

## LESSON 8.4 Self-Harm and Suicide Note-Taking Guide

### Understanding Self-Harm

1. Self-harm is the act of purposely causing \_\_\_\_\_ to yourself on \_\_\_\_\_.
2. Cutting yourself with any sharp object is a \_\_\_\_\_ form of self-harm.
3. It is estimated that \_\_\_\_\_ percent of teenagers engage in some form of self-harm.
4. Self-harm is a sign of emotional \_\_\_\_\_.
5. People who self-harm often do so as a way of distracting themselves from overwhelming \_\_\_\_\_ that they are unable to cope with.
6. A \_\_\_\_\_ is an external event or circumstance that affects your emotional state, often significantly, by causing extreme distress.

### Factors That Contribute to Self-Harm

7. Fill in the boxes with five factors that could contribute to self-harm.


### Suicide and Suicide Prevention

8. Suicide is a deliberate act of \_\_\_\_\_ against oneself as a means of death.
9. A suicide \_\_\_\_\_ is the act of trying to kill oneself but surviving the attempt despite one's actions.
10. Suicide is a public health problem and the \_\_\_\_\_ cause of death among people ages 10 to 34 in the United States.

## Warning Signs of Suicide in Teens

**11.** Identify the warning signs of suicide in teens in the following boxes.

**1.**

**2.**

**3.**

**4.**

**5.**

**6.**

**7.**

## Reaching Out for Help

**12.** List two ways you can get help for yourself or others who have risk factors for suicide.