



PREVENTING & RESPONDING TO STUDENT SUICIDE

PROMISING STRATEGIES FOR SCHOOLS



WHAT DO YOU KNOW ABOUT YOUTH SUICIDE AND SELF-HARM IN UTAH?

True or False?	Statement *	Notes
T or F	1. Children grieve just like adults.	False
T or F	2. While adult suicide rates are falling, youth suicide rates are increasing.	True
T or F	3. Suicide was the third leading cause of death among Utah's youth aged 10–17 in 2014.	F – It was the leading cause of death in 2013 and 2014.
T or F	4. Females are more likely to complete suicide than males.	F – Females are more likely to attempt; males to complete.
T or F	5. Students in elementary school are too young to contemplate suicide.	F – Elementary aged children both plan and attempt suicide.
T or F	6. There is usually a sudden and traumatizing event that leads to a suicide.	F – There can be, but more often than that, it's not the case
T or F	7. Most youth who attempt suicide let someone know about their intentions first.	True
T or F	8. For every completed youth suicide in Utah, about 10 more attempted suicide, and 25 more made a plan.	F – It is closer to 200 & 400 times, respectively. 50 /12k / 21k
T or F	9. It is better not to talk about suicide with someone who seems depressed or in crisis because this can plant an idea for ending their life.	False
T or F	10. Youth who talk about suicide are usually just seeking attention.	F – Mentions of suicide should be taken seriously; do intervene.
T or F	11. Teens are at the greatest risk of suicide as compared to other age groups.	F – While large numbers of teens think about suicide, adults are at a much higher risk, with those aged 45–54 having the highest rates of suicide in UT.
T or F	12. Suicide is correlated with alcohol and drug use.	True
T or F	13. A previous suicide attempt is a serious risk factor for someone completing suicide in the future.	True
T or F	14. Loneliness, anxiety, depression, addiction, and major loss are all risk factors.	True
T or F	15. About 5 percent of secondary students in Utah reported engaging in self-injury behaviors (e.g., cutting) last year.	F – On the 2015 SHARP survey, 15% of respondents reported harming themselves.
T or F	16. The only people who should try to help a suicidal student are trained mental health professionals.	F – Everyone can play a role.
T or F	17. Utah has a lower youth suicide rate than most states, likely due to the high percentage of intact families.	F – Utah had one of the highest rates, AND there are many risk and protective factors.

* Statistics retrieved from the American Foundation for Suicide Prevention (2013): <http://www.afsp.org/understanding-suicide/facts-and-figures> — reported from CDC, National Center for Injury Prevention and Control, Web-based Injury Statistics Query and Reporting System (2010). Additional data from the Utah Department of Health Violence and Injury Prevention Program (2014), and from *GRIEVING: How To Go On Living When Someone You Love Dies* (Therese A. Rando, Ph.D).