

5TH & 6TH GRADE
LESSON #5
SUICIDE AWARENESS & PREVENTION

Created by Mrs. Mason

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?)



SEESAW JOURNAL QUESTION



Counselor: Journal Question

Read the journal question and answer.

On a scale of 0 to 10, with 0 being the worst day, 5 being an okay day and 10 being the best day (you can be the numbers

Students will edit this template

Counselor: Journal

Question

Rebecca Mason

Student Instructions

Counselor: Lesson #5 JOURNAL (5th & 6th Grade)

1. Click Add response .
2. Read the journal question and answer.
On a scale of 0 to 10, with 0 being the worst day, 5 being an okay day and 10 being the best day (you can be the numbers in between too), how are you feeling today? And why?
3. Click to save and add to your journal.

5th & 6th

Compatible with: Chromebooks, computers, iPads, iPhones, Android tablets, Android phones, Kindle Fire

TODAY WE ARE GOING TO TALK ABOUT...

- Current Trends in Youth Mental Health
- Signs of Depression
- Warning Signs of Suicide
- Risk Factors of Suicide & Precipitating Events
- 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%

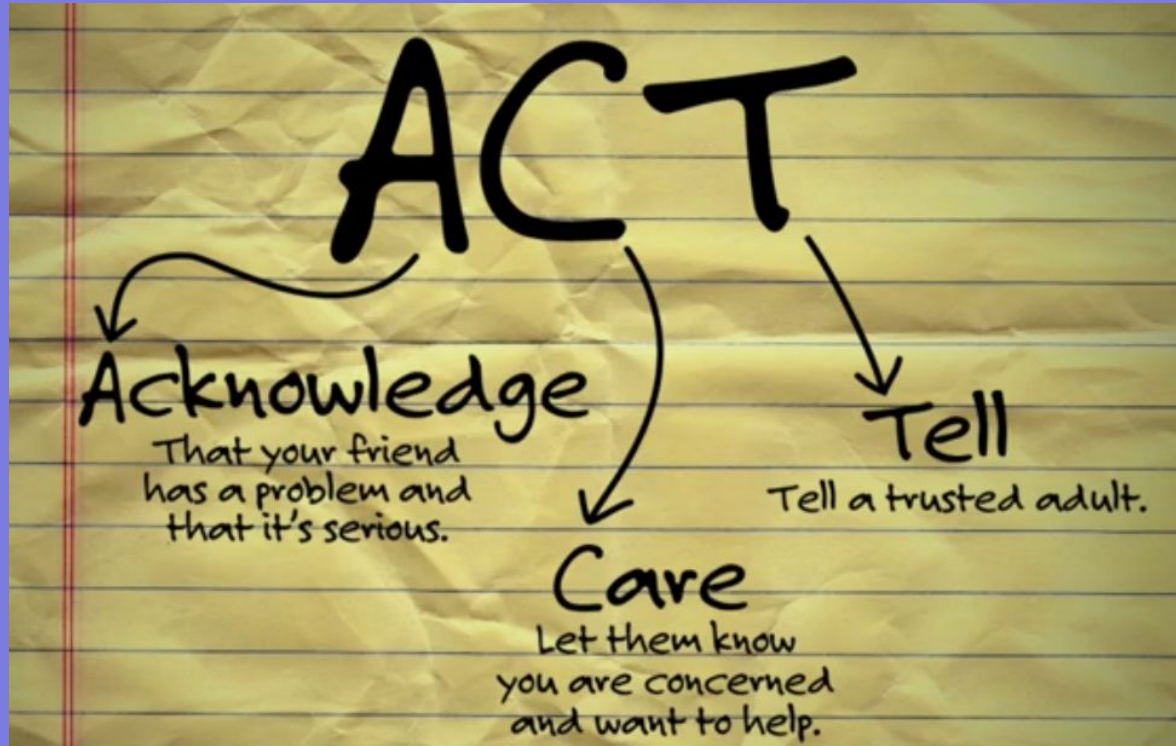
2020 Missouri Student Survey-Ray County

Time to
ACT[®]

Preventing Youth Suicide

Click picture to link
to video 19 mins.

WHAT CAN YOU DO?



