



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: [www.cdc.gov/healthyschools/sher/standards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)

Suicide is the third leading cause of death for teens, according to the U.S. Centers for Disease Control and Prevention. These activities will help your students understand the warning signs of suicide and learn how to get help for themselves or others.

## Related KidsHealth Links

### Articles for Teens:

#### Suicide

[TeensHealth.org/en/teens/suicide.html](http://TeensHealth.org/en/teens/suicide.html)

#### My Friend Is Talking About Suicide. What Should I Do?

[TeensHealth.org/en/teens/talking-about-suicide.html](http://TeensHealth.org/en/teens/talking-about-suicide.html)

#### I'm Thinking of Suicide. How Can I Stop?

[TeensHealth.org/en/teens/stop-suicide.html](http://TeensHealth.org/en/teens/stop-suicide.html)

#### When Depression Is Severe

[TeensHealth.org/en/teens/severe-depression.html](http://TeensHealth.org/en/teens/severe-depression.html)

#### Getting Help for Intense Grief

[TeensHealth.org/teen/en/teens/intense-grief.html](http://TeensHealth.org/teen/en/teens/intense-grief.html)

#### School Counselors

[TeensHealth.org/en/teens/school-counselors.html](http://TeensHealth.org/en/teens/school-counselors.html)

#### Is It OK to Talk to a Teacher About Personal Problems?

[TeensHealth.org/en/teens/teacher-talk.html](http://TeensHealth.org/en/teens/teacher-talk.html)

#### Going to a Therapist

[TeensHealth.org/en/teens/therapist.html](http://TeensHealth.org/en/teens/therapist.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. Some people feel that because it can be so uncomfortable or difficult to discuss suicide, it's better not to discuss it at all. Do you agree? What can people do to make the subject less taboo?
2. Some teens are more likely than others to consider suicide - for example, those who are severely depressed. What other factors that could increase a teen's risk?
3. What are some warning signs that someone might be thinking about suicide? What might he or she do or say?
4. If you thought that a friend was considering suicide, what should you do?









**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

## Quiz

Instructions: Answer each question.

1. True or false: Most people who commit suicide are depressed.
2. True or false: Suicide rates increase during the teen years.
3. True or false: People who talk about killing themselves don't go through with it. They're just looking for attention.
4. True or false: It's not a good idea to ask whether someone is thinking about suicide because it plants the idea in the person's head.
5. True or false: If you think a friend is in immediate danger of harming himself or herself, you shouldn't leave him or her alone.
6. True or false: If your friend tells you she's considering suicide and swears you to secrecy, you have to keep your promise.
7. True or false: The best way to help someone who's thinking about suicide is to get him or her to talk with a trusted adult or counselor, or call a suicide crisis line (like 1-800-SUICIDE).
8. True or false: If your friend is talking about suicide, it's best to wait a few weeks before talking about it to see if he or she starts to feel better.
9. True or false: Once a person is suicidal, he or she is suicidal forever.
10. True or false: Most suicides occur without warning signs.



## Quiz Answer Key

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