



Lunch 'N Learn Series:

Should We Talk to our Children about Suicide?

4 Steps to Keep our Kids safe

Step #3 "Listen"

Not all, but most kids who are thinking about suicide tip off their troubled state of mind through behaviors and actions. Studies have found that one trait common to families affected by a son's or daughter's suicide is poor communication between parents and child. However, there are usually several issues or factors going on all at once in a child's life at the time when he or she is thinking about taking his or her life. Like, relationship loss (break up or death), substance use, peer pressure (bullying), chronic medical condition (depression, anxiety), family history of suicide.

If your instinct tells you that they might be a danger to themselves, heed your instincts and don't leave them alone. In this situation, it is better to overreact than to underreact.

Good listening tips:

- Demonstrating concern.
- Paraphrasing to show understanding.
- Nonverbal cues which show understanding such as nodding, eye contact, and leaning forward.
- Brief verbal affirmations like "I see," "I know," "Sure," "Thank you," or "I understand."
- Asking open-ended questions.
- Asking specific questions to seek clarification.
- Waiting to disclose your opinion.

<https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Ten-Things-Parents-Can-Do-to-Prevent-Suicide.aspx>

We offer the first one-hour session
FREE. Give us a try!

[Contact us Today](#)



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