



IN MEMORY OF SAM

U TURN TO LIFE - A LOOK AT CHILD AND TEEN SUICIDE

I SUICIDE STATISTICS

US Statistics

- 8.1 deaths per 100,000 population
- 5.9 or 55% of those involved firearms.
- 83.9 per day.
- 1 in 5 by hanging.
- 1.3% of all deaths are by suicide.
- One suicide every 17 minutes.
- 11th leading cause of death for all Americans.
- 3rd leading cause of death for young people 15-24. Accidents are 1st, homicide 2nd.
- 2nd leading cause of death for college students.
- Males are 4 times more likely to succeed.
- More people die from suicide than homicide.
- 750,000 attempts each year.
- 1 in 25 attempts die.

Additional Statistics

1. Occurs most often in April and May or in late fall and early winter.
2. Saturday and Monday have been common

days for suicidal acts to occur.

3. Suicide rose 50% in white males between 1970 and 1978, with a 12% rise for white females.
4. Reports of suicide "clusters" where one suicide appears to trigger several other suicides in a group such as a school or community, have increased.

II FACTS

1. No typical person more at risk.
2. Few are mental problems.
3. At least 80% give warning signs.
4. Few truly want to die, rather they have fantasies of last minute rescue.
5. Just listening will give the individual a glimmer of hope.
6. Many, especially children, do not think death is final.
7. Over half in the 6-11 year old range think death can be reversed.
8. Kids have to grow up too fast, they are robbed of their time to be kids.
9. Males have an especially difficult time sharing their feelings.
10. **MOST SUICIDAL INDIVIDUALS AREN'T SEEKING DEATH, RATHER AN END TO PAIN!**

III REASONS BEHIND SUICIDE

A. Family

1. Family breakup.
2. Moving.
3. Pressure to succeed.
4. Force fed religion.

B. Peer Group

1. Breakup of a romance.
2. Pregnancy.
3. Bullying.

C. General

1. Loss of a loved one especially if the death was due to suicide.
2. To join a deceased individual.
3. Anger, revenge.
4. **LACK OF HOPE.**
5. Depression.
6. No adult to whom they feel close.
7. Spontaneous, "last straw" event.

D. Substance Abuse

1. Alcohol.
2. Drugs.

U TURN TO LIFE - A LOOK AT CHILD AND TEEN SUICIDE page two

E. Abuse

1. Sexual abuse.
2. Rape.
3. Physical abuse.
4. Satanism.
5. Ritual abuse.

IV MYTHS ABOUT SUICIDE

1. If they talk about suicide, they won't do
2. People under care are always of danger.
3. Only specific classes do it.
4. Talking about suicide only makes it worse.
5. They are out of danger once recovery begins.
6. Once suicidal, always suicidal.

V WARNING SIGNS

A. Situations

1. Major changes in kid's life.
2. Death of a close friend to suicide,
THIS PERSON IS POTENTIALLY IN GREAT DANGER!!

B. Conversation

1. Change in, or lack of, plans.
2. Remarks, "I'd rather be dead."
3. Talk about death.
4. Talk about suicide.

C. Actions

1. Recklessness (drugs, sex, alcohol. driving, taking risks).
2. Perfectionism.
3. Interest in Satanism/D&D
4. Captivated by video games, esp violent ones.
5. Rock music.
6. Bedroom walls.
7. Art work, especially notebook.
8. Sudden "high" or peace.
9. Change in routine.
10. Withdrawal.
11. Giving away possessions.
12. Lowered school grades.
13. Persistent boredom

VI TALKING TO A SUICIDAL INDIVIDUAL

A. Determining seriousness of intent.

1. Directly ask, "Are you feeling suicidal?"
2. Look for a specific plan.
 - a. "How do you plan to do it?"
 - b. Determine access to the means.

6. Homosexuality.

F. Conclusions

1. **REMEMBER THAT SOMETHING THAT IS OF LITTLE SIGNIFICANCE TO US CAN BE DEVASTATING TO A CHILD OR TEEN!**
2. **TV GIVES A FALSE PICTURE OF LIFE.** Road Runner, Simpsons, etc.

c. "Where do you plan to do it?"

d. "When do you plan to do it?"

