

Suicide

Health & Family Life

Name: _____ Grade: 7

Suicide: When someone intentionally takes their own life.

Depression: A deepened state of sadness.

When people commit suicide, they do so to escape pain or suffering. When someone ends their own life, we say that they "died by suicide." A "suicide attempt" means that someone tried to end their life but did not die.

Some signs of suicide include change in behavior, cutting yourself, and talk of dying. When people commit suicide, they don't really want to die they simply believe that there is no other way.

To help suicidal people it is important to get help: talk to a trusted adult, a psychiatrist, and a teacher or counsellor.

Instructions: Write the **TRUE** or **FALSE** in the box ☐. For the **multiple choice** write the correct **LETTER** in the **box**.

1. Factors that can increase a teen's risk of suicide: _____
 - a. Teenage Pregnancy
 - b. Drug Abuse
 - c. Bullying
 - d. All of the above
 - e. None of the above
2. **True or false:** If a person talks about suicide, it means he or she is just looking for attention and won't go through with it. _____
3. **True or false:** The danger of suicide has passed when a person begins to cheer up.

4. **True or false:** Once a person is suicidal, he or she is suicidal forever. _____
5. Which of the following is NOT a warning signs that someone is thinking about suicide?

 - a. Talking about dying.
 - b. Making plans for the future.
 - c. Giving away favourite possessions.

