

# 7th GRADE: SELF-HARM & SUICIDE

## LESSON 3 OVERVIEW

# Suicide – The Irreversible Act



### Lesson Time:

25 Minutes

### Materials Provided:

- Lesson Slides [Download](#)
- Handout: “The Irreversible Decision Handout” (printed one per student)

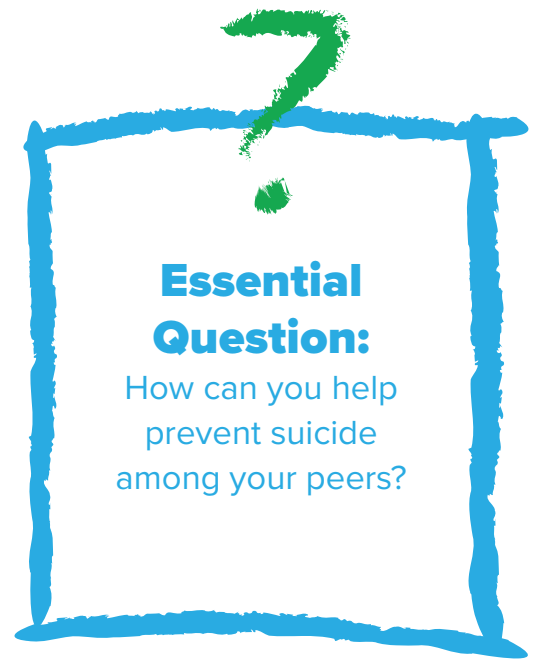
### Materials Needed:

- Projector with Video/Audio Capability

### Objectives:

Students will be able to:

1. Dispute myths of suicide with facts.
2. Identify protective factors for preventing suicide.
3. List some warning signs of suicidal ideation.
4. Explain at least one technique for referring someone to professional help.

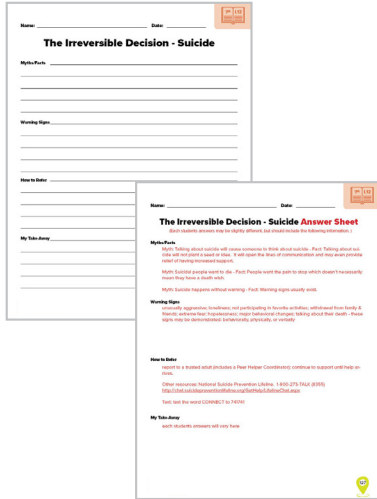


# Suicide – The Irreversible Act

## Lesson Introduction: (1 minute)

In this lesson, we will discuss the Irreversible Act – Suicide. Events in our lives are temporary, while taking one’s life is permanent. Today we will explore some myths and facts about suicide, warning signs of suicidal thoughts, and some options for referring someone to get help when we see warning signs. *Based on the response of the lesson activity, you may want to extend the lesson time or revisit it the following day if you feel more follow-up is needed.*

## Slide/Handout



## Lesson Script/Talking Points

### Core Lesson: (20 minutes)

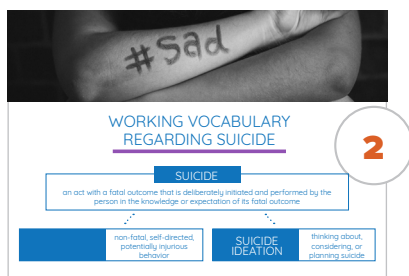
(Provide each student with a copy of the Handout: *The Irreversible Decision-Suicide*. Instruct students to take notes on what they learn throughout the lesson on this handout. Have the students leave the last section on this handout blank – *The Take Away* section, as it will be completed during the closing section of the lesson.)

Today our discussion leads us to discuss a topic that can be very difficult for some people. We all deal with extreme sadness at some point in our lives. Self-care can be hard when we are deeply saddened by events in our lives. It’s important to know that suicide is what we call “The Irreversible Act” because once that choice is done, it cannot be undone. Would you believe that there are many stories of people who have attempted suicide that immediately wish they could take back the decision, managed to survive, and now report thankfulness that they lived?



