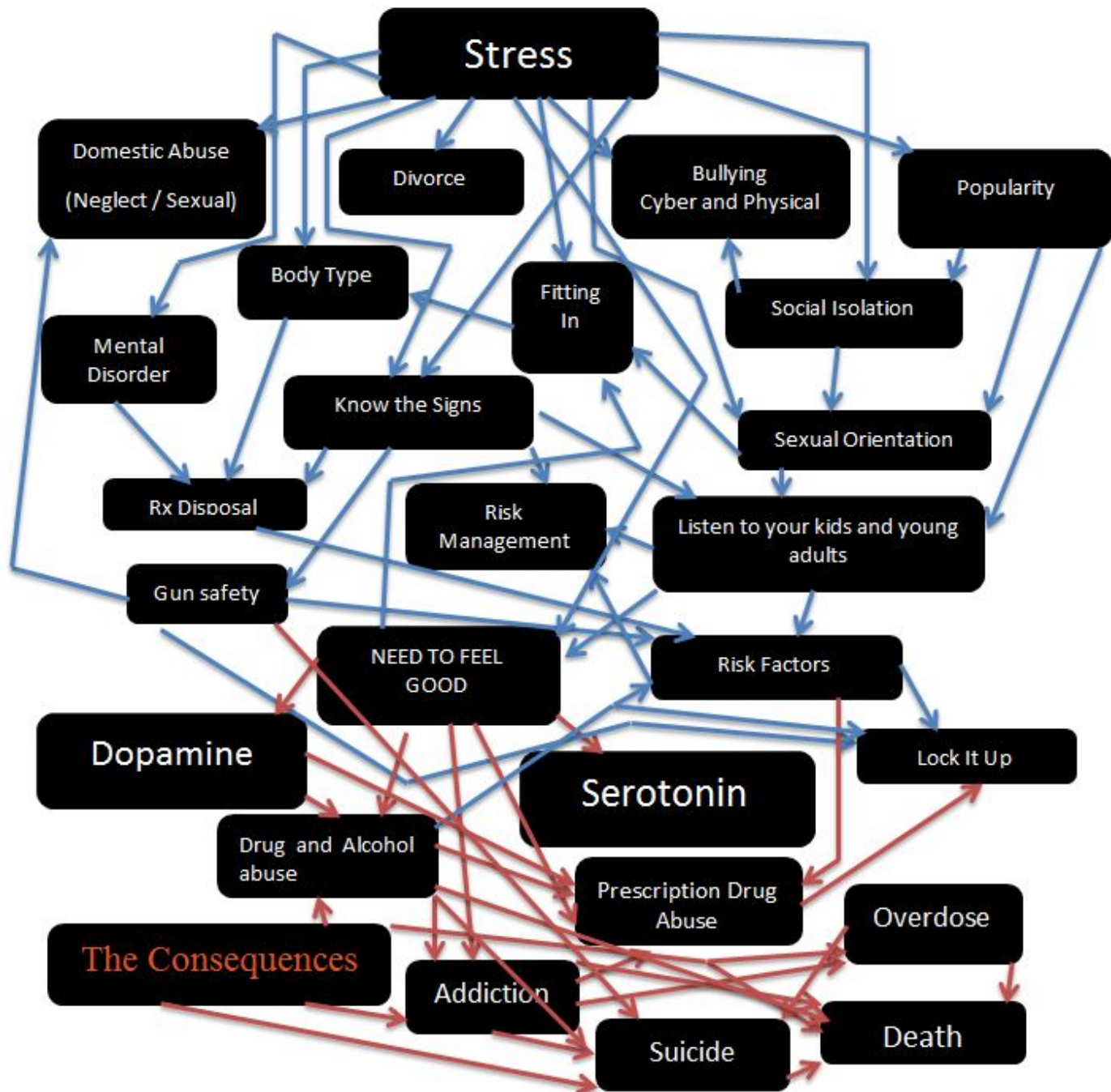


# Household Risk Management

- Learning to cope with stress in life has never been easy. Today's youth have it especially difficult.
- We, who have survived life so far, are in the best position to help the young people deal with the pressure.
- Understanding their position, thoughts and reasoning is a sensitive task for parents and educators. We need to listen to them.





# Suicide Statistics

Every 16.2 minutes  
a person dies by suicide  
in the US



Suicide is the 3rd  
leading cause of  
of death in young  
adults ages 15-24



Men are 4x more  
likely to commit  
suicide than females

50 % of suicides by firearms



The highest suicide rate is men 85+

1/3 of all suicides occur  
under the influence of alcohol



For Suicide Prevention resources:  
National Suicide Prevention Hotline (1.800.273.TALK)

NATIONAL  
**SUICIDE**  
PREVENTION  
**LIFELINE**  
1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)



