



# **Suicide Prevention & Intervention**

**2019-2020**



# Why Address Suicide?



1

- Suicide is the death of someone's daughter, son, or friend.

2

- **SUICIDE IS PREVENTABLE.**

3

- *1 SUICIDE IS 1 TOO MANY!*



**Fastest growing age group  
is 10-14 years old**

**Now the  
2<sup>nd</sup> leading cause of death  
ages  
10-14**

**More than 1 in 5 students  
consider suicide**

**2<sup>nd</sup> leading cause of death  
for ages 15-24**

**Why Address  
Suicide?**





- **Mental disorders**
  - **Alcohol and substance abuse**
  - **History of trauma or abuse**
  - **Family history**
  - **Access to lethal means-pills, guns, etc.**
  - **Lack of social support and sense of isolation**
  - **Hopelessness**
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# **General**

# **RISK FACTORS**

- Separation/divorce of parents or family crisis
  - Harassment by peers (bullying)
  - Sexual identity/orientation
  - Relationship breakup
  - Feelings of stress brought about by perceived achievement needs
  - Inadequate problem solving/coping mechanisms
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# Youth Specific RISK FACTORS



# **SITUATIONAL WARNING SIGNS**



- 1** Persistent sadness
- 2** Change in mood
- 3** Change in eating/sleeping habits
- 4** Crisis or traumatic event

# BEHAVIORAL WARNING SIGNS



- 1** Writing/drawing about death/suicide
- 2** Irritability/anger
- 3** Withdrawal from friends/activities
- 4** Under the influence
- 5** Giving things away

# VERBAL WARNING SIGNS



- 1 “I’m going to kill myself!”
- 2 “I wish I were dead!”
- 3 “I can’t take it anymore!”
- 4 “You’d be better off without me.”

Frequent physical complaints



# RESILIENCE

**A skill that enables one to**

**ADAPT  
AND  
OVERCOME**

*manage  
life's  
challenges,  
stresses,  
changes,  
and  
pressures  
effectively*

*cope with  
and adapt  
successfully  
to adversity*

*bounce  
back to a  
balanced  
state after  
facing a  
major  
disruption  
in life*



# Ways to Develop a Bounce-Back Mentality



- Remind yourself frequently of your positive qualities.
  - Stay in the present without dwelling on the past.
  - Take more responsibility for your own actions and for what happens in your life.
  - Overcome negative messages by releasing them and reversing them to make them more positive.
  - Learn from your experiences.
  - Be sure that the negative influences of the past do not negatively affect your future.
  - Laugh and find humor in your day.
  - Invest in yourself.
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# How You Can Help Yourself

1

Contact a counselor or another caring adult.



2

Become involved/connected with your school.



3

Develop positive self-esteem and coping strategies.