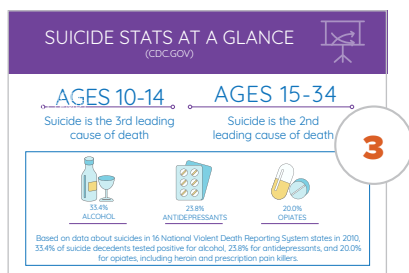
### Slide 1: Suicide Awareness

Even though you are young you can play an important role in supporting the people around you. Today, we are going to educate you on ways that you can help support people you know who may be struggling.



### Slide 2: Suicide Vocabulary

As we talk about suicide, we may refer to different terms, so you need definitions for suicide, suicide attempt, and suicide ideation. (Read definitions.) We also are changing the way we refer to suicide by saying “ended their life” or “death by suicide” instead of “committing suicide.”



### Slide 3: Suicide Stats At A Glance

For young people ages 10 to 14, your age, suicide is the 3rd leading cause of death. For people ages 15-24, it’s the 2nd leading cause of death. We want to increase awareness and teach you how to cope before you reach those older ages. It would be such a blessing if suicide didn’t make the top 10! Right about now, you’re probably wondering what’s ahead of it; the answer is accidents and illness. One thing I want you to notice about this slide is the fact that using alcohol and drugs seriously increases the risk of suicide. Many people – in

# Core Lesson (cont)

## Slide/Handout

## Lesson Script/Talking Points

some cases as many as 1/3 – are under the influence at the time of their suicide death. This mean if we can avoid substance use, we are more likely to be able to control our emotions and actions.

**PREVENTATIVE FACTORS**

- 1 Strong connection to family and community
- 2 Skills in problem solving, conflict resolution, and non-violent handling of disputes
- 3 Seeking help and easy access to quality care for mental and physical illness

Protective Factors are ways that we can help protect our peers as they are struggling with issues and suicidal ideation.

### Slide 4: Preventative Factors

So what can we do about this? When things are in place to prevent something from happening, we call those preventative factors. Three major preventative factors are *(Discuss the information listed on the slide.)*

**MYTHS VS. FACTS**

Mentioning the word suicide may encourage those thoughts.

Suicidal people want to die.

Suicide happens without warning.

Talking about suicide will not plant the seed or idea. It will open the lines of communication. It may even provide relief of having another person increase support.

People want the pain to stop which does not necessarily mean someone has a death wish.

Although the intentions may not have been noticed at the time, warning signs usually exist. This is why we need to educate everyone!

### Slide 5: Myths vs. Facts

There are many things that people believe about suicide that aren't even true. Let's look at the myths and facts. *(Read each myth followed by its matching fact to the right.)* Now that we know that people often show signs that they are sad, struggling, or even having dangerous thoughts, let's talk about some of those warning signs.

**WARNING SIGNS !!!!!!!!!!!**

People may, however, not show emotional signs of...

- Unusually Aggressive
- Loneliness
- Not Participating in Favorite Activities
- Withdrawal from Family & Friends
- Extreme Fear
- Hopelessness
- Major Behavioral Changes
- Talking about Their Death

These signs may be demonstrated:  
Behaviorally • Physically • Verbally

### Slide 6: Warning Signs

Some of the signs you could be paying attention to when you know a friend is struggling include: **Unusually Aggressive, Loneliness, Not Participating in Favorite Activities, Withdrawal from Family & Friends, Extreme Fear, Hopelessness, Major Behavioral Changes, Talking about Their Death.** If you see any of these, especially several of them, you need to tell an adult. This could be about another person's safety. Even if it's not as serious as you thought, the person probably still needs someone to care.

**RECOGNIZING**

If you suspect suicidal ideation, you **MUST** refer to an adult!

Can I help you?