SIGNS OF DEPRESSION



- Frequent sadness or crying
- Hopelessness
- Decreased interest in activities or the inability to enjoy previously favorite activities
- Persistent boredom or low energy
- Social isolation
- Low self-esteem
- Extreme sensitivity to rejection or failure
- Increased irritability, anger or hostility
- Difficulty with relationships

- Frequent complaints of physical illness, such as headaches and stomach aches
- Frequent absences from school or poor performance in school
- Poor concentration
- A major change in eating and/or sleeping patterns
- Talk of/or efforts to run away from home
- Thought or expressions of suicide or self-destructive behavior

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



WARNING SIGNS OF SUICIDE

- Talking, reading or writing about suicide or death
- Talking about feeling worthless or helpless
- Saying things like, “I’m going to kill myself”, “I wish I were dead”, or “I shouldn’t have been born”
- Visiting or calling people to say goodbye
- Giving things away
- Organizing or cleaning one’s bedroom “one last time”

- Developing a sudden interest in drinking alcohol
- Purposely putting oneself in danger
- Obsessing about death, violence, and guns or knives
- Previous suicidal thoughts or suicide attempts



RISK FACTORS OF SUICIDE

While no student is immune from suicide, some students face increased risk.



- Mental Health: depression & non-suicidal self-injury (cutting)
- Substance Abuse: alcohol and/or drug use
- Hopelessness & Social Isolation
- Adverse Childhood Events: Trauma
 - Emotional abuse
 - Physical abuse
 - Sexual abuse
 - Domestic violence
 - Neglect
 - Parental substance abuse
 - Mental Illness
 - Suicide or death
 - Divorce
 - Crime or imprisoned family
- Access to guns or other weapons

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

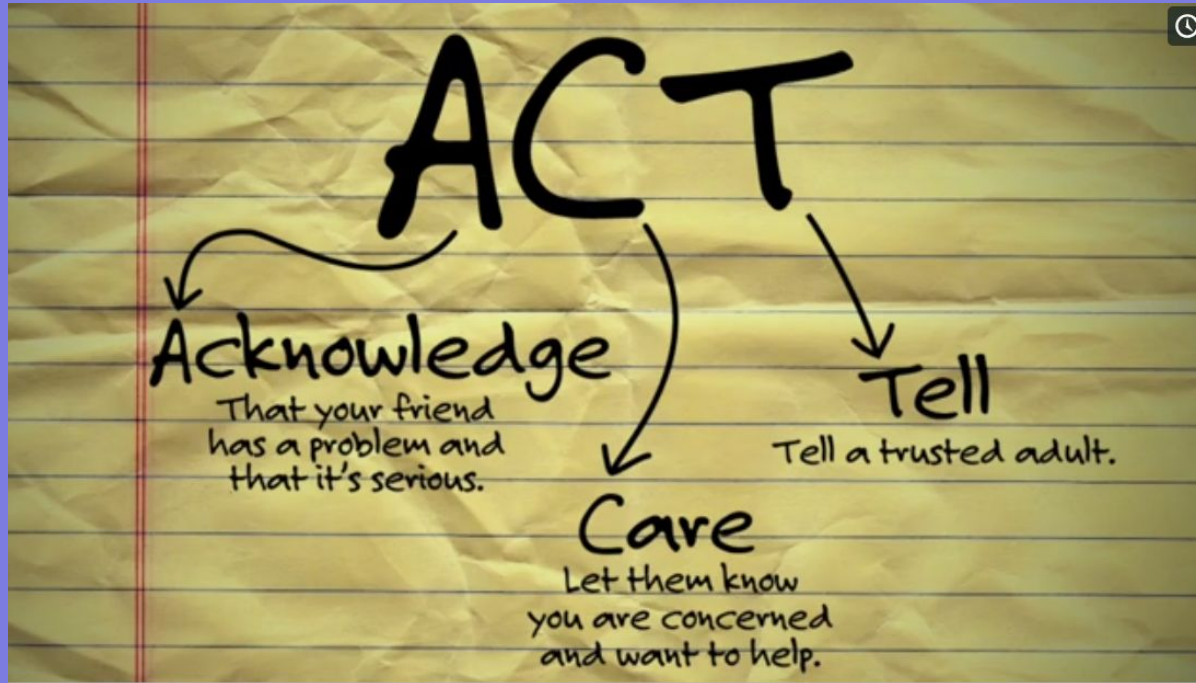
**Get around other people and don't allow
yourself to be alone.**

National Suicide Prevention

- ✓ **Lifeline: 1-800-273-8255**
- ✓ **Text Line: 741 741**
- ✓ **Chat Line available at
www.suicidepreventionlifeline.org**



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



WE ARE HERE TO HELP

