**Name:**

**Date:**

**School:**

**Facilitator:**

4.05 Self-Harm and Suicide Prevention

Total points: 51

# Fill in the Blanks

**Fill in the following blanks based on what you learned in the lesson.**

1. Face-to-face verbal and physical attacks are more typical of      .
2. are more likely to bully indirectly through rumors, exclusion, and cyberbullying.
3. Bullying decreases as students      .
4. The act of physically hurting oneself is called      .
5. Self-harm prevents you from dealing with the negative       that cause you to self-harm in the first place.
6. Suicide is a       solution to a       problem.
7. People who are considering suicide frequently             before acting on their suicidal thoughts.
8. Suicide in adolescents is often an       response to a major disappointment.
9. If someone tells you they are thinking about suicide, but asks you not to tell, you should      .

# Short Answers

**Answer the following based on what you learned in the lesson.**

1. List three warning signs of suicide.
2. Jim’s parents are getting a divorce. They have told him he will be moving with his father to a new city and starting at a new school for his senior year. Money is tight so they are not sure if they can help him with college after high school. Jim is wearing the same clothes every day, his hair is dirty and uncombed, his grades are dropping, and he has quit the football team. He is taking risks that he has not taken in the past. When you ask him about the changes you notice, he replies, “What difference does it make? I don’t have a future anyway.” You recognize these signs indicate Jim could be at risk for suicide.
   1. What is the most important thing you should do right away?
   2. Name three other things you can do to help Jim.