

Course Introduction

- Course Overview and Objectives
- Suicide and Attempted Suicide
- Course Content and Related Information

The Reality of Suicide

- Introduction to Suicide
 - ✓ Tragedy of Suicide
 - ✓ Educators Play a Key Role
- Suicide: A Barrier to Effective Learning
- Reach Out and Communicate

Understanding Suicide

- What Is Suicide?
- Basic Characteristics of Suicide
 - ✓ An Alternative
 - ✓ Crisis Thinking
 - ✓ Ambivalence
 - ✓ The Irrational Component
 - ✓ A Form of Communication
- Suicide-related Terminology
 - ✓ Suicide Attempt
 - ✓ Suicide Ideation
 - ✓ Suicide Contagion
 - ✓ Suicide Attempt Survivor
 - ✓ Suicide Loss Survivor
 - ✓ Suicide Ambivalence
 - ✓ Suicide Prevention
 - ✓ Gatekeeper
- The Progression of Suicide
- Suicide Methods
 - ✓ Where Do Most Suicides Occur?
 - ✓ How Do Most Suicides Occur?
- Can Educators Make a Difference?

Why Do Youth Consider Suicide?

- Reasons Youth Attempt Suicide
 - ✓ Social Pressures
 - ✓ Difficult Home Life
 - ✓ Traumatic Events and Grief
 - ✓ Mental Illness and Depression
 - Depression
 - Clinical Depression
 - ✓ Reluctance to Ask for Help
- Adolescence is a Key Risk Period
 - ✓ Suicide and the Teen Brain
 - ✓ Differentiating Between Teen Moodiness and Depression

Suicide Facts and Risk Factors

- Current Trends in Youth Suicide
- Gender Differences in Suicide
- Risk and Protective Factors for Suicide
 - ✓ What Makes Suicide More Likely? Less Likely?
 - ✓ Risk Factors
 - ✓ Protective Factors
 - ✓ Warnings
 - ✓ Examples of Risk Factors and Protective Factors
- LGBT Youth and Suicide
- Substance Abuse and Suicide

Working Together to Prevent Suicide

- Introduction to Prevention
 - ✓ Working Together to Prevent Suicide
 - ✓ Crisis Text Line 741-741

Areas of Prevention

- Introduction
- Your Role Simplified
 - ✓ Learn
 - ✓ Identify

Youth Suicide Awareness and Prevention

Course Outline



- ✓ Refer
- General Prevention Areas
 - ✓ Education
 - ✓ Treatment
 - ✓ Means Restriction
- Minimizing the Risk of Suicide
 - ✓ Risk Factors and Protective Factors
 - ✓ FACTS: The Warning Signs
 - ✓ Warning Signs for Suicide
 - ✓ High Risk Students
 - ✓ Balancing Risk Factors and Protective Factors
- It Helps to Talk About Suicide

Parents' Role in Prevention

- What Can Parents Can Do to Prevent Suicide
- The Role of Parents in the Community
- Talk to Children About Suicide
 - ✓ Ask Your Child About Your Concerns
 - ✓ Listen to your Child's Answers
 - ✓ Paraphrase What you Hear
 - ✓ Offer to Help
 - ✓ Ask Others About Your Child
 - ✓ Ask About Suicide Directly
 - ✓ Don't Minimize the Situation
 - ✓ Act Immediately if you have Concerns
 - ✓ Follow-up
- Professional Mental Health Assistance

Youths' Role in Suicide Prevention

- What Youth Can Do to Prevent Suicide
- Guidelines for Youth

Educators' Role in Prevention

- Knowledge Is Key
- Consider a "Zero-Tolerance" Policy
- Guidelines for Administrators

Youth Suicide Awareness and Prevention

Course Outline



- ✓ Develop a Positive School Environment
- ✓ Implement Prevention Plans and Policies
- ✓ Provide Education Programs on Suicide
- ✓ Develop Strong Home-School Relationships
- Parental Notification
- Guidelines When Talking with Students
- Tips for Teachers

Suicide Intervention

- Intervention
- Intervention Steps
 - ✓ Engage
 - ✓ Identify
 - ✓ Inquire
 - ✓ Assess
 - ✓ Develop a Short-term Action Plan

Seeking Help

- Referring Someone Who is Suicidal
- Suicide Hotlines

Effects of Suicide

- Effects on Peers
- Effects on Schools
- Copycat Suicides
 - ✓ Suicide Contagion
 - ✓ Preventing Copycat Suicides

Course Closing

- Final Thoughts
- References and Related Websites