

Suicide Prevention

Course Outline



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