# 7 Facts About Suicide

- 1** Every **2 hours and 11 minutes**, a person under the age of 25 completes suicide
- 2** **24%** of high school students have seriously thought about attempting suicide.
- 3** Suicide is the **third leading cause of death** for 15 - 24 year olds and the **sixth leading cause of death** for 5 - 15 year olds.
- 4** More teenagers and young adults died as a result of suicide in 1999 than **cancer, heart disease, HIV/AIDS, birth defects, stroke and chronic lung disease combined.**
- 5** For every older teen and young adult who takes his or her own life, **100-200 of their peers attempts** suicide.
- 6** 15.8% of High School Students reported that they **seriously considered attempting suicide**, 12.8% reported **creating a plan**, and 7.8% had **attempted suicide** 1 or more times
- 7** Suicide among males is **4 times higher** than among females; however females are **more likely** than males to have suicidal thoughts



**EVERY**  
**2 HOURS &  
11 MINUTES**

a person under the age of  
25 dies by suicide

**THAT'S**  
**10 PEOPLE**  
**EVERY DAY**



**SUICIDE IS THE**

**3<sup>RD</sup>**  
**LEADING**  
**CAUSE**

of deaths for  
youth aged 10-24,  
resulting in about

**4600**  
**DEATHS**  
per year

**1 IN 7**

high school students have  
**CONSIDERED SUICIDE**  
within the past school year

**1 IN 14**

high school students have  
**ATTEMPTED SUICIDE**  
within the past school year

**90%**

of people who  
**DIE BY SUICIDE**  
have a

**DIAGNOSABLE**  
**& TREATABLE**

psychiatric disorder at  
the time of their death

# SUICIDE: 2015 FACTS & FIGURES

Suicide is a preventable public health problem and a leading cause of death in the United States. More investment in suicide prevention, education and research will prevent the untimely deaths of thousands of Americans each year.

## SUICIDE – BASIC FACTS

An American dies by suicide every **12.95 minutes**<sup>1</sup>



Americans attempt suicide an estimated

**1 MILLION**  
times annually<sup>2</sup>

**90%** of those who die by suicide had a diagnosable psychiatric disorder at the time of their death<sup>3</sup>



In 2012, firearms were the most common method of death by suicide, accounting for **50.9%** of all suicide deaths, followed by suffocation (including hangings) at **24.8%** and poisoning at **16.7%**



For every **woman** who dies by suicide, four **men** die by suicide, but women are 3x more likely to attempt suicide<sup>4</sup>

Over **40,000** Americans die by suicide every year.<sup>5</sup> Suicide is the **10th leading cause of death**<sup>6</sup> in the United States

- **2nd** leading cause of death for ages 10-24
- **5th** leading cause of death for ages 45-59
- The suicide rate among American Indian/Alaska Native adolescents and young adults ages 15-24 is **1.8 times** the national average



Veterans comprise **22.2%** of suicides<sup>7</sup>

## SUICIDE – THE COST

**\$44**  
**BILLION**

The combined medical and work loss costs in the United States each year<sup>8</sup>

More than

**1.5**  
**MILLION**

years of life are lost annually to suicide<sup>9</sup>

<sup>1</sup> Data obtained from CDC's Web Based Injury Statistics Query and Reporting System (WISQARS)  
<sup>2</sup> National Center for Health Statistics for the year 2005  
<sup>3</sup> Centers for Disease Control and Prevention, Suicide – Facts at a Glance  
<sup>4</sup> Department of Veterans Affairs 2012 Suicide Data Report

# Some Signs To Look For

- Talks about death and/or suicide (maybe even with a joking manner).
- Plans ways to kill him or herself.
- Expresses worries that nobody cares about him or her.
- Has attempted suicide in the past.
- Dramatic changes in personality and behavior.
- Withdraws from interacting with friends and family.
- Shows signs of depression.
- Shows signs of a substance abuse problem.
- Begins to act recklessly and engage in risk-taking behaviors.
- Begins to give away sentimental possessions.



# Thinking About Suicide or Just Being A Teen

- Some of these warning signs of suicide are similar to normal adolescent behavior.
- Trying to fit in at school and with peers, young people will experiment with their looks and attitude.
  
- Sometimes normal behavior looks a lot like possibly destructive behavior.
- Teens think they are indestructible and will try extreme sports and will act in a manor adults might feel as self destructive and reckless.

# The Sad Numbers

Teen / Youth Suicide Statistics	Data
Annual number of teen / youth suicides each year (ages 10-24)	4,600
Average number of teen suicides per day	12
Average number of teen suicides attempts per year	575,000
Percent of high school students surveyed who said they have “seriously considered suicide”	20 %
Percent of students grades 9-12 who reported seriously considering suicide	16 %
Percent who reported creating a plan / ideation	13 %
Annual number of youth (age 10-24) who receive medical care for self-inflicted injuries	157,000
Percent of suicide deaths that are males	81 %

<b>Teen Suicide Methods</b>	<b>Percent</b>
Percent of youth suicides that include a firearm	45 %
Percent of youth suicides that include suffocation	40 %
Percent of youth suicides that include poisoning	8 %
Other	7 %

<b>Teen Suicide Demographics</b>	<b>Percent of Suicides</b>
* Native American	24.7 %
* White	13.3 %
Hispanics	9.2 %
Asians	6.7 %
* Blacks	6.6 %

