

GIRL INTERRUPTED

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PARTICIPANT GUIDE

INSIDE -

- I. WHY ARE GIRLS KILLING THEMSELVES?
- II. RECOGNIZING CUES
- III. HOW DO WE HELP?
- IV. FINAL THOUGHTS

JUVENILE JUSTICE TRAINING ACADEMY
PROFESSIONAL DEVELOPMENT COURSE
MARCH 15, 2022



PERFORMANCE OBJECTIVES

1. CONNECT INCREASE IN GIRLS' SUICIDE RATE TO FACTORS CONTRIBUTING TO THE TREND.
2. RECOGNIZE SUICIDAL WARNING CUES AMONG GIRLS.
3. IMPLEMENT SUICIDE PREVENTION STRATEGIES BASED ON GIRLS' INDIVIDUALIZED NEEDS.



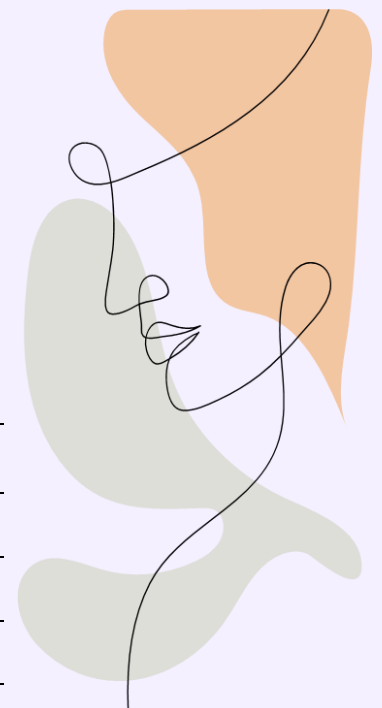
I. WHY ARE GIRLS KILLING THEMSELVES?

GIRLS —

HIGH NEED | LOW-RISK
 VICTIMS OF SEXUAL VIOLENCE
 DIAGNOSED | UNTREATED MENTAL ILLNESS
 USERS OF ILLICIT DRUGS

TRENDS —

- PUBERTY
- BULLYING
- TRAUMA
- OVERSEXUALIZED, VIOLENT CULTURE
- CYBERSPACE
- COPYCAT SUICIDES
- ISOLATING EVENTS





II. RECOGNIZING CUES

ACTIVITY— LET'S HEAR IT

DIRECTIONS: WHILE WATCHING VIDEO, LISTEN AND UNDERLINE WORDS OR STATEMENTS IN THE LYRICS THAT MAY BE SUICIDAL IN NATURE.

CHANDELIER BY SIA —

Party girls don't get hurt; can't feel anything, when will I learn?
I push it down, push it down; I'm the one "for a good time call"
Phone's blowin' up, ringin' my doorbell; I feel the love, feel the love

One, two, three, one, two, three, drink; one, two, three, one, two, three, drink
One, two, three, one, two, three, drink; throw 'em back 'til I lose count

I'm gonna swing from the chandelier; from the chandelier

I'm gonna live like tomorrow doesn't exist, like it doesn't exist
I'm gonna fly like a bird through the night, feel my tears as they dry
I'm gonna swing from the chandelier, from the chandelier

But I'm holding on for dear life; won't look down, won't open my eyes
Keep my glass full until morning light 'cause I'm just holding on for tonight
Help me, I'm holding on for dear life; won't look down, won't open my eyes
Keep my glass full until morning light; 'cause I'm just holding on for tonight, on for tonight

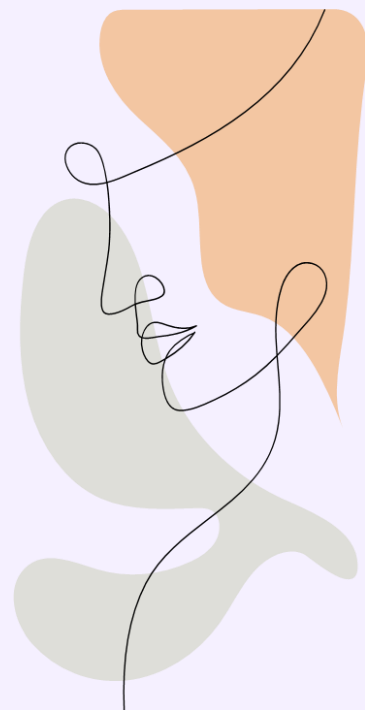
Sun is up, I'm a mess; gotta get out now, gotta run from this
Here comes the shame, here comes the shame

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On for tonight, on for tonight

