



# ***SEVEN PROJECT***

## ***STUDENT DISCUSSION GUIDE***

# **SUICIDE**

## **Discussion Guide**

### **Use these tips and the questions that follow to facilitate a discussion on character:**

- Use the first 2-3 questions to warm students up and help them feel comfortable responding.
- Encourage students to open up and share personal experiences when appropriate.
- Keep the discussion focused on the topic at hand.
- Keep the discussion positive and encouraging; discourage negative comments toward any person.
- Don't be afraid of silence. Give students a few seconds to form a response. If no one responds, give your own response to the question then ask someone directly to give their opinion.

### **Discussion Questions**

“A 2007 survey of high school students found that almost 1 in 5 had seriously considered attempting suicide, more than 1 in 6 had made plans to attempt suicide and more than 1 in 12 had made a suicide attempt in the past year.” ([www.safeyouth.org](http://www.safeyouth.org), September 2007)

Look around this class. This means that, “In a class of 25 students, at least five are likely to have seriously considered suicide, and at least two are likely to have tried to kill themselves in the past year.” ([www.safeyouth.org](http://www.safeyouth.org), September 2007)

Remind students that this is a sensitive subject and approach the following questions with discretion:

How many of you know someone who has attempted to commit suicide?

How many of you know someone who has committed suicide?

What effect does it have on the friends and family of those who commit suicide?

According to one website, "Suicide attempts among young people may be based on long-standing problems triggered by a specific event. Suicidal adolescents may view a temporary situation as a permanent condition. Feelings of anger and resentment combined with exaggerated guilt can lead to impulsive, self-destructive acts." ([www.depression-guide.com](http://www.depression-guide.com))

What do you think are some things that might cause one to consider suicide? (Possible answers could include: loneliness, family tension, a breakup, problems at school, being bullied, etc.)

Who do you think attempts suicide more often, boys or girls?

According to one study, "Girls make more attempts at suicide, but boys are more likely to succeed. There are 4 male suicides for every 1 female suicide." ([www.menshealth.about.com](http://www.menshealth.about.com), June 2006)

It has been said that people who attempt suicide are really crying out for help. What are your thoughts on this?

What advice would you give someone who was considering suicide?

Here are some tips about suicide prevention from The Jason Foundation ([www.jasonfoundation.com](http://www.jasonfoundation.com))

**1. Use the LIFE model:**

**Listen** to your friends when they need to talk about problems or thoughts of suicide.

**Insist** that they be honest with you.

**Feelings**, share them with each other.

**Extend** a helping hand and go with them to get a responsible adult involved to help.

**2. You must remember to TLR – Talk, Listen, and Respond to your friends.**

**3. Never keep a friend's suicidal thoughts to yourself.** Get a responsible adult involved immediately and encourage your friend to get professional help at once. You must be willing to risk your friendship to save your friend.

**4. Encourage your friends to visit The Jason Foundation Web site and visit the Pledge page.**

Make a promise to be there for each other in times of need.

**If you are experiencing a crisis, please call 911 or 1.800.SUICIDE.**