Source: Center for Disease Control, National Institute of Mental Health March 27th, 2015  
**For youth between the ages of 10 and 24, suicide is the third leading cause of death in the U.S.**

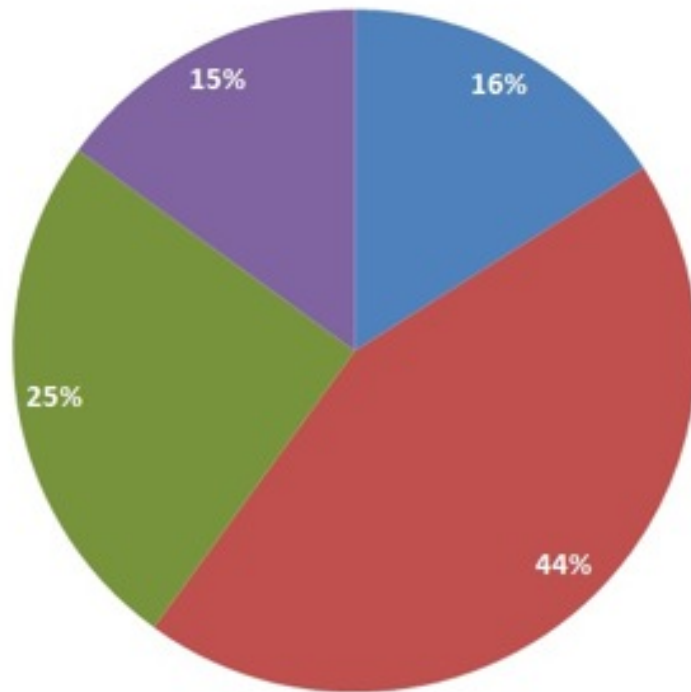
# Common Myths

- **“People who talk about suicide won’t really do it.” False.**
- **“If a person is determined to kill him/herself, nothing is going to stop him/her.” False.**
- **“Talking about suicide may give someone the idea.” False.**
- **“People who attempt suicide and do not complete suicide are just trying to get attention and are not really serious.” False.**

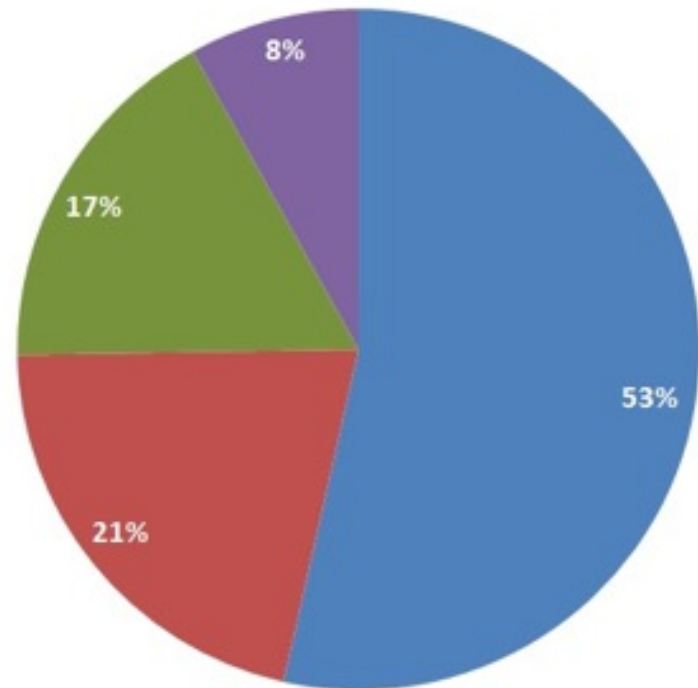


## Percentage of Total Suicides by Method, United States vs Canada, 2000-2007

■ Firearms ■ Hanging/Suffocation ■ Poisoning ■ Other



Canada: 11.5 Suicides per 100,000



United States: 11.0 Suicides per 100,000

### Data Sources

U.S. Centers for Disease Control WISQARS Database

Canada: Centre for Suicide Prevention (Data for 2000-2003)

© Political Calculations 2011

most teen suicides  
use firearms, usually  
owned by family  
members.