# How You Can Help Yourself

4

Access resources

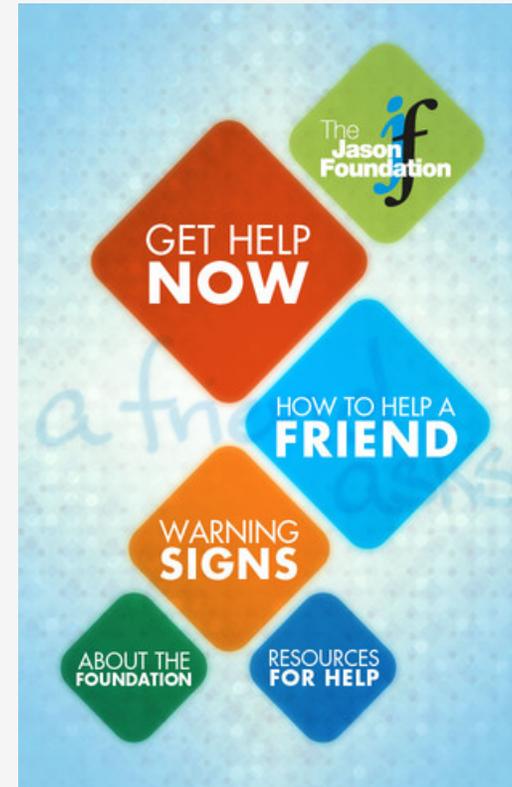
- Support groups
- Treatment programs



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**ASK  
FOR  
HELP!**

# MOBILE APPLICATIONS



# MOBILE APPLICATIONS

MY3

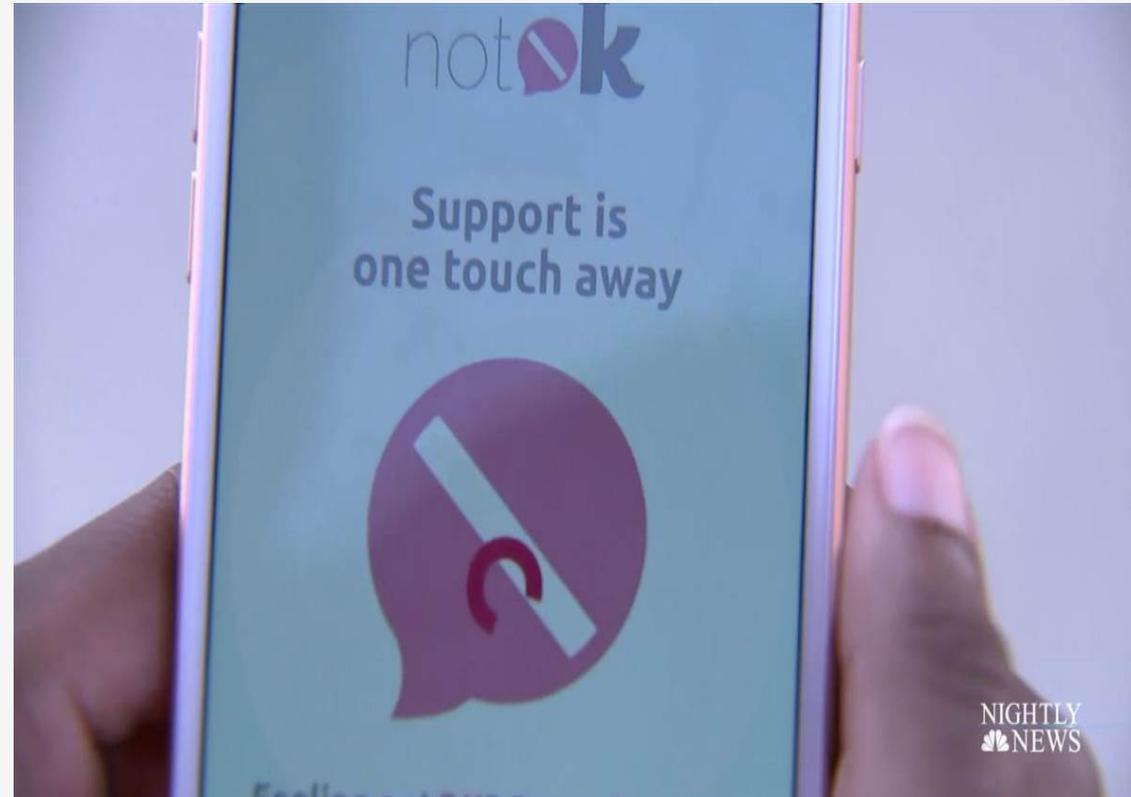


ASK





# MOBILE APPLICATIONS



# How You Can Help Others



- 1** Be aware of signs.
- 2** Listen, and be there.
- 3** Refer friend to counselor.
- 4** Tell an adult (parent, counselor).

## Report Suicidal Content on Social Media



[Suicidepreventionlifeline.org](https://suicidepreventionlifeline.org) tells you *how to report*.

**Ask for HELP-  
for yourself or  
others!**



## **Suicide Hotline Numbers**

**1-800-273-TALK(8255)  
713-970-7000 (The Harris Center)**

**If an emergency, go to nearest  
emergency room, or call 911.**

# @becybersmart!

## Mastering Digital Citizenship





- Technology is amazing and can be a wonderful tool!
- If used properly, you can
  - ✓ build relationships
  - ✓ share your expertise
  - ✓ increase your visibility
  - ✓ educate yourself
  - ✓ connect anytime
- On the other hand, improper use of social media and technology can prove to be dangerous and even life-altering.

# DIGITAL COMMERCE

*Electronic buying and selling of goods*

Providing sensitive information, such as credit card numbers, bank account numbers, or other personal data on unsecured websites can leave individuals vulnerable to internet scams, lead to identity theft and can ruin the user's credit.

