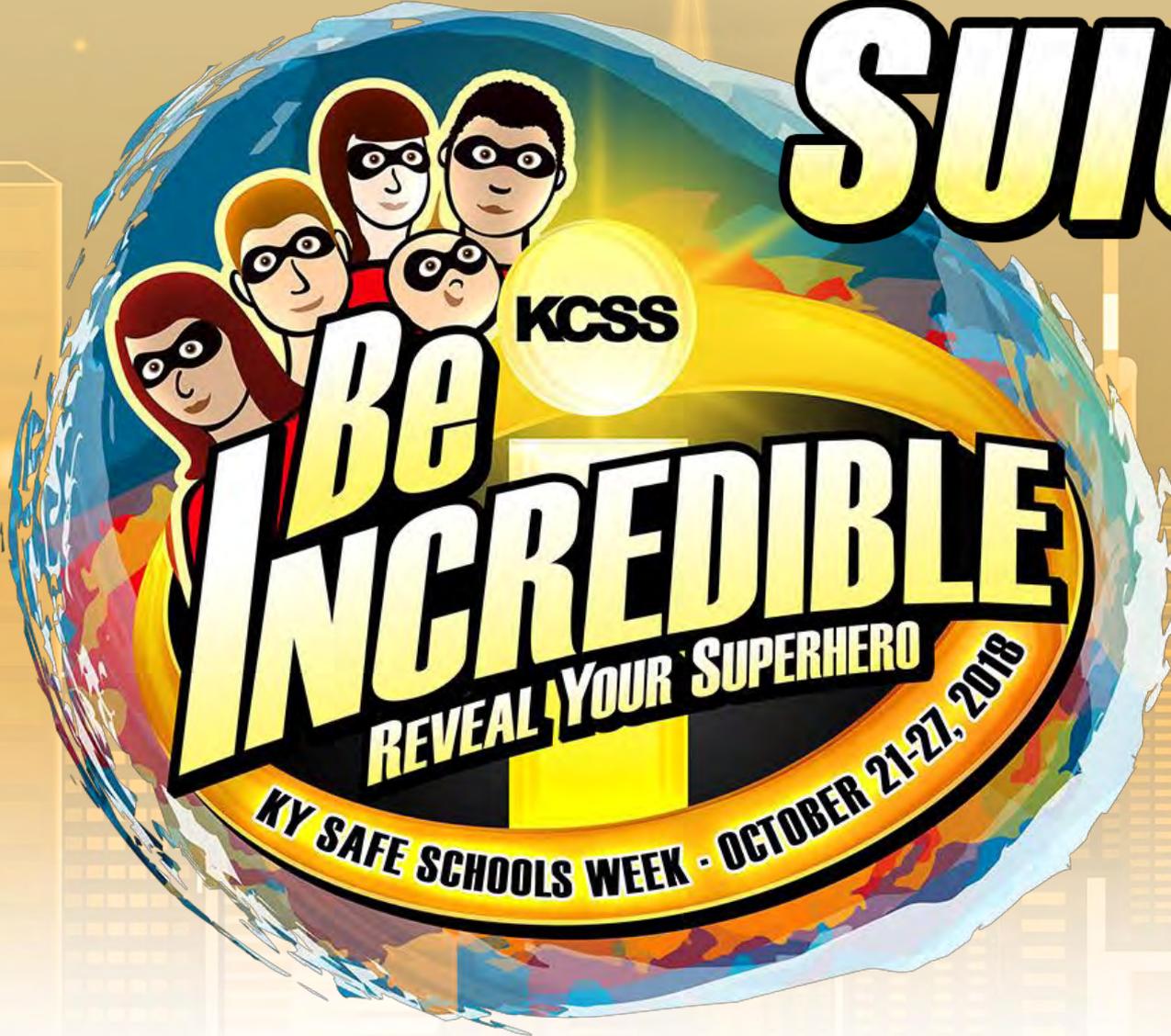


**KY SAFE SCHOOLS WEEK · OCTOBER 21-27, 2018**

**SUICIDE**





# KY SAFE SCHOOLS WEEK

## OCTOBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9			12	13
14	15	16			19	20
21	22	23	24	25	26	27
28	29	30	31			

- The third full week of October is Kentucky Safe Schools Week!
- Schools across Kentucky focus on school safety issues in classrooms, in their schools and in their communities.



