**National Suicide Prevention Week Presentation**

Approx Time: 35mins

Materials Needed:

* Free membership to Class Pager / or other attention getting intro
* Paper & Markers
* FACTS/Helpful People Handouts
* Any additional local/regional resources

***Info on Class Pager:***

<https://www.classpager.com/>

Service which allows you to poll up to 25 students via text message for free without you being able to get their numbers.

**Intro:**

**Approx. Time: 10mins**

* Welcome / Introductions
* Class Pager: *(write instructions on board)*
  + Number:
  + Code:
  + Name: *(it maybe be best to assign numbers so students don’t use names. We gave girls even numbers and boys odd so we could get some more data that way)*
    - *You do not have to participate in this. Text messing charges will apply so if mom and dad don’t want you texting don’t do it!*
    - Please answer honestly! Your responses are not tracked!
    - serious topic and it may make some of you uncomfortable –jokes or rude comments will not be tolerated

**YES or NO QUESTIONS:**

Question 1: Were the Super Nachos really “super”?

Question 2: Do you feel like you would be able to recognize if our friend was at risk for suicide?

Question 3: Have you ever been in a position where you needed to help a friend who was suicidal?

Questions 4: Is there an adult at the HS that you would feel comfortable going to with if someone were considering suicide?

**ACTIVITY:**

**Approx. Time: 15 mins**

* Explain the difference between risk factors and warning signs.
  + Risk Factors: characteristics or conditions that increase the chance that a person may try to take their life. The more risk factors, the higher the risk.
    - Mental Health Issues: Alcohol/Drug Abuse, depression, anxiety, anger
    - Previous attempts, family history, being close to a completer, access to means, stress factors
  + People who kill themselves exhibit one or more warning signs, either through what they say or what they do. The more warnings, the greater the risk.
    - Talking about killing themselves, no reason to live, being a burden, revenge, unbearable pain
    - alcohol/drug use, reckless behavior, withdrawing from people/activities, changes in sleeping, giving away possessions
* FACTS of Suicide at each table with markers. Have each group brainstorm for a few minutes then switch.
  + Go through the FACTS, fill in anything the students might have missed. Address any misconceptions. Talk about every situation being different.

**WHAT TO DO / RESOURCES:**

**Approx. Time: 10 mins**

* Go over what they should do if they are concerned about themselves or others: Take it seriously! Get an adult involved! Don’t know your limitations!
* Handout resources