About Suicide - Level 3 Student Activity Guide



Think About It

What do you think are precursors to (reasons for) these statistics?
2. What do you think are the most important keys to suicide prevention?

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 mis takes!
 - 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

Activity #1 Write About It:

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
- Prav
- 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.
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.