

LESSON 8.4 Self-Harm and Suicide Note-Taking Guide

Understanding Self-Harm

- 1. Self-harm is the act of purposely causing _____ to yourself on _____.
- 2. Cutting yourself with any sharp object is a _____ form of self-harm.
- 3. It is estimated that _____ percent of teenagers engage in some form of self-harm.
- 4. Self-harm is a sign of emotional _____.
- 5. People who self-harm often do so as a way of distracting themselves from overwhelming _____ that they are unable to cope with.
- 6. A _____ is an external event or circumstance that affects your emotional state, often significantly, by causing extreme distress.

Factors That Contribute to Self-Harm

- 7. Fill in the boxes with five factors that could contribute to self-harm.

The form consists of five empty rectangular boxes with a light green border, arranged in two rows. The top row contains three boxes and the bottom row contains two boxes.

Suicide and Suicide Prevention

- 8. Suicide is a deliberate act of _____ against oneself as a means of death.
- 9. A suicide _____ is the act of trying to kill oneself but surviving the attempt despite one's actions.
- 10. Suicide is a public health problem and the _____ cause of death among people ages 10 to 34 in the United States.

Warning Signs of Suicide in Teens

11. Identify the warning signs of suicide in teens in the following boxes.

1.

2.

3.

4.

5.

6.

7.

Reaching Out for Help

12. List two ways you can get help for yourself or others who have risk factors for suicide.