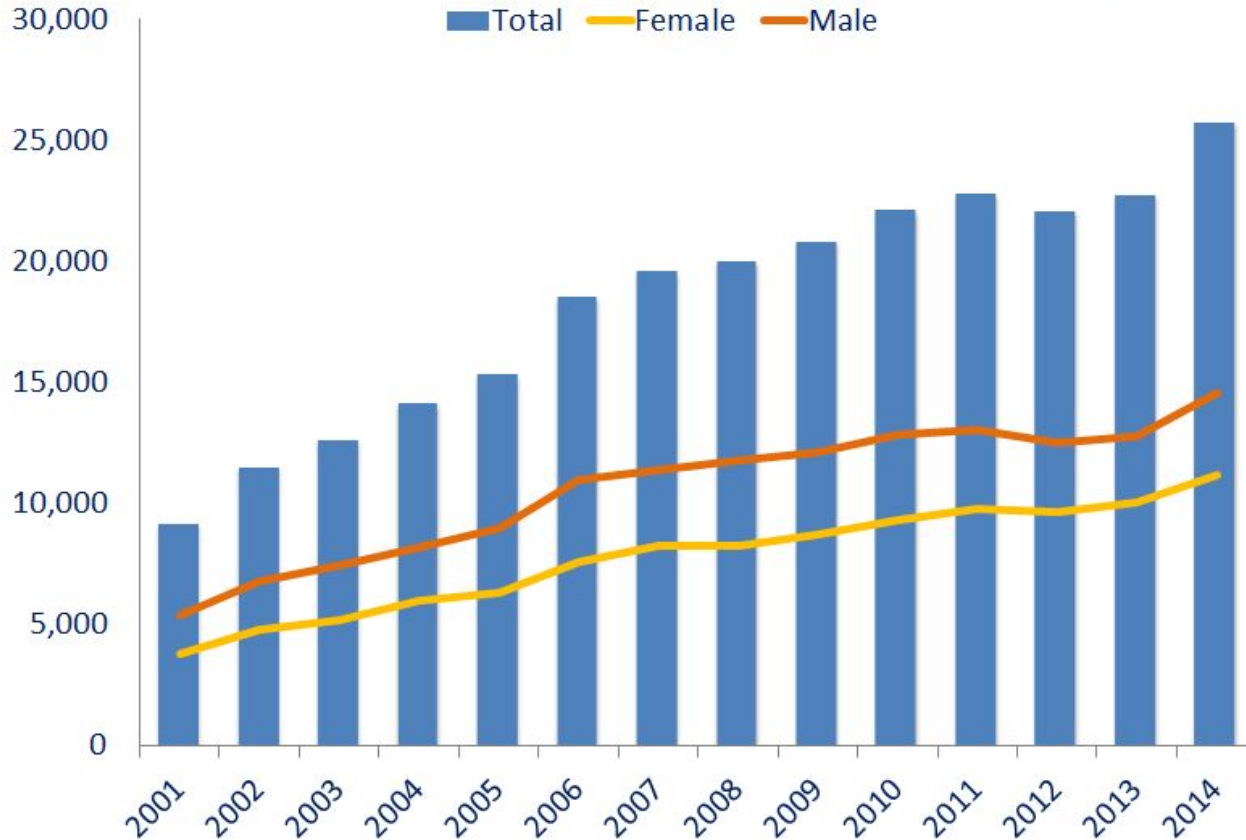
# Prescription Drugs Are Just Like Bullets





# National Overdose Deaths

## Number of Deaths from Prescription Drugs



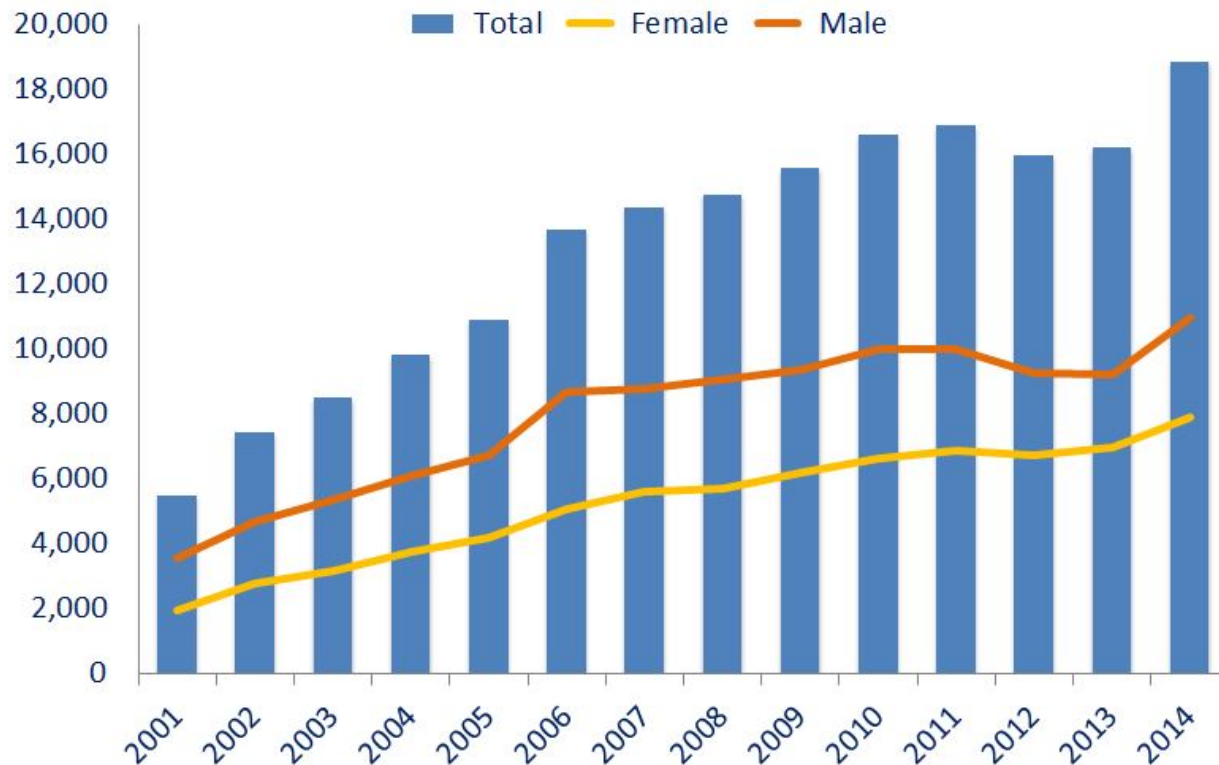
Source: National Center for Health Statistics, CDC Wonder