# KY SAFE SCHOOLS WEEK

This year's theme is ***“BE INCREDIBLE, Reveal Your SUPERhero!”***

Being incredible is being the best you can possibly be. Every student has incredible super skills and talents that make them unique and strong. We need our students to ban together with school staff and the community to create a “family-like” culture at school. Incredible super powers can be used fighting against bullying, cyberbullying, harassment, conflict, hate and violence while spreading empathy, compassion and respect. As quoted from the Disney “Incredibles 2” movie “It’s time to make some wrong things right, help us bring Supers back into the sunlight!”

# Suicide...Know the Facts

- It is always shocking to think that anyone—much less a young person—would want to die. Yet more than 1,600 teenagers (ages 13-19) die by suicide each year in the United States, and more than 72,000 teens are treated in emergency rooms each year for self-inflicted injuries (CDC, 2009a). One survey (CDC, 2009b) found that in a 12-month period:
  - Almost 13.8 percent of high school students had seriously considered suicide.
  - 10.9 percent of high school students made a suicide plan.
  - 6.3 percent of high school students tried to kill themselves at least once.

## • **Kentucky Facts**

- **15% of HS students considered suicide in the last 12 months.**
- **15-24 ...2<sup>nd</sup> leading cause of death in Ky.**
- **10-14 ...4<sup>th</sup> leading cause of death in Ky.**

# Your Role as a Teen

- Understanding why...
  - Sometimes people want to die because they are suffering from a **chemical imbalance** that causes depression or another mental disorder, and brings them a great deal of pain.
  - Some young people may be **overwhelmed by problems**, such as drug or alcohol abuse or family violence.
  - Young people who feel like they want to die are often in so much **emotional pain** that they cannot see any other solution to their problems.
  - While **you can't solve these problems** for a friend or classmate, **you may be able to help the person find someone who can help.**
  - And the first step in doing so is **recognizing the signs** that someone may be at risk of suicide.

# Warning Signs

- A sudden worsening in school performance.
- Withdrawal from friends and extracurricular activities.
- Expressions of sadness and hopelessness, or anger and rage.
- A sudden, unexplained decline in enthusiasm and energy.
- Overreaction to criticism.
- Lowered self-esteem, or feelings of guilt.
- Indecision, lack of concentration, and forgetfulness.
- Restlessness and agitation.
- Changes in eating or sleeping patterns.
- Unprovoked episodes of crying.
- Sudden neglect of appearance and hygiene.
- Seeming to feel tired all the time, for no apparent reason.
- Use of alcohol or other drugs.

# Serious Risk

Other behaviors may also indicate a serious risk—especially if the behavior is new; has increased; and/or seems related to a painful event, loss, or change:

- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

(Adapted from National Suicide Prevention Lifeline, [n.d.]

# Immediate Risk



Some behaviors may indicate a person is at immediate risk for suicide. These three should prompt immediate action:

- **Talking about wanting to die or to kill oneself.**
- **Looking for a way to kill oneself, such as searching online or obtaining a gun.**
- **Talking about feeling hopeless or having no reason to live.**

# Helping Peers

- If you think that any of your friends or classmates may be thinking of killing themselves—or have serious problems that they have not told anyone about—**tell a responsible adult.** Find someone who is concerned with and understands young people and can help.
- This may be **a teacher, guidance counselor, or other member of the school staff.** It might also be your parents, the parents of a friend, a member of the clergy, or someone who works at the local youth center. **If this adult doesn't take you or your friend's problem seriously, or doesn't know what to do, talk with someone else.** If you need assistance in finding someone who can help, call (800) 273-TALK (8255).

# Helping Peers Remember...



- Don't be afraid to be wrong.
- Just talking to them can make a big difference.
- **Be concerned** if people tell you that they have a detailed suicide plan or have the means to hurt themselves.
- Don't pretend you have the answers.
- **MOST IMPORTANT THING YOU CAN DO...IS HELP THEM GET ASSISTANCE FROM A RESPONSIBLE ADULT.**

# Resources

- Suicide Prevention Resource Center
  - <http://www.sprc.org/sites/sprc.org/files/Teens.pdf>
- National Suicide Prevention Hotline
  - <http://www.suicidepreventionlifeline.org/>
- Kentucky Department of Education
  - <http://education.ky.gov/Pages/default.aspx>