

# 5TH & 6TH GRADE SUICIDE AWARENESS

**Created by Ms. Davis**

EXPECTATIONS:  
BE SAFE  
BE RESPECTFUL  
BE RESPONSIBLE  
SO WE CAN HAVE FUN

STAND UP  
AND  
STRETCH



# DEEP BREATHS AND WISH WELL

(WHO'S ABSENT TODAY?)



6TH GRADE COUNSELOR GOOGLE  
CLASSROOM

wi7t6f3

# GRATITUDE JOURNAL

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

On a scale of 0-10, how are you feeling today? 0 is the worst day ever, 5 is okay and 10 is the best day ever. You can be the numbers in between as well.

Today's Score:

0 1 2 3 4 5 6 7 8 9 10

Why are you feeling that number today? \_\_\_\_\_

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Today I am thankful for: \_\_\_\_\_

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# TODAY WE ARE GOING TO TALK ABOUT...

- Current Trends in Youth Mental Health
- Signs of Depression
- Warning Signs of Suicide
- How to seek help for yourself and/or others



# DISCLAIMER



-What we are talking about today is very important.

-Be respectful and aware that some classmates may have experienced this.

-You may feel uncomfortable with today's topic. We are talking about it to educate you and keep you safe.

-It is inappropriate to laugh during our lesson today. Please act respectfully.



# WHY ARE WE TALKING ABOUT THIS?

-There was Missouri Legislation passed in 2018, stating that each Missouri School District will implement youth suicide awareness and prevention for students no later than fifth grade.(Section 170.048, RSMo)



# WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

([MentalHealth.gov](https://www.MentalHealth.gov))



# CURRENT TRENDS IN MISSOURI

**SUICIDE IS THE**

**2ND**

**LEADING CAUSE OF DEATH IN YOUTH AGES 10-17 IN MISSOURI.**

(Missouri Institute of Mental Health, 2020)

**encourage  
HOPE&HELP**

1. Unintended death (car accidents)
2. Suicide
3. Homicide
4. Cancer

# CURRENT TRENDS IN MISSOURI

MISSOURI  
IS RANKED  
**13TH**  
HIGHEST  
IN THE NATION  
FOR SUICIDE  
RATES.

(Missouri Institute of Mental Health, 2020)

BE COURAGE  
HOPE & HELP

## Behavior: Last 12 Months (% reflects "1+" answer)

Been bullied on school property	30.3%	26.2%	34.9%
Was in a physical fight	18.4%	15.9%	19.1%
Been threatened or injured with a weapon on school property	10.1%	6.7%	7.7%
Seriously considered suicide	15.0%	11.1%	13.6%
Planned suicide	13.5%	8.6%	10.5%
Attempted suicide	6.7%	4.9%	5.0%

## Depression Scale (% often or always in Past Month)

Was very sad	33.0%	25.3%	24.9%
Was grouchy or irritable, or in a bad mood	39.9%	33.4%	36.2%
Felt hopeless about the future	19.3%	15.5%	14.7%
Felt like not eating or eating more than usual	27.7%	21.1%	21.6%
Felt like sleeping a lot more or a lot less than usual	36.5%	32.6%	31.1%
Had difficulty concentrating on school work	37.2%	32.1%	29.7%

2020 Missouri Student Survey-Ray County

# Time to ACT<sup>®</sup>

Preventing Youth Suicide

Click picture to  
link to video.  
8 mins long

# What warning signs did you see in Aiden

- **Relationship difficulties:** David says that Aiden isn't hanging out with him "like we used to"
- **He's struggling in school,** even in classes he used to do well in
- **He can't concentrate**
- **He feels hopeless;** he says he is "trapped and there's nothing [he] can do about it"
- **He's having negative thoughts:** he feels like there is a weight on his chest, and says things like wishing he could "just drop dead"

# How does David ACT in the “right way”?

**A**  
**Acknowledge**

He points out that Aiden isn't acting like himself.

And that the things Aiden is saying, like he wants to “drop dead”, are serious.

**C**  
**Care**

He reminds Aiden that they've been friends for a long time.

If the situation were reversed, Aiden would want to help.

**T**  
**Tell**

He doesn't leave Aiden alone, and doesn't give up, even when Aiden yells at him.

David helps Aiden think of an adult he could talk to and goes with him to make sure he follows through.

# What's the difference between sadness and depression?

## Sadness

- Common part of life for everyone
- Can still go about daily life
- Temporary feeling that can go away on its own

## Depression

- Lasts for two weeks or longer
- Serious health condition that affects the mind and body
- Important to get treatment



***If you are feeling suicidal...  
tell someone.***

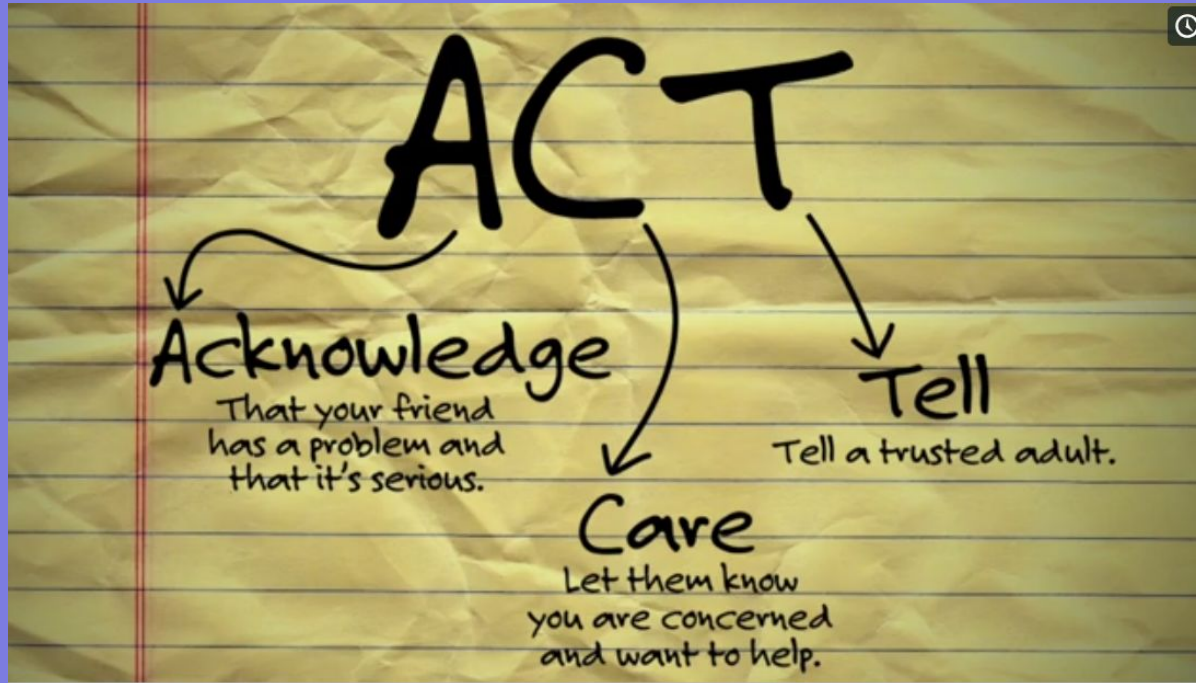
**Get around other people and don't allow  
yourself to be alone.**

**National Suicide Prevention**

- ✓ **Lifeline: 1-800-273-8255**
- ✓ **Text Line: 741 741**
- ✓ **Chat Line available at  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)**



If you *know* someone feeling suicidal...  
*tell someone.*



Depression is **TREATABLE**. Let someone know how you are feeling, so you can get the help.

