



EMPOWERING PARENTS TO RAISE
THEIR CHILDREN TO BE SUBSTANCE-FREE

Talk Early And Often About Alcohol, Tobacco And Other Drugs. Even When It Gets Tough



If you know of a student who may be displaying signs of suicidal behavior, or if a student comes to you worried about a peer, follow your school's protocol, then stay involved to make sure the student is indeed getting the potentially life-saving help he or she needs.

Know! The Warning Signs of Teen Suicide

According to the National Suicide Prevention Lifeline, the majority of suicidal adolescents do not truly want to die, they just want to end their pain and sadness. Many youth, at some point during adolescence, will think about suicide; however most are able to come to terms with the permanency of it and choose to resolve the problem in other ways. But some young people, in the midst of a crisis, perceive their dilemma as inescapable and see no other way out.

Eighty percent of the time there are definite signs to indicate a suicidal plan is in process. The key to prevention is in being able to recognize those signs and not hesitating to take action. The National Suicide Prevention Lifeline shares the following list of warning signs designed around the word "FACTS," and says that the risk for suicide is greater if a particular behavior is new or has increased.

- **F**EEELINGS that seem different from the past, like hopelessness, fear of losing control, helplessness, worthlessness, feeling overly anxious, worried or angry often.
- **A**CTIONS that are different from the way a student acted in the past, especially things like talking about death or suicide, taking dangerous risks, withdrawing from school activities or sports or using alcohol or drugs.
- **C**HANGES in personality, behavior, sleeping patterns, eating habits, loss of interest in friends or activities or sudden improvement after a period of being down or withdrawn.
- **T**HREATS that convey a sense of hopelessness, worthlessness, or preoccupation with death ("Life doesn't seem worth it sometimes." "I wish I were dead." "Heaven's got to be better than this."), giving away favorite things, studying ways to die, obtaining a weapon or stash of pills, suicide attempts like overdosing or cutting.
- **S**ITUATIONS that can serve as "trigger points" for suicidal behaviors. These include things like loss or death, getting in trouble at home, in school or with the law, a break-up or impending changes for which a student feels scared or unprepared.

Talking regularly with kids about the dangers of alcohol, tobacco and other drugs reduces their risk of using.

Know! urges you to encourage other parents to join Know!.

[Click here for the Know! Parent Tip Sign-Up Page.](#)

Know! is a program of:



*Lifetime Prevention
Lifetime Wellness*

Drug Free
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Teen suicide is preventable, but it must be brought out into the light. Teachers are encouraged to have open conversations with students on the topic, just like you do with drinking, smoking and any other risky behavior that could harm them. A common concern among teachers is that talking about suicide with students may somehow plant the idea of it in their heads – this is simply not true.

By knowing the facts and engaging students in open dialogue on teen suicide, you will allow them to feel more comfortable with the subject, and they will be more likely to come to you with questions and concerns in the future.

The National Suicide Prevention Lifeline is available online at www.suicidepreventionlifeline.org or by phone at 1-800-273-TALK.

Sources: [American Association of Suicidology](#). [National Suicide Prevention Lifeline](#). [Society for the Prevention of Suicide](#). [Youth Suicide Prevention Program](#).



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