

THE SUICIDE TALK

WHY SHOULD I TALK TO MY KIDS ABOUT SUICIDE?

THE REASON YOU SHOULD TALK TO YOUR KIDS ABOUT SUICIDE IS BECAUSE THEY MAY HAVE ALREADY THOUGHT ABOUT IT. THE CDC (CENTERS FOR DISEASE CONTROL AND PREVENTION) REPORTS THAT ABOUT 17%, OR ABOUT 1 OUT OF EVERY 6 HIGH-SCHOOL STUDENTS IN 2017 IN THE UNITED STATES SERIOUSLY CONSIDERED ATTEMPTING SUICIDE.

WHAT SHOULD I SAY?

IF YOU SUSPECT THEY'RE SUICIDAL: BE **COMPASSIONATE**. TRY TO UNDERSTAND THE SITUATION. **EMPATHIZE**. **ASK DIRECTLY**, "HAVE YOU HAD ANY THOUGHTS OF KILLING YOURSELF?" IF THE ANSWER IS YES, ASK IF THEY HAVE MADE A PLAN, HOW THEY WOULD DO IT OR IF THEY'RE ALREADY COMMITTED TO THE IDEA.

IF THEY DO HAVE A PLAN OR ARE COMMITTED, CALL 911, YOUR LOCAL EMERGENCY ROOM OR CALL THE SUICIDE PREVENTION LIFELINE AT 800-273-8255.

IF THEY'VE THOUGHT ABOUT SUICIDE, BUT DON'T DIRECTLY HAVE A PLAN, GET THEM TO A THERAPIST AS SOON AS POSSIBLE.

DO NOT:

MARGINALIZE THEIR PROBLEMS : "YOU'LL GET OVER THIS SOON BECAUSE IT'S NOT A BIG DEAL".

COMPARE THEM TO OTHERS : "I WAS NEVER SUICIDAL AND MY PROBLEMS WERE EVEN WORSE!"

A GOOD RULE OF THUMB WHEN TALKING TO SOMEONE WHO IS FEELING SUICIDAL IS THAT YOU SHOULD BE DOING THE LISTENING AND THEY SHOULD BE DOING THE TALKING

FOR LINK TO FULL ARTICLE :
[HTTPS://THEPARENTCUE.ORG/THE-SUICIDE-TALK/](https://theparentcue.org/the-suicide-talk/)

SUICIDE TALK

WHAT PARENTS NEED TO KNOW ABOUT KIDS WHO SELF-HARM

WHO SELF-HARMS?

APPROXIMATELY 15% OF YOUNG PEOPLE SELF-HARM. SELF-HARMERS TYPICALLY LOOK LIKE THE CHILD WHO SITS NEXT TO YOUR CHILD IN MATH CLASS, THE STAR ATHLETE OR THE QUIET KID. MANY ARE **PERFECTIONISTS, HIGH ACHIEVING, AND SENSITIVE.** THEY APPEAR TO HAVE IT ALL TOGETHER ON OUTSIDE BUT INSIDE THERE IS EMOTIONAL UNREST.

WHAT CAUSES SELF-HARM?

FEAR, HOPELESSNESS AND SHAME TO NAME A FEW. SELF-HARM IS A SYMPTOM OF A LARGER PROBLEM, AS WELL AS A METHOD FOR RELIEVING EXTREME STRESS AND OVERWHELMING EMOTIONS.

WHAT SHOULD YOU BE AWARE OF?

- **LOOK** FOR WARNING SIGNS: SAD MOOD, WITHDRAWING FROM FRIENDS AND ACTIVITIES, LONG SLEEVES
- **BRING** UP DIFFICULT TOPICS: MAJOR LIFE TRANSITIONS, DIVORCE, FINANCIAL PRESSURES, DEATH, ETC.
- **ENCOURAGE** EMOTIONAL EXPRESSION.
- **BE PATIENT**, QUITTING IS NOT EASY.
- **FIND** A DISTRACTION: PHYSICAL ACTIVITIES, WATCH A FUNNY MOVIE, DRAW, TAKE A BUBBLE BATH, LISTEN TO SOOTHING MUSIC, JOURNAL FEELINGS.

TALK TO A DOCTOR OR COUNSELOR IF YOU NOTICE SIGNS OF SELF-HARM, IMMEDIATELY CONSULT A COUNSELING PROFESSIONAL THAT HAS EXPERIENCE AND TRAINING IN THIS AREA.

FOR LINK TO FULL ARTICLE:
[HTTPS://THEPARENTCUE.ORG/WHAT-PARENTS-NEED-TO-KNOW-ABOUT-KIDS-WHO-SELF-HARM/](https://theparentcue.org/what-parents-need-to-know-about-kids-who-self-harm/)

WHAT PARENTS NEED TO KNOW ABOUT KIDS WHO SELF-HARM

5 SIMPLE STRATEGIES TO HELP TEENS COPE WITH ANXIETY

1. BE AVAILABLE

- BE READY TO STOP WHAT YOU'RE DOING AND PAY ATTENTION.

2. SCHEDULE TECH BREAKS

- EXAMPLE: NO PHONE AFTER 10PM. NO PHONE AT DINNER TABLE, ETC.

3. SHARE YOUR EXPERIENCES

- RESPOND TO YOUR TEEN WITH EMPATHY AND SHARE HOW YOU SUCCESSFULLY MANAGED THE ISSUE. OR HOW MAYBE YOU WEREN'T SO SUCCESSFUL INITIALLY.

