not to tell anyone what he has to say. He tells you that he and everyone else would be better off if he were dead. Then he says, "Sometimes I think I might as well kill myself." He smiles and shrugs his shoulders when he says it. He then reminds you of your promise not to tell anyone. He says that you are the only person he trusts and if you tell, he will never forgive you.

1. How do you feel when you hear him say this?
2. What do you decide to do or say?

# CLOSURE:

- *Today you learned why an adult should be told if a classmate has suicidal intent and how to identify adults who can follow through with getting assistance for a young person at risk of suicide. You also recognize the importance of seeking assistance from an adult if someone threatens or gives cues of suicidal intent.*