

# Notes 2 - Teen Age Suicide – Recognizing the Signs



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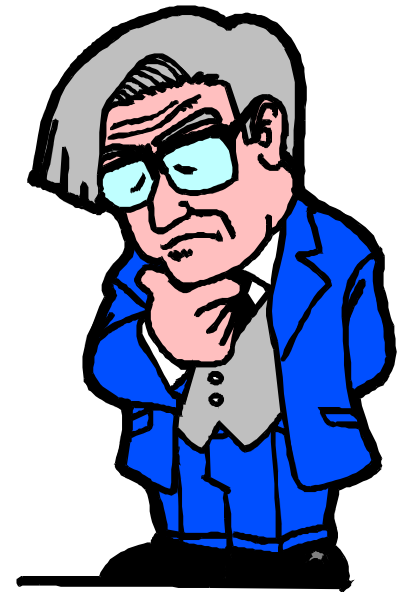
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# Suicide Myth

## Quiz

**Please answer the  
following questions  
either**

**TRUE or FALSE**



# True or False



1. **Once someone is suicidal, he or she will be suicidal forever.**
2. **If someone tried to kill themselves once, there is a much smaller chance that they will try again.**
3. **Suicidal people clearly want to die.**
4. **It is a bad idea to ask people if they are suicidal. Talking about suicide might give them the idea that they should kill themselves.**

# True or False



5. If a depressed or suicidal person feels better it usually means that the problem has passed.
6. Young men are at the highest risk of killing themselves.
7. People who talk about killing themselves will never do it. It's a way of letting off steam. Those who kill themselves don't normally talk about it. They just go ahead and do it.

# Impact of Teen Suicidal Behavior



- **Suicidal behavior endangers others as well as the suicidal person**
- **Suicidal behavior may have multiple causes (bio, psycho, social/familial) and impacts people at all levels**
- **One successful teenage suicide may result in additional suicides (cluster or copy cats)**
- **In addition to the loss of the suicide victim, teenage suicides may leave a lasting scar on the family, the school, responding officers and the community**

# Examples of Suicidal Behaviors

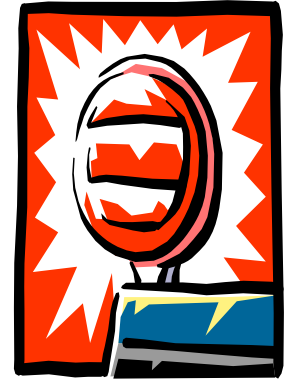
- Reckless Driving
- Drunk (**Buzz**) Driving
- High Risk Sports Activities (Dare Devils)
  - EG; Reckless Skiing
- Reckless Stunts – “Jackass”
- Suicide by Cop
- Excessive Alcohol and Drug Use
- Fighting (**You-tube Fights**)

# Risk Factors



- **Previous suicide attempts**
- **Suicide by a family member**
- **Past psychiatric hospitalization**
- **Recent losses – death, divorce, break-up**
- **Social isolation – No relationship skills**
- **Abuse – Mental, Physical & Sexual**
- **Drug or Alcohol abuse – decrease in impulse control – self medicating depression**
- **Exposure to violence at home – view violent behavior as a viable solution to life problems**
- **Handguns in the home, especially if loaded**

# Warning Signs



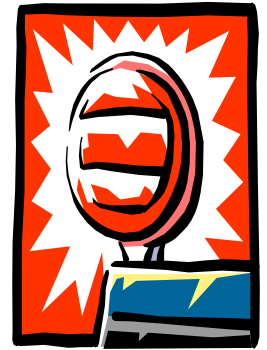
- **Significant alcohol or drug use**
- **Thoughts about dying/afterlife**
- **Sudden increase in moodiness**
- **Withdrawal or isolation**
- **Major changes in eating or sleeping habits**
- **Feelings of hopelessness, guilt, or worthlessness**
- **Poor control over behavior**

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- The American Psychological Association and MTV Music Television have joined forces to create *Warning Signs*, a violence prevention program that helps kids identify suicide warning signs.



# Warning Signs



- **Impulsive, aggressive behavior**
- **Drop in quality of school performance or interest in school**
- **Lack of interest in usual activities**
- **Getting into trouble with authority figures**
- **Perfectionism**
- **Giving away important possessions**
- **Hinting at not being around in the future.**

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