

# Suicide Prevention

## Course Outline

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### 1. Introduction and Overview

- A. Suicide Prevention and Education: The Role of Educator
- B. The Youth Risk Behavior Surveillance System
- C. Suicide in the United States: Some Devastating Statistics

### 2. Causes of Death for Suicide

- A. Gender and Suicide
  - i. Male versus Female Suicide Completion and Attempt Rates
  - ii. Higher Suicide Risk for Men
  - iii. How Gender Differences Impact Prevention Efforts in Schools
- B. Suicide and Mental Illness
  - i. Adolescents and Depression
  - ii. Making Referrals to Professionals
  - iii. Differentiating Between Depression and Normal Teenage Moodiness

### 3. Test Your Knowledge

### 4. School Prevention Programs

- A. The Role of the Educator in Suicide Prevention Programs
- B. What the Educator Should Know
  - i. Suicide Risk Factors
  - ii. Risk Factors in Suicide Prevention
    - a. Biopsychosocial Risk Factors
    - b. Personality Risk Factors
    - c. Life Event Risk Factors
    - d. Environmental Risk Factors
    - e. Social / Cultural Influences and Risk Factors
  - iii. Protective Factors

### 5. Test Your Knowledge

### 6. Is Suicide Preventable?

- A. The Role of Culture in Addressing Suicide Prevention Initiatives
- B. The Role of Family, Religion, and Spirituality in Suicide Prevention: A Brief Discussion
- C. Cultural Mistrust, Stigma, and Help Seeking

### 7. Relationship Between Substance Abuse and Suicide

### 8. Suicide and Steroids in the News

### 9. Common Myths and Misconceptions about Suicide

### 10. Test Your Knowledge

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### **11. Identifying A Teen in Need**

- A. Warning Signs
- B. What to Look For
- C. What to Do If a Someone You Know Needs Help
  - i. Feelings: Stay Aware
  - ii. Take It Seriously

### **12. Test Your Knowledge**

### **13. Suicide Policy In Schools**

- A. Taking Steps Towards Keeping Kids Safe
- B. Eisel v. Board of Education (1991)
- C. Suicide Contagion: A Brief Description
- D. Your School Policy : What To Do

### **14. Test Your Knowledge**

### **15. Reference Information**

- A. Glossary
- B. Websites and Help Lines