Grades 6-8: (1) lesson on harassment and bullying and (1) lesson on suicide prevention per grade level. Please list by grade, lesson name, and date taught.

6th Harassment/Bullying
6th Suicide Prevention

7th Harassment/Bullying- Held during advisory meeting week of Oct. 8-12
7th Suicide Prevention

8th Harassment/Bullying
8th Suicide Prevention


Grades 9-12: Lesson and video, Suicide: A Guide to Prevention with each grade level.

9th Suicide Prevention March 7 - Mrs. Weaver's Classes
10th Suicide Prevention March 7 - Mrs. Weaver's Classes / March 8th - S. Chandler's
11th Suicide Prevention March 4 - Coach Ryan's classes
12th Suicide Prevention March 4 - Coach Ryan's classes

ALL Classes- Video, Discussion, Handout

Suicide Prevention Cheat Sheet

Risk Factors - IS PATH WARM?

- Ideation (Thoughts)
- Substance Abuse
- Purposelessness
- Anxiety
- Trapped
- Hopelessness
- Withdrawal
- Anger
- Recklessness
- Mood Changes

Increased Suicide Risk

- Prior suicide attempts
- Mental health disorders
- History of trauma or abuse
- Family history of suicide
- Lack of social support
- Exceptionality
- Major physical illnesses
- Loss/Failure
- Bullying
- Easy access to lethal means
- Local clusters of suicide

Warning Signs

- Acquiring a gun or stockpiling pills
- Sudden change in mood
- Talking about wanting to die or kill oneself
- Impulsivity/increased risk taking
- Giving away prized possessions
- Self-destructive acts (i.e., cutting)
- Increased drug or alcohol abuse
- Talking about no reason to live

What to Do

Take It Seriously
80% of suicide victims told someone or gave some sign.

Ask Directly
- “Are you thinking about harming yourself?”
- “Do you have a plan?”
- “Do you have access to _______?”
- “Have you thought about when?”

Listen
- Don’t show shock or disapproval.
- DO show that you are concerned.
- Avoid trying to explain away feelings (“You’ll get through this. You have so many people who love you. Etc.)
- Don’t promise not to tell.

At School
- Bring student immediately to counselor
- For situations requiring CPS report—You are also responsible for this step.

Outside of School
- Use one of the hotlines listed below.
- For life-threatening situations, call 911.
- STAY WITH PERSON UNTIL HELP COMES

**Keep the ASK app on your phone!!**

www.thetrevorproject.org
LGBTQ – The Trevor Lifeline
866-488-7386

NATIONAL Suicide Prevention Lifeline
1-800-273-TALK (8255)

Veterans Crisis Line
1-800-273-8255 PRESS 1

www.suicidepreventionlifeline.org