



# About Suicide - Level 2

## Student Activity Guide

### Think About It

1. Does it surprise you that approximately 1 out of every 15 high school students report attempting suicide each year? What do you think are precursors to (reasons for) these statistics?

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2. What do you think are the most important keys to suicide prevention?

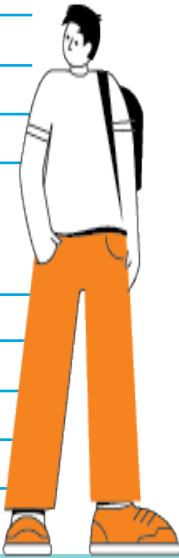
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### Brain Quiz!

1. True or False: Self-injury is never an early warning sign of suicidal thoughts and behaviors.
2. Thinking about, considering, or planning suicide is called?
  - a. Situational Events or Trauma
  - b. Depression
  - c. Self-Injury
  - d. Suicidal Ideation
3. Which behavior below is a Positive Coping Behavior?
  - a. Using Drugs or Alcohol
  - b. Overeating
  - c. Connecting with positive peers
  - d. Compulsive Spending
4. Automatic Negative Thoughts (A.N.T.s) can contribute to depression. Self-talk is a powerful positive coping skill. Examples of positive self-talk are:
  - a. I am valuable and loved, even though I make mistakes!
  - b. I can do hard things!
  - c. It's hard right now, but I won't give up!
  - d. All of the above
5. Suicide is the \_\_\_\_ leading cause of death for adolescents.
  - a. 1st
  - b. 2nd
  - c. 3rd
  - d. 4th





**Suicide is a permanent solution to a temporary problem. What does this mean? How will you encourage yourself through hard times? What are your “go-to” coping skills? Examples of Coping strategies:**

- **Journal (Don't worry about spelling, punctuation, or what makes sense. Just Write)**
- **Draw (Don't worry about what your drawing looks like or making mistakes. Just Draw)**
- **Listen to soothing music**
- **Meditate on positive quotes/messages**
- **Pray**
- **Do something kind for someone else. (Help a sibling with homework, play with a sibling, help a caregiver with a chore)**
- **Go for a walk/run outside. (Being in nature can help)**
- **Exercise or do something active**



## Activity #2 Group Activity:

Find stories of teens that made it through hard situations. Search the internet using the keywords: Teen stories of (resiliency, optimism, positive attitudes, self-love, faith, hope etc.) Share your favorite story within a small group and have each group pick a story to share with the class.

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## Activity #3 Extended Learning Activity:

People often consider suicide when they feel hopeless that their situation will get better. Brainstorm situations that may feel hopeless. Now imagine that a friend told you that they are experiencing one of the brainstormed situations and are considering suicide (sidenote: you should always inform a trusted adult). Write your friend a letter encouraging them to have hope that their situation will improve.

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