

WORKSHEET: Student Resilience and Education

(Students)

Suicide Prevention

CWK Network

Considerations - There are many things to consider when developing or using a suicide prevention awareness curriculum with students. Certainly, educating students about warning signs and how to access help has benefits. Suicide is an increasingly popular topic in teen and young adult literature and entertainment as well. There are some evidence-based and best practice curricula available, but some important questions arise. What does the evaluation of the curriculum say that it does? And under what circumstances? Another important question to ask – Is it possible to do harm?

Research has shown that how we educate students about suicide is important. Dramatic presentations, testimonials, and prevalence statistics are of concerns. It is recommended that suicide prevention information be developmentally appropriate, and focused on positive coping and help-seeking rather than tragic stories. This information is better received when it is integrated than when it is stand alone. Auditorium presentation are to be offered with caution. Concern about this issue has led to the development of national safety guideline for effective messaging for suicide prevention. An example of an evidence-based program that meets these criteria is [Sources of Strength](#).

Online resources

<https://positivepsychologyprogram.com/resilience-activities-worksheets/#schools>

<https://sourcesofstrength.org/peer-leaders/>

<http://www.interventioncentral.org/behavioral-interventions/schoolwide-classroommgmt/good-behavior-game>

<http://www.dbtinschools.com>

<https://wisewisconsin.org/honest-open-proud/>

<https://www.teachthought.com/life/preventing-youth-suicide-through-lessons-of-hope/>

[School Climate survey and resources](#)

[NYSED SEL Guidelines](#)

[NYSED MH Education in Schools standards and resources](#)

[SPTSUSA.org/Teens – Society for the Prevention of Teen Suicide](#)

[The Trevor Project – Telephone, text and chat support and crisis services for LGBTQ youth.](#)

Printable resources

[What every student should know brochure](#)

[School Connectedness](#)

[Student Presentations TALKING POINTS](#)

BENCHMARKS: Score your school's status from 1 to 5 with regards to the benchmarks below. Then note some initial steps toward best practice.

BENCHMARKS – Student Education	1	2	3	4	5
<p>A. Measures in place for ongoing evaluation and improvement of school climate.</p> <p>Planning notes:</p>					
<p>B. Educators integrate Social, Emotional Learning principles into classroom management and curriculum.</p> <p>Planning notes:</p>					
<p>C. Restorative Practices, PBIS, or related model in place to address behavior and discipline.</p> <p>Planning notes:</p>					
<p>D. Effective and ongoing bully prevention programming, policies, and training.</p> <p>Planning notes:</p>					
<p>E. Health and safety curriculum addresses mental wellness, coping with stress and distress, recognizing signs of mental distress and warning signs of suicide (high school).</p> <p>Planning notes:</p>					
<p>F. Effective substance use awareness and prevention education are provided.</p> <p>Planning notes:</p>					
<p>G. All students can identify trusted adults.</p> <p>Planning notes:</p>					
<p>H. Other</p> <p>Planning notes:</p>					

1 = not yet an item of focus, 2 = initial actions have been taken, 3 = several steps have been taken, 4 = nearly integrated into practice, 5 = comprehensively and sustainably integrated into practice