# National Overdose Deaths

## Number of Deaths from Prescription Opioid Pain Relievers

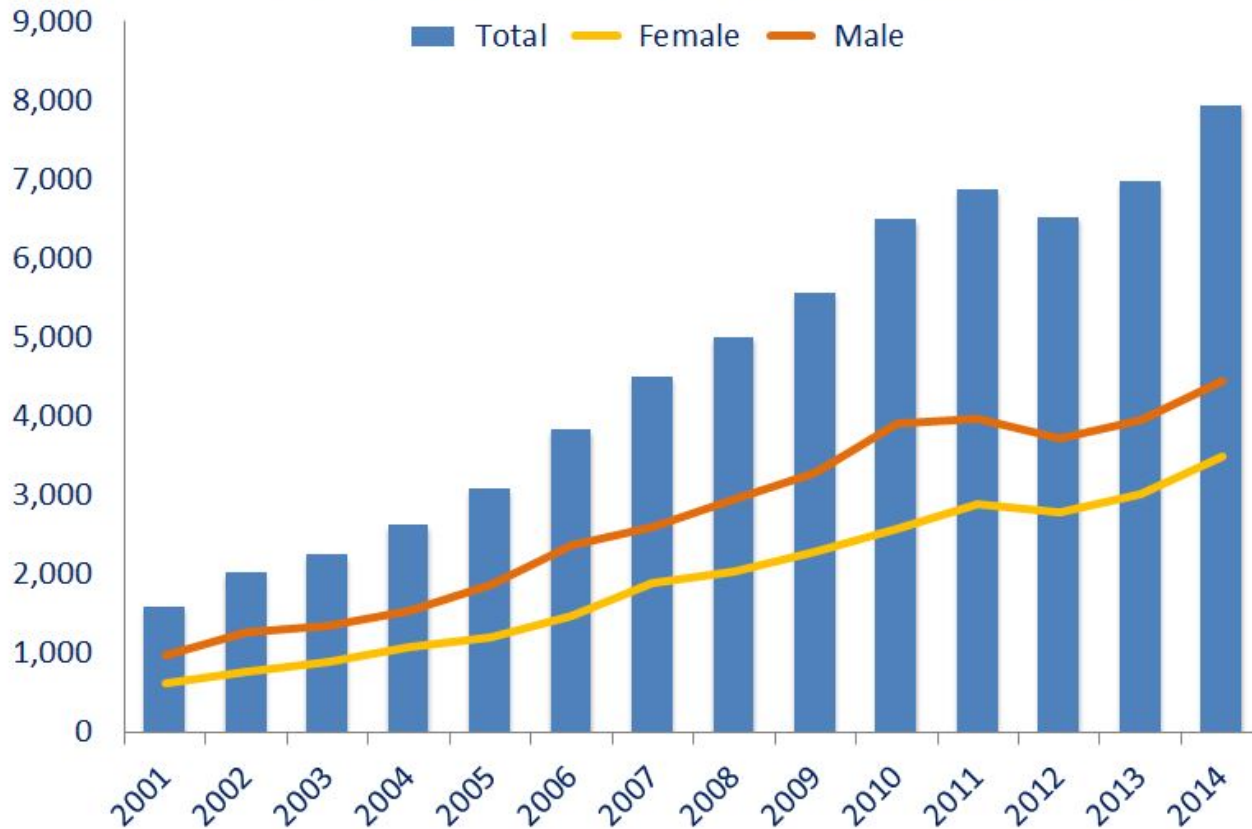


Source: National Center for Health Statistics, CDC Wonder



# National Overdose Deaths

## Number of Deaths from Benzodiazepines



Source: National Center for Health Statistics, CDC Wonder

# Just Say No Doesn't Cut It Anymore

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Instead of focusing on the old

**“JUST SAY NO”**

campaigns with our children,  
emphasizing that drug use is an

**UNHEALTHY**

**COPING MECHANISM-**

and teaching them how to

**COPE IN HEALTHY WAYS-**

could prevent much abuse.

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## Dr. Nora Volkow

She is a research psychiatrist and the director of the National Institute on Drug Abuse, which is part of the National Institutes of Health.