# CAUTION



- Research companies/merchants and products prior to buying or selling online.
- Only use secure websites that have https or a padlock on the address bar.
  - Exercise caution when using public wi-fi by not entering sensitive information over an unsecure website.
- Do not use your name or the year that you were born in screen names or passwords.
- Never share your password with anyone other than your parents.



# DIGITAL ETIQUETTE

(also known as *netiquette*)

Appropriate online behavior

- **Treat others how you want to be treated.**
  - Discuss sensitive or emotional issues in person, not online or in an e-mail.
- **Keep messages and posts positive and truthful.**
  - Be sure that messages you send are not negative or rumors.
  - Never engage in cyberbullying, and make a report if you are a victim.



- **Double-Check messages before pressing send.**
  - Slow down, and think about posts, texts, and e-mails.
  - Once you press send, you can't take back your words.
- **Avoid digital drama.**
  - Exit a conversation when the content is becoming rude or mean.



# DIGITAL LAW

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- Legal rights and restrictions governing technology use

## Illegal Acts That Carry Serious Consequences

- Hacking into servers
- Making terroristic threats
- Stealing others' information
- Creating and releasing viruses



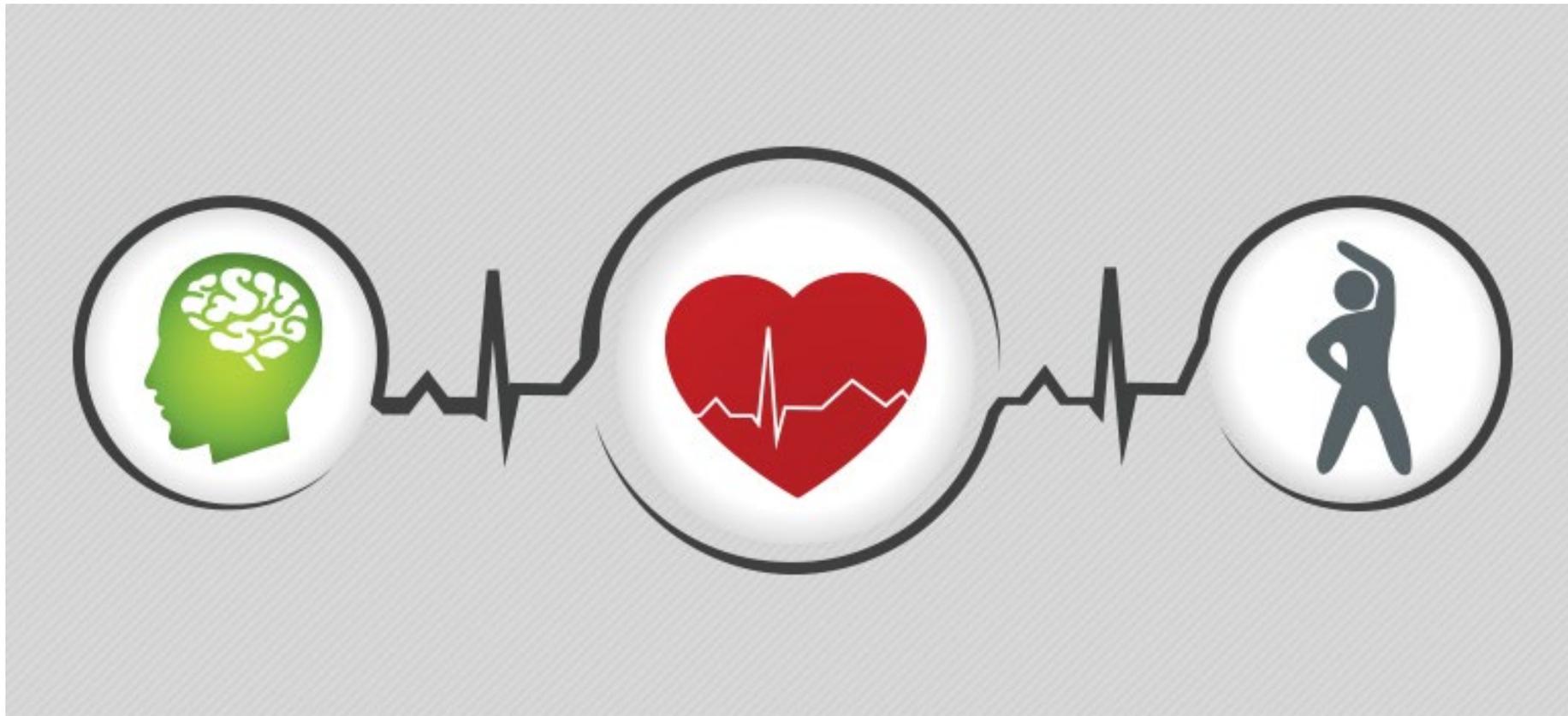
## DIGITAL PIRACY

- **Pirating software** occurs when software has been duplicated and distributed without authorization and without paying for it.
- Piracy can also include the unauthorized download of movies, music, books, and games.
- Illegal downloading and file sharing can be punishable by imprisonment or fine.



# SEXTING

- Sending nude or sexually suggestive photos by text message or other electronic means is **illegal in Texas**.
  - It is **illegal** for one minor to electronically send an image of someone younger than 18 years to another minor. This includes images of the sender, recipient, or another underage person. This is considered possessing or distributing child pornography.
  - An adult who sexts with a minor can also be charged under Texas state law.



# Digital Health and Wellness

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Remaining physically and psychologically healthy in a digital world

# Physical Concerns and Maintenance



**Eye Strain:** Limit the amount of screen time spent on phones and other electronic devices. It's okay to take a break.

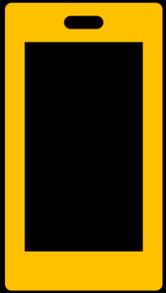


