Tip Sheet for School-based Suicide Prevention Activities

Coordinate a presentation or activity to educate students, parents, and staff about suicide prevention. This can be in the form of a formal gatekeeper training, a movie night followed by an informal discussion, or a presentation.

- Visit the “Reach Out” tab on the Know the Signs website to find available presenters and trainings in your county: www.SuicideIsPreventable.org
- Visit the “For Schools’” tab on the Directing Change Program and Film Contest’s website (www.directingchange.org/schools/) to access a variety of educational materials about suicide prevention to share at your school.
- Engage parents! Consider having youth co-host an event to engage and inform parents about suicide prevention, such as a presentation, training, or even distributing materials with crisis resources to parents and on the school’s website.

Host a film screening or morning broadcast with youth-produced films about mental health and suicide prevention. Films, activities and discussion guides can be downloaded at www.directingchange.org

Work with teachers to implement The Trevor Project’s “Lifeguard Workshop” which helps people recognize when someone is thinking about suicide and how to respond appropriately, as well as identifying challenges faced by LGBTQ youth. Visit: www.thetrevorproject.org/pages/lifeguard

Set up a resource table with materials and resources about suicide prevention and then share these materials widely on campus. Suicide Prevention resources in a variety of languages can be downloaded at www.EMMResourceCenter.org

Consider coordinating an activity to address the Netflix show 13 Reasons Why in a positive way. For example, at Oxford High School in Michigan, students participated in an activity called “13 Reason Why Not” by sharing stories of overcoming struggles with the support of others.