AS SOON AS YOU ARE AWARE OF A PLAN THERE IS A NEED FOR THAT INDIVIDUAL TO BE HELPED BY A PROFESSIONAL!!!

ITEMS b., c., and d. **MAY MEAN THE INDIVIDUAL MUST GET HELP AT ONCE AND NOT BE LEFT ALONE!!!**

B. What to say

1. Genuinely listen.
2. Try asking, "What are you not getting out of life that you'd like to?"
3. Take what is said seriously. **WE CAN NEVER ASSUME THE INDIVIDUAL IS FAKING!** This is to be determined by a professional.

C. What not to say

1. Never put them down.
2. Never preach or use Scripture to prove them wrong.
3. Don't debate the ethics of suicide.
4. Never show evidence of shock or disbelief.
5. Don't tell them they are just imagining this.
6. Don't blame their friends.

D. Additional suggestions

1. Adults must try to remember their own childhood and teen years.
2. Stay in touch with the individual.
3. Be sure they know you are available.

WHEN HE SAW THE CROWDS, HE HAD COMPASSION ON THEM, BECAUSE THEY WERE HARASSED AND HELPLESS, LIKE SHEEP WITHOUT A SHEPHERD.

Matthew 9:36

U TURN TO LIFE - A LOOK AT CHILD AND TEEN SUICIDE page three

E. Conclusions

1. NEVER PROMISE NOT TO TELL ANYONE.

VII PREVENTION

A. General

1. Meet kids needs.
2. Don't overload kids with adult decisions.
3. Get kids interested in groups where they will get help.
4. Remember that anger is not always wrong.
5. Adults must admit when they are wrong.
6. Parents must strive for a balanced relationship with lots of TLC.
7. Be sure kids know they can come to you to report any abuse.

B. Encouragement

1. Gain listening skills.
2. Look for the best in our kids.
3. Don't put them down.
4. Tell them when they do things right.
5. No room for abusive punishment.
6. Love them as much when they fail, as when they succeed.
7. Avoid remarks such as "nerd", "slob", "geek", etc.

VIII ACTION

A. In the schools

1. Teach suicide prevention.
2. Equip peers to help each other.
3. Have a plan of action for attempts as well as successful suicides.
4. Have a plan for other deaths as well.
5. Networking is the pooling of all resources and individuals to call on in an emergency.

B. In the local organization or church.

1. Support those who work with suicide.
2. Educate all adults, youth and children.
3. Have a plan of action for your group, organization, school, etc.
4. Be prepared to meet both the immediate and long range needs of families and others impacted.

C. In the community

1. Know about the local HOTLINE!
 2. Realize media need to be responsible.
- Any school, church, family, organization,

YOU HAVE NO CHOICE BUT TO TELL SOMEONE.

2. TRUST YOUR GUT FEELINGS!!! IF YOU FEEL SOMETHING IS NOT RIGHT, DON'T IGNORE IT.

etc must have a designated person to

3. Have wallet cards and/or other printed sources of help.

D. Individuals

1. Be a caring, stable individual.
2. Know local sources of counseling.
3. Get involved in local action.
4. Learn all you can.
5. Make sure you are available to be called on in networking.
6. Know your local laws on reporting abuse, etc.

SOURCES OF HELP

LIFELINE 211
1-800-222-1222
275-5151

**NATIONAL SUICIDE PREVENTION
HOTLINE** 1-800-SUICIDE

CHILD ABUSE HOTLINE 1-800-342-3720

**LOCAL SOURCES OF HELP ARE INSIDE THE
FRONT COVER OF EVERY TELEPHONE
BOOK.**

ON THE ROAD YOUTH MINISTRY

Box 115
Mount Morris NY 14510-0115
585-507-1045

Web Site
<http://otrym.org>



e-mail jim@otrym.org

22 June 12

www.otrym.org
www.whenlifehurts.com