'Cause I'm just holding on for tonight; oh, I'm just holding on for tonight
On for tonight, on for tonight; 'cause I'm just holding on for tonight
'Cause I'm just holding on for tonight, oh, I'm just holding on for tonight
On for tonight, on for tonight



VERBAL CUES —

MORE OBVIOUS

- EXPRESSING DESIRE TO DIE
- TELLING OTHERS THERE IS NO REASON TO LIVE
- DECLARING WORLD WOULD BE BETTER WITHOUT
- TALKING ABOUT DEATH
- SAYING GOODBYE TO FAMILY | FRIENDS



I JUST DON'T WANT TO LIVE ANYMORE

I WISH I COULD JUST DIE

I WISH I WERE DEAD

MY GIRLFRIEND JUST BROKE UP WITH ME SO I HAVE NO REASON TO LIVE

I AM JUST GOING TO MY ROOM TO KILL MYSELF

LESS OBVIOUS

- OBSCURE
- REQUIRE FOLLOW-UP



I FEEL TRAPPED

I MAY NOT BE COMING BACK FROM SECURITY

I WISH I COULD SLEEP FOR AS LONG AS I WANT

I JUST CAN'T ANYMORE

I THINK I AM GOING TO TURN MYSELF INTO A HUMAN YOYO

BEHAVIORAL CUES —

MORE OBVIOUS

- INCONSISTENT MOOD
- CHANGE IN FOOD CONSUMPTION
- GIVING AWAY PERSONAL ITEMS
- PREOCCUPATION WITH DEATH
- VERBALIZING OR WRITING A SPECIFIC PLAN
- OBTAINING MEANS
- ENGAGING IN RISKY BEHAVIOR
- USING OR INCREASING DRUG USE



LESS OBVIOUS

EXPERIENCING UNDESIRABLE FEELINGS

LOW SELF-ESTEEM

LACKING CONCENTRATION

CHANGING BEHAVIORS

ISOLATING SELF

EXHIBITING EMOTIONAL DISCONNECT

SUFFERING PHYSICAL PAINS

CHANGE IN SLEEP HABITS

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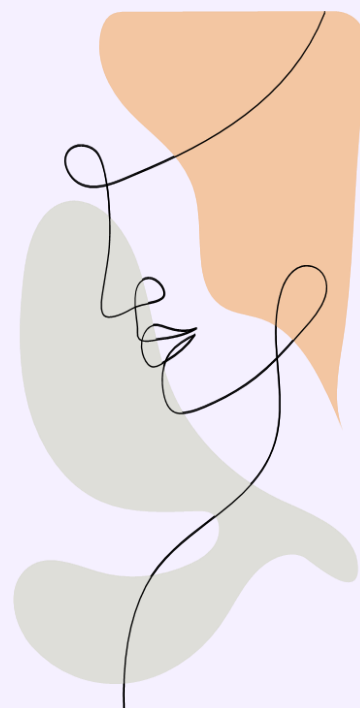


REMEMBER —

ALL | NO CUES MAY BE PRESENT
REPORT MORE OBVIOUS CUES AS SOON AS POSSIBLE
ONE | TWO LESS OBVIOUS CUES MAY NOT ALWAYS BE INDICATOR OF SUICIDE
MULTIPLE LESS OBVIOUS CUES MAY BE CAUSE FOR CONCERN

Handwriting practice lines on the left side, including a faint orange abstract shape in the background.

Handwriting practice lines on the right side.





III. HOW DO WE HELP?

C ONNECT

- FORM HEALTHY RELATIONSHIPS
- CONFRONT SUICIDAL IDEATION HEAD-ON

A CCEPT

- ACKNOWLEDGE VALUE OF GIRLS
- REPORT ANY ADMISSION OF SUICIDAL THOUGHTS | IDEATION

R ESPOND

- ADDRESS SUICIDAL IDEATION | BEHAVIORS
- REMAIN PROFESSIONAL

E LEVATE

- REMIND OF POSITIVE SUPPORTS
- CREATE SAFE SPACES
- EQUIP WITH HEALTHY COPING SKILLS





IV. FINAL THOUGHTS

- GIRLS CONTEMPLATE, ATTEMPT, COMMIT SUICIDE FOR MANY REASONS
- AS AN ADVOCATE, WE MUST RECOGNIZE—
SUICIDAL IDEATION | BEHAVIOR
WARNING CUES
SUBTLETIES IN BEHAVIOR
- WE CAN BEST HELP GIRLS BY —
REPORTING SUICIDE IDEATION | BEHAVIORS IMMEDIATELY
CONVEYING CARE | UNDERSTANDING

