

1. Did you know that suicide is the second leading cause of death of people 10-24 years old? Why or why not does this statistic shock you?

The top five leading causes are: Accidents (mainly motor vehicle accidents), Suicide, Homicide. Cancer, and Heart Disease

2. How have you observed suicide and depression in popular culture? How is it perceived and what response to those instances have you observed?

What students see and observe in pop culture can certainly shape their perspective on the issue. Quite often sin in general is glorified; but what about suicide and self-harm? How often do students process these thoughts and perspectives with a trusted group of people, including adults (and especially with a gospel centered, grace based biblical worldview)?

3. How prevalent is depression and anxiety within your school, your social circle? How often, if ever, is suicide mentioned or threatened? In what ways have you been impacted by suicide (or an attempted suicide)?

While not all students wrestle with depression and anxiety to the point of suicide, it is likely they are around people who do. Often times students bear the weight of other's depression and suicidal thoughts. What do they do then?

4. What might be some of the underlying causes for teens to experience depression and suicidal thoughts?

Being aware of the underlying causes for depression and anxiety is important. Bullying, a difficult home life (parent and sibling related), personal identity, overwhelming fear (irrational or not), stress (academic or otherwise) are all factors.

Verses about hope and God's presence:

- Isaiah 57:15
- Psalm 139:7 (but really, the entire Psalm)
- John 14:16; 16:33
- Romans 5:1-11
- 1 Peter 1:3-6
- Revelation 21:4

5. Who is someone in your life that you would talk to if you were ever in crisis? Likewise, who is an adult that you would talk to if you or one of your peers is threatening suicide?

Involving safe adults is far more important than protecting the secrets of your friends. If a student shares that they have intentions of harming themselves or others, it is okay to break trust for the sake of safety and life.

6. What helps you fight for life and gives you hope?

Some students may mention friends, family, or some other circumstances. This is a great place to remind them of the gospel of Christ and his love for us. Talking with a friend or trusted adult is important but the most important thing is a saving faith in Christ. We can not manufacture faith, however. That only the Spirit of God can do. However, we can be faithful to pray for faith for our students and faithful to point them to Christ by our lives and actions.