



Fall Lunch 'N Learn Series:

Should We Talk About Suicide With our Kids?

Core Belief #1: Open and Direct Talk

Anyone can be a risk for suicide and ***stigma and taboo*** make it difficult for people struggling with suicidal thoughts to talk openly

To Promote Open and Direct Talk:

- -Timing is everything! Pick a time when you have the best chance of getting your child's attention. Car rides, dinner table, reference something timely
- Think about what you want to say ahead of time and rehearse a script if necessary. It always helps to have a reference point: ("I saw that your school is having a program for teachers on suicide prevention.")
- Ask for your child's response. Be direct! ("What do you think about suicide?", "Is it something that any of your friends talk about?")
- Listen to what your child has to say. You've asked the questions, so simply consider your child's answers. If you hear something that worries you, be honest about that too.
- Don't overreact or under-react. Overreaction will close off any future communication on the subject. Under-reacting, especially in relation to suicide, is often just a way to make ourselves feel better. ANY thoughts or talk of suicide ("I felt that way a while ago but don't any more") should ALWAYS be revisited.

Tutoring can boost your child's confidence! We offer the first one-hour session FREE.

Contact us Today



**Beyond the
Classroom®**