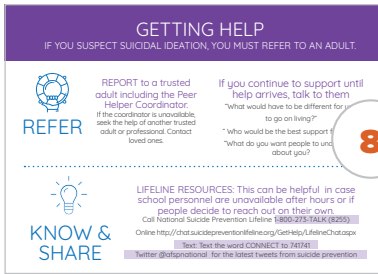
- Don't swear yourself to secrecy.
- Take every threat seriously.
- Recognize warning signs and prepare to report.

### Slide 7: Can I Help?

To help another person, we can do the following: *(read slide)*. If you are worried that they will be mad at you, you will find that the important thing is that they are there to see the next day. They will come to understand when the support system guides them to safety.

# Core Lesson (cont)

## Slide/Handout



## Lesson Script/Talking Points

### Slide 8: Getting Help

I want you to write down some of these on your handout. (*Give students time to copy some of the resources.*) The truth is that it would be great if you never needed to use any of this information, but as you age you will encounter people who struggle or you may feel defeated at times. It's important to be knowledgeable about these things to make a positive difference in the lives of those around you.

## Closing: Essential Question (4 minutes)

**How can you help to prevent suicide among your peers?** (*Allow for responses.*)

Let's review by looking at the fourth section of your handout. The "Take Away" section is for answering the Essential Question that has been answered throughout this lesson, "How can you help to prevent suicide among your peers?" Consider everything that we discussed today. We talked about the myths and facts of suicide, the warning signs of suicide and the ways that we can help a friend who might be considering taking their life. We are going to try and answer the question in the final box on your handout. In this section I would like you to list 2 specific warning signs that you will be looking for and I would like you to identify at least one individual you would report your concerns to. (*Allow a minute or two for the students to complete this section. Have students now stand, find a partner and have them share the action plan that they just developed in this section with their partner.*)

## References:

Suicide PPT. PPT. (n.d.). <https://www.slideshare.net/DrSUHASINIKANYADI/suicide-ppt>

Carelon Behavioral Health: Behavioral Health Services (beacon). [www.carelonbehavioralhealth.com](http://www.carelonbehavioralhealth.com). (n.d.). <https://www.carelonbehavioralhealth.com/>

Ghandour, R. M., Sherman, L. J., Vladutiu, C. J., Ali, M. M., Lynch, S. E., Bitsko, R. H., & Blumberg, S. J. (2019). Prevalence and treatment of depression, anxiety, and conduct problems in US children. *The Journal of Pediatrics*, 206. <https://doi.org/10.1016/j.jpeds.2018.09.021>

Survivors of suicide loss task force. Action Alliance. (n.d.). <https://theactionalliance.org/task-force/survivors-suicide-loss-task-force>

[Click Here to Provide Feedback on this Lesson](#)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# The Irreversible Decision - Suicide

**Myths/Facts** \_\_\_\_\_

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**Warning Signs** \_\_\_\_\_

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**How to Refer** \_\_\_\_\_

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**My Take-Away** \_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# The Irreversible Decision - Suicide **Answer Sheet**

(Each students answers may be slightly different, but should include the following information. )

## Myths/Facts

Myth: Talking about suicide will cause someone to think about suicide - Fact: Talking about suicide will not plant a seed or idea. It will open the lines of communication and may even provide relief of having increased support.

Myth: Suicidal people want to die - Fact: People want the pain to stop which doesn't necessarily mean they have a death wish.

Myth: Suicide happens without warning - Fact: Warning signs usually exist.

## Warning Signs

unusually aggressive; loneliness; not participating in favorite activities; withdrawal from family & friends; extreme fear; hopelessness; major behavioral changes; talking about their death - these signs may be demonstrated: behaviorally, physically, or verbally

## How to Refer

report to a trusted adult (includes a Peer Helper Coordinator); continue to support until help arrives.

Other resources: National Suicide Prevention Lifeline. 1-800-273-TALK (8355)  
<https://988lifeline.org/>

Text: text the word CONNECT to 741741

## My Take-Away

each students answers will vary here