Your Story Is Not Over…

Fighting Teen Suicide
What Did She Mean?

- There are good people your age who are literally dying for someone to be kind to them.

- Millions of young people are laughed at, mocked, beaten, called ugly names, made fun of and humiliated every day for no good reason.

- Reaching out to others – just a kind word, a smile, a respectful question – just being decent – can reduce agony & suffering.
The World You Live In

- There are cameras present wherever you go
- *Embarrassing “moments” are never moments – they’re recorded and viewed repeatedly by strangers*
- Multiple people are commenting on your appearance constantly
- “Social Assassination”
- Bullying follows you everywhere you go
Where Does All the Hate Come From?
Wrong In So Many Ways, But Here Are Two:

People who cruelly attack others are wrong in one of 2 ways:

- Either they feel inadequate and without control
- Or
- They arrogantly feel entitled by “divine right” to do whatever they want
Too Many Lost

- Every 2 hours and 11 minutes someone under the age of 25 commits suicide
- Youth make up 25% of all attempted suicides in California
- Twice as many people die by suicide every year than from homicide
Too Many Lost

- 4,167 deaths from suicide in California in 2017
- In a school of 2,000, on average, 40-60 students will attempt suicide annually
- 80% of teens who attempt suicide give clear warning signs
Is A Friend Being Cyberbullied?

- Nervous, shows anxiety when receiving a text, email, or instant message
- Lashes out in anger towards others
- Show signs of depression
- Tries to find excuses not to go to school
- Spends less time/no longer on online devices
- Difficulty sleeping
- Significant changes
Do You Know Someone Who …

- Is sad, seems without much hope
- Talks about feeling trapped, can’t go on, in pain
- Says he or she’s a burden to others
- Is preoccupied with death and a despairing attitude
- Is becoming more withdrawn
- *Making final arrangements*
“No One Will Care. No One Will Miss Me”

- This is so wrong
- People who love you will miss you for decades and decades – the pain you cause never goes away – it will last for many years
- NO ONE is like you – you rob the world of someone unique; you are irreplaceable
- People you don’t even know, care about you
Want to Be a Good Person? Grow Empathy in Yourself

- The superpower of being able to feel what other people are feeling, to share that feeling, to understand how they feel because you have felt the same way yourself
- You don’t want *them* to feel pain because *you* know how bad pain is
"I know exactly how you feel."
Help, Defend, Protect, Save Lives
Social Justice is Standing Up for the Bullied
KINDNESS makes you the most beautiful person in the world no matter what you look like.
What Can I Do?

- Take a kindly approach
- Listen without condemning
- Remain calm
- Try to arrange company and adult supervision for the lonely & depressed
- Encourage help-seeking behaviors
What Can I Do?

- Most people thinking about suicide are seeking to end pain or loneliness; they *can* be helped.
- Take all threats seriously.
- Don’t worry that by mentioning suicide you’re going to “plant the idea” in a person’s mind – bringing up the subject can give people a chance to open up and share their burdens.
Help-Seeking Behaviors:

Teen Help Line
1-800-840-5704

Troubledteens.com
1-800-273-TALK (8255)
Help-Seeking Behaviors:

- Crisis Text Line
  Text TALK to 741741

- Trevor Lifeline (24 hours)
  (866) 488-7386
“There are safe people to talk to”

“Let’s keep you safe”
H.A.L.T.

- Hungry
- Angry
- Lonely
- Tired
Get Help!!

- Text D2L to 494949
- d2lrevolution.com

(death2life) *Does life suck? Let’s talk about it*
Safety Plan Essentials:
1. What Are My Own Warning Signs?
2. What Are My Coping Strategies?
3. What Social Contacts Might Distract Me From My Crisis?
4. What Professional Agencies Can I Contact For Help?
5. How Can I Make My Environment Safer?
The “FaceUp – Let’s Help” App

Schools should sign up online, inform students the app is available; kids report thru app and admins provide guidance on what to do – all anonymously!
CrisisChat

- Crisis centers across the United States have joined together to form one national chat network

- Online emotional support, crisis intervention, and suicide prevention services

- Go to: www.crisischat.org
More Than 13 Reasons Why Not

- You don’t “get back” at people by killing yourself – the ones you want to hurt will move on and forget, the ones you don’t want to hurt will suffer endlessly.

- There is help for every problem or issue you might have; there are always people available who WANT to help you.

- The world is full of misinformation: Hannah’s counselor was wrong: You can report a sexual assault without identifying your assailant; Pong Pong seeds
Rule #1

- Anybody who tells you to kill yourself is not worth listening to; that person immediately loses the right to be taken seriously

  (Don’t ever make the mistake of taking them seriously!)

Rule #2

- Don’t ever make the mistake of imitating the actions of someone who ignores Rule #1
“Look at all the love & attention that person’s receiving” (for having killed themselves)
You have a future life – you just can’t see it right now

(shooters who direct violence against other people make the same mistake)
YOU should be here, on the team, even if bad people and your own mind tell you otherwise.
Those who survive a suicide attempt say they wish they had NOT tried to kill themselves

- Kevin Hines
- Sept 2000 attempt
- 19 at the time
Remember the $20 bill rule

▪ If I took a $20 bill and crumpled it up and stepped on it and dirtied it all up, would you still want it?

▪ **OF COURSE YOU WOULD!**

▪ **WHY? BECAUSE IT’S STILL VALUABLE!**
Things You’ll Miss Out On:

- You have no idea how rich and wonderful life can be
- You don’t know what magic is coming your way
- There are people you’re going to meet who you don’t want to miss
- There are times and experiences coming in your life that you will want to last forever, and will treasure for the rest of your life
"The Ripple Effect"

The sad thing is, Kirkup said, "Suicide doesn't end the pain. It just passes it on to someone else."

This quote is the only reason I am still here.

"millions continue to die and the ripple effects of these deaths continue to devastate parents, children, families, friends and communities"
The Adventure Belongs to Those Who Show Up For It
The Only Way to Win is to Finish the Race
The older you get, the happier you become

(Studies Show)
BE HERE TOMORROW!!
(promise?)
I just saw a friend post about their struggle with suicide, and a quote in their story was “I came to realize that I didn’t want to die. I just wanted my life as I knew it to end.” I think that sentence is so important. Your life can always take a different path and direction.
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