# Dr. Nora Volkow

- Dr. Volkow believes focusing on how the brain creates and responds to dopamine, a neurotransmitter, is a key factor in the addiction process. The way that we produce dopamine, the triggers, and the conditioned responses affect our behaviors and addictions.
- Not only does dopamine relay the sensation of pleasure but it also motivates our behaviors via expectations.
- Contrary to previous theories of addiction, she's found that the sensitivity of the reward centers in the brains of addicts is significantly *decreased*.

# Remember the 90% Number Diagnosable and treatable

Dr. Volkow believes;

All addictions are treatable and can be avoided when the stressors are relieved before the addiction occurs.

Alcohol and drug addiction causes a long lasting physical change in the brain that causes the person to desire the good feeling and the brain to decrease it's ability to enjoy the chemical pleasure.

## Dopamine

Dopamine is associated with the 'pleasure system' of the brain. Feelings of enjoyment and reinforcement to motivate us to continue doing, certain activities by naturally rewarding our experiences.

## Serotonin

Serotonin is regarded by some researchers as a chemical that is responsible for maintaining mood balance, and that a deficit of serotonin leads to [depression](#)

# Once again from Dr. Volkow

- “Teens don’t abuse prescription drugs and alcohol to get high, they abuse prescription drugs and alcohol to feel good.”



One step we can all take is to have frequent conversations with the teens in our lives about the dangers of medicine abuse.



Open, honest conversations are some of the most powerful tools parents can use to connect with — and protect — their kids



When tackling some of life's tougher topics, especially those about drugs and alcohol, just figuring out what to say can be a challenge.



But, consider the consequences if you don't.





# Alcohol

- Underage drinking is a serious public health problem in the United States. Alcohol is the most widely used substance of abuse among America's young people and poses enormous health and safety risks.
- People ages 12-20 drink 11 percent of all alcohol consumed in the U.S. Although young people drink less often than adults do, when they drink, they drink more. That is because young people consume more than 90 percent of their alcohol by binge drinking.

# Other Risk Factors:

- **Teen brains are more vulnerable to alcohol.** Research shows that the teen brain doesn't fully develop until 25. Alcohol can alter this development, potentially affecting brain structure and function.
- **Mixing alcohol and prescription medicine is especially dangerous.** It can cause nausea and vomiting, headaches, drowsiness, fainting, loss of coordination and puts you at risk for internal bleeding, heart problems and difficulties breathing.



# Reasons young people drink alcohol

Peer pressure/to fit in.

Increased independence.

Relief from stress/to escape or relax.

Feel grown up among peers.

A way to rebel.

To relieve boredom.

Curiosity.

# Teens' Perception of Alcohol Use

- Almost half of teens (44 percent) do not see a “great risk” in drinking 5 or more drinks nearly every day.
- There is low social disapproval from peers: Only 34 percent strongly disapprove of “teens your age getting drunk.”
- It's easy to get: 77 percent say alcohol is easily accessible. Also, 53 percent of current underage drinkers reported family and friends as their source for alcohol they consumed.

Many parents are not aware that youth are abusing prescription drugs. They frequently leave unused prescription drugs in open medicine cabinets while making sure to lock their liquor cabinets.



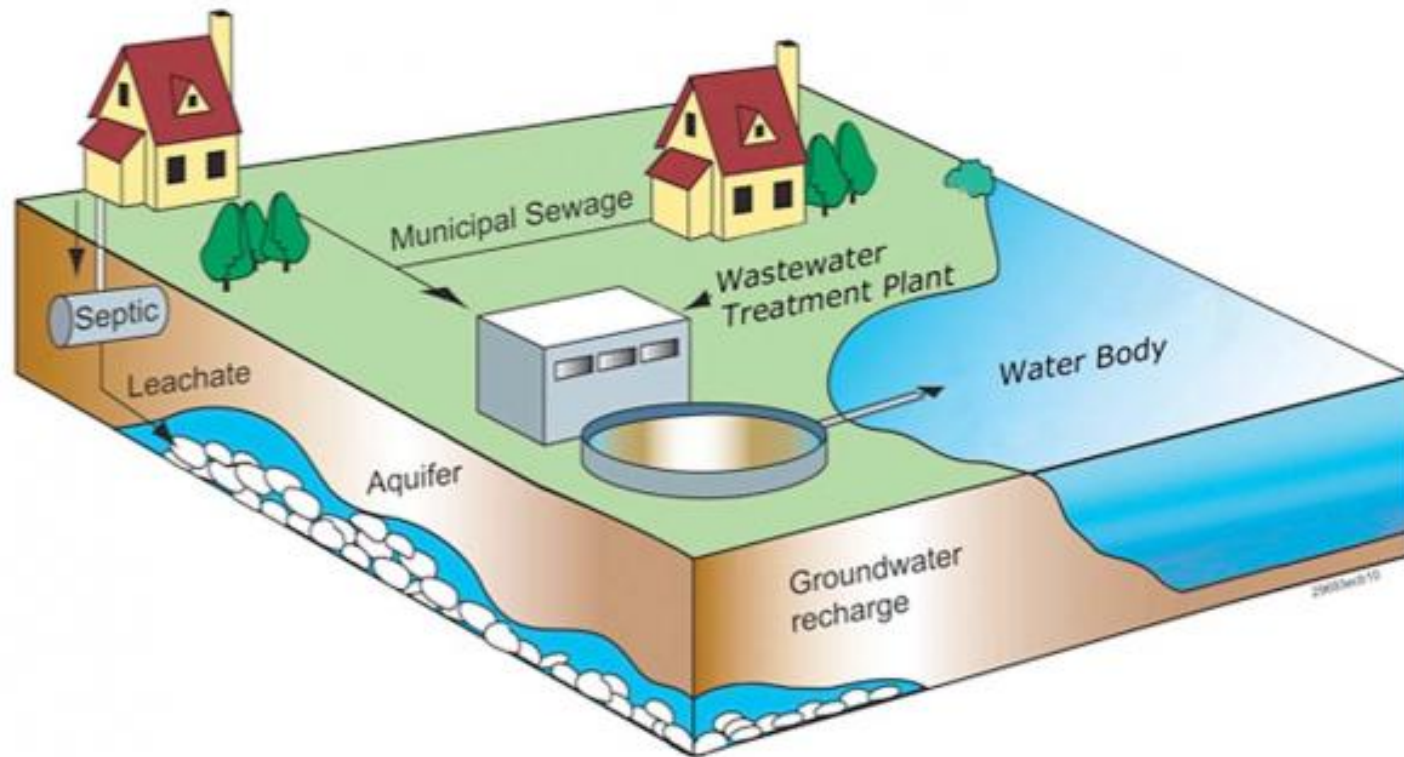
Don't give them something to think about. Dispose of or lock it up.