**Poor Physical Health Due to Inactivity:** Get up, and get moving! Work out, go outside, dance, or play your favorite sport.



**Poor Posture and neck strain (*text neck*):** Sit up straight when using computers and other devices, and avoid slouching your shoulders.

# Psychological Concerns and Maintenance



**Technology Addiction:** Limit the amount of time that you spend on social media and video games, and try to engage in a technology detox periodically.

**Technology addiction is real.** Seek help from an adult if needed.



**Cyberbullying:** If you become a victim of cyberbullying, block the contact, and stop viewing the harmful messages. Inform an adult, or contact the police if it continues.

Do not harm yourself because of another's ignorance and insensitivity.

# Remaining Cyber Safe



- Keep your profile private so that only family and people you know see photos, important dates, and other information.
- Make sure that you do not post personal details, such as phone numbers, home address, or school name.
- Only accept friend requests from family and people that you actually know.
  - Strangers are NOT your friends.
  - Older adults can pose as teens. Males can pose as females, and females can pose as males.
- NEVER agree to meet a stranger in person.
  - You may be seriously or fatally injured.
  - Also, many victims of human trafficking are advertised and recruited online.

# Play It Safe When Using Apps!

## Amino



- Similar to a chat room.
- Every user is anonymous.
- Predators use the site to lure teens.

## Snapchat



- Snap map allows strangers to see your exact location, including your house or school!
- Turn off location to keep everyone safe.

## Omegle



- Advertised as talk to strangers.
- Users must use a camera, which puts them at risk.
- Users are exposed to inappropriate acts.

# YOUR DIGITAL FOOTPRINT MATTERS.

- Your digital footprint is a trail of data that you create while using the internet. It includes:
  - websites you visit
  - comments and pics posted on social media
  - e-mails you send
  - music you download
  - games you play
- Your digital footprint builds your online reputation.
- Anything posted online is permanent and stays there forever, regardless of being deleted.
- Your digital footprint can be accessed by colleges and potential employers.
  - **If your footprint is negative, you can miss out on an educational or career opportunity.**



# 12

## Tips For Students To Manage Their Digital Footprints

1. Be kind, helpful, and understanding
2. Use privacy settings
3. Keep a list of accounts
4. Don't overshare
5. Use a password keeper
6. Google yourself
7. Monitor linking accounts
8. Consider using an anonymous secondary email
9. At least skim the terms and conditions
10. Know that sending is like publishing—forever
11. Understand that searches are social
12. Use digital tools to manage your digital footprint

