



# Suicide

## Definitions & Discussion Questions

**Suicidal Ideation:** Thinking about, considering, or planning suicide; suicidal thoughts can be fleeting or consistent and detailed. Although, it is common for teenagers to have fleeting thoughts about suicide, when paired with depression, negative life events, or other risk factors, suicidal ideation becomes an indicator for suicidal attempts.

**Primarily, teens experiencing suicidal thoughts prefer to talk to their peers, rather than a parent or counselor. Teens can respond to their peers by following these steps:**

1. Ask about suicide
2. Provide emotional support
3. Dissuade them from attempting suicide
4. Stay with them
5. Tell an adult, possibly a parent
6. Bring them to a counselor
7. Call a crisis hotline

### Critical Thinking Section

#### Students:

- Has anyone you know said they felt suicidal? How did you feel and deal with that situation?
- Have you ever thought about suicide? How would it affect your family if you were gone?
- If you felt so sad and depressed that you began to think about or consider suicide, who would you talk to about it? Who wouldn't you talk to about it, and why?
- Do you feel like you would get in trouble if you talked about suicide with adults? Why or why not?
- What would you do if a friend said they were feeling suicidal but asked you not to tell anyone?
- Have you known someone who died by suicide? How did that affect you and your loved ones?
- Why are young people more comfortable talking to their peers about suicidal feelings than they are with adults?

#### POSTVENTION

For each suicide, 135 people are affected. Exposure to suicide doubles the chances that the person exposed will have suicidal thoughts themselves.

Postvention is the support received for those exposed to the suicide of another person. Postvention is vital to prevent future suicides.



#### QPR GATEKEEPER TRAINING

Teens naturally play a gatekeeper role regarding suicide disclosure and can equip themselves with suicide intervention skills, like those found at the QPR Institute.

QPR Gatekeeper Training at <https://qprinstitute.com/individual-training>

#### Staff & Family:

- Have you ever known anyone who died by suicide? How did it affect you? How did it affect others?
- Are you comfortable talking about the topic of suicide? Why? Do you believe in the myth that talking about suicide will cause suicidal thoughts and actions?
- How would you increase a youth's comfort level when talking about the topic of suicide?
- How would you talk to a youth who just found out that someone they knew died of suicide?
- If a youth finds out that their peer is thinking about suicide, what would you tell them to do?
- Are there some cultures that have a stigmatized view of suicide? Which ones?
- How would you respond to a child you thought was seeking attention by threatening suicide?