# Safeguard Medicine in Your Home

- **Step 1: Monitor;** Medicine is commonly found in the home. But how aware are you of the quantities that are currently in your home? Think about this: would you know if some of your pills were missing?
- **Step 2: Secure;** Secure your prescriptions the same way you would other valuables. Take prescription medicine and secure them in a place only you know about. keep all medicine in a safe place, such as a locked cabinet your teen cannot access.
- **Step 3: Dispose;** Discarding expired or unused Rx and OTC medicine. DEA and local law enforcement have ongoing programs in your community. Drug drop boxes, drug deactivation bag, or a drug mail-back program.

# Proper Disposal Of Unused Drugs Benefits Us All.





**STOPP-ing Rx Abuse**



# MEDGUARD™ SAFE

- *Help stop teen Rx drug abuse*
- *Prevent accidental overdosing*
- *Keep your Rx private*

*Mounts  
in  
your  
Medicine Cabinet!*













T8-331 Open







# Key guidelines for safe gun storage

- Unloaded firearms should be stored in a locked cabinet, safe, gun vault or storage case. The storage location should be inaccessible to children.
- Ammunition should be stored in a locked location separate from firearms. (Ideally)
- Thoroughly double check firearms to confirm that they are unloaded when you remove them from storage. Accidents could occur if a family member borrows a gun and returns it to storage while still loaded.
- Use a gun locking device that renders the firearm inoperable when not in use. A gun lock should be used as an additional safety precaution and not as a substitute for secure storage

# So, What Are The Stresses?



# Divorce



# Sexual Abuse

Before they turn 18...