4. OFFER PERSPECTIVES

- "HAVE YOU LOOKED AT IT THIS WAY?" OFFERING PERSPECTIVE AND REPEATEDLY REMINDING YOUR TEEN THAT THEY ARE FULLY ACCEPTED JUST FOR WHO THEY ARE GOES A LONG WAY TOWARDS ENHANCING SELF-ESTEEM AND DECREASING ANXIETY.

5. ENGAGE IN PHYSICAL ACTIVITY

FOR LINK TO FULL ARTICLE:

[HTTPS://THEPARENTCUE.ORG/5-SIMPLE-STRATEGIES-TO-HELP-TEENS-COPE-WITH-ANXIETY/](https://theparentcue.org/5-simple-strategies-to-help-teens-cope-with-anxiety/)

5 SIMPLE STRATEGIES TO HELP WITH ANXIETY

7 TIPS TO HELP YOUR TEENAGER DEVELOP FAITH SKILLS

DEVELOPING FAITH IS NOT JUST READING THE BIBLE AND MEMORIZING SCRIPTURE

1. MODEL IT

- WHEN YOUR TEEN SEES YOU PRAYING, READING YOUR BIBLE AND WORSHIPPING, THERE IS A GREATER CHANCE OF THEM DOING THE SAME. BE HONEST WITH THEM ABOUT INCONSISTENCY IN THIS AREA AND SHARE HOW IT'S HELPED YOUR LIFE.

2. GIVE THEM A RESOURCE THAT MAKES SENSE TO THEM

- TEEN BIBLES, TEEN DEVOTIONALS, DEVOTIONAL PLANS ON THE YOUVERSION BIBLE APP. FEEL FREE TO ASK FUSION LEADERS FOR MORE RESOURCES FOR TEENS

3. PARTNER WITH A STUDENT MINISTRY

- FEEL FREE AND OPEN TO COMMUNICATE WITH FUSION LEADERSHIP

4. DON'T PUSH TOO HARD

- ENCOURAGE. YOUR TEEN RESPONDS TO YOUR ENCOURAGEMENT MORE THAN YOUR PRESSURE.

5. ENCOURAGE HONESTY

- LET YOUR TEENAGER KNOW THAT HE OR SHE CAN BE HONEST WITH YOU ABOUT ALL THINGS FAITH-RELATED. THAT WILL ENCOURAGE THEM TO CONTINUE TO BE HONEST WITH YOU IN THE FUTURE.

6. PRAY

- IT'S JUST ONE OF THOSE THINGS THAT HAS TO BE THE WORK OF GOD. AND YOUR BEST MOVE IS TO CONTINUALLY PUT THAT BEFORE GOD AS AN URGENT REQUEST.

7. BE READY WHEN THEY'RE READY TO TALK

- THERE WILL BE RARE, RANDOM MOMENTS WHEN YOUR TEEN OPENS UP. IT MAY HAPPEN WHEN YOU'RE DISTRACTED OR READY TO GO TO BED. BUT THOSE ARE THE MOMENTS WHEN YOU NEED TO BE READY.

FOR LINK TO FULL ARTICLE:

[HTTPS://THEPARENTCUE.ORG/7-TIPS-TO-HELP-YOUR-TEENAGER-DEVELOP-FAITH-SKILLS/](https://theparentcue.org/7-tips-to-help-your-teenager-develop-faith-skills/)

SHOULD YOU MAKE YOUR OLDER KIDS GO TO CHURCH?

1. TRY TO INSPIRE INSTEAD OF NAG.

- TALK TO YOUR TEEN ABOUT THE TEACHING YOU HEARD AT CHURCH AND HOW IT STIRS YOUR HEART.
- TALK ABOUT HOW WORSHIP CONNECTS YOU TO GOD.
- TELL STORIES ABOUT FUN AND FRIENDSHIPS IN SMALL GROUPS.
- SHOW YOUR STUDENTS WHAT CHURCH HAS MEANT TO YOU AND HOW IT HAS FORMED YOUR RELATIONSHIP WITH GOD.

2. REQUIRE BUT ALSO LET THEM CHOOSE

- LET YOUR TEEN CHOOSE WHERE THEIR RELATIONSHIPS IN CHURCH WILL BE. IF IT IS A MID-WEEK BIBLE STUDY, SMALL GROUP OR SUNDAY NIGHT SERVICE, PRESENT OPTIONS TO THEM AND HAVE THEM DECIDE.

3. LEAN INTO OTHERS

- SMALL GROUPS LEADERS ARE A HUGE PRESENCE IN THE LIFE OF TEENS. MANY PEOPLE RECALL RELATIONSHIPS WITH SMALL GROUP LEADERS AS BEING PIVOTAL IN THEIR FAITH. LEAN INTO THESE RELATIONSHIPS AND PROMOTE THEM.

WHATEVER IT FEELS LIKE TODAY, DON'T GIVE UP. LEAN INTO OTHER LEADERS AND DON'T HESITATE TO ASK FOR HELP. SHOW YOUR KIDS THAT WHILE THEIR OPINIONS MAY CHANGE, YOUR LOVE AND SUPPORT FOR THEM WON'T.

FOR LINK TO FULL ARTICLE:

[HTTPS://THEPARENTCUE.ORG/SHOULD-YOU-MAKE-YOUR-OLDER-KIDS-GO-TO-CHURCH/](https://theparentcue.org/should-you-make-your-older-kids-go-to-church/)

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