Quiz

Instructions: Answer each question.

1. List four factors that can increase a teen’s risk of suicide:
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

2. True or false: If a person talks about suicide, it means he or she is just looking for attention and won’t go through with it.
   ________________________________  ________________________________

3. True or false: The danger of suicide has passed when a person begins to cheer up.
   ________________________________  ________________________________

4. List four warning signs that someone is thinking about suicide:
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

5. True or false: Once a person is suicidal, he or she is suicidal forever.
   ________________________________  ________________________________

6. True or false: Most teens who attempt suicide really intend to die.
   ________________________________  ________________________________

7. True or false: If a friend tells you she’s considering suicide and swears you to secrecy, you have to keep your promise.
   ________________________________  ________________________________

8. True or false: The risk of suicide increases dramatically when teens have access to guns at home.
   ________________________________  ________________________________

9. If you or a friend is feeling suicidal, as soon as possible, it’s best to call a suicide crisis line (800-SUICIDE), 911, or talk to:
   a) a parent or relative
   b) a school counselor, teacher, or coach
   c) a therapist
   d) a religious leader
   e) anyone above
   ________________________________  ________________________________

10. If your friend is suicidal, it’s least helpful to say:
    a) Don’t worry, this will blow over by tomorrow
    b) I’m concerned about you
    c) I know where we can get help
    d) I’m going to stay with you
    ________________________________  ________________________________