1 in 6 boys experience  
some form of sexual abuse



1 in 4 girls experience  
some form of sexual abuse

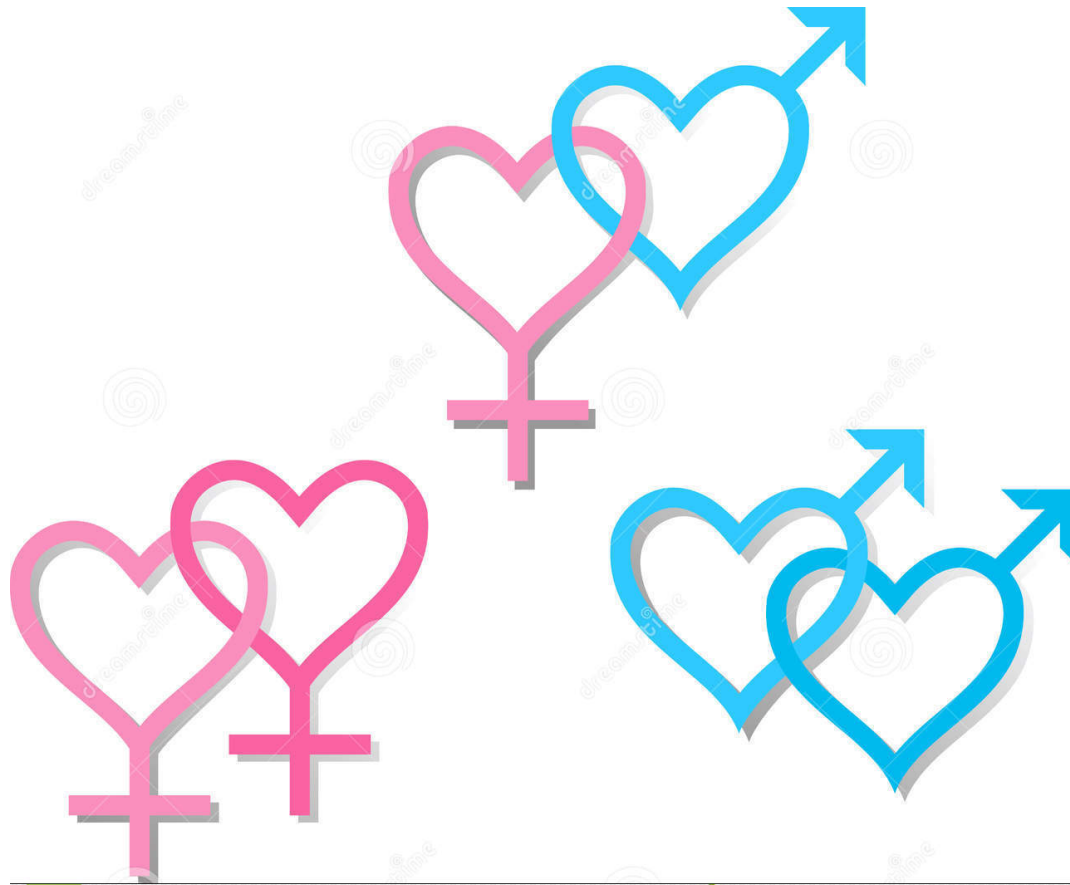


# Body Type





# Sexual Orientation



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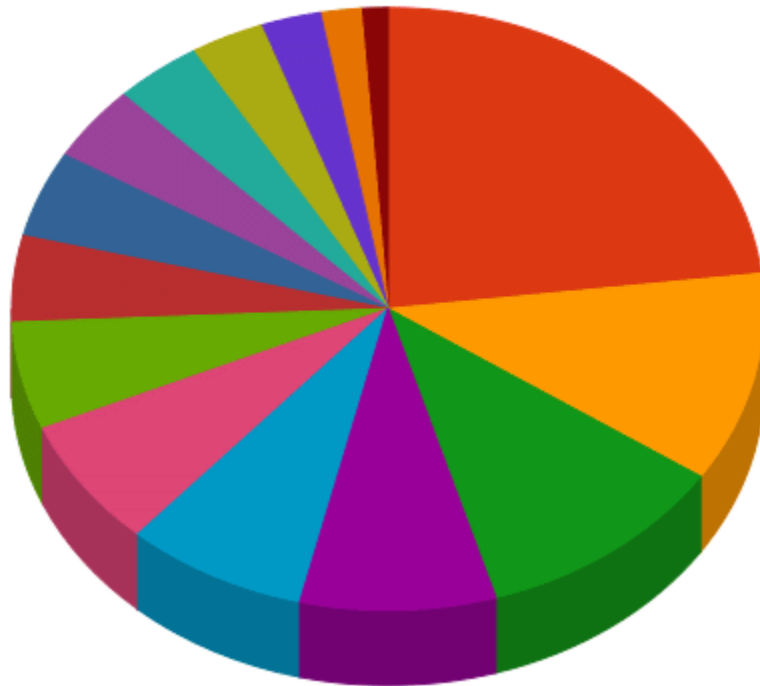
# Social Isolation



# Bullying

**STOP A BULLY**  
SAFE & ANONYMOUS

**TYPES OF BULLYING REPORTED**  
(StopABully School Reports from Sept 2011 - April 2012)



- Name Calling / Insults (80%)
- Shoving / Hitting (39%)
- Threats / Intimidation (38%)
- Spreading Rumours (29%)
- Cyberbullying (27%)
- Involving Friends / Peers (24%)
- Homophobic Comments (20%)
- Fighting (16%)
- Sexual Comments (16%)
- Exclusion / Leaving Out (14%)
- Cell Phone Messages (13%)
- Racist Comments (11%)
- Damaging Property (9%)
- Stealing (6%)
- Weapon Related (4%)

\*Multiple types of bullying can be selected.

# Pregnancy

ntion Video

Many girls  
suicides are due  
to pregnancy

A young woman with blonde hair is shown in a close-up, looking down with a sad expression. She is resting her head on her hand. The image is overlaid with red text that reads "Many girls suicides are due to pregnancy". The background is dark, and the lighting is soft, highlighting her face.

# Mental Disorder



one in five adolescents are  
estimated to have  
diagnosable mental health  
disorders

# What Parents Can Do

- **Do not make Prescription drugs and alcohol available to your child.**
- **Be actively involved in your child's life** and have regular conversations with your teen about what's going on and how she/he is feeling.
- **Get to know your child's friends** – as well as their parents/caregivers.
- **Encourage your teen to participate in healthy and fun activities.** If your child seeks new challenges, guide him/her toward healthy activities of their interest.

# The best thing you can do is communicate regularly with your teen

- Try to preserve a position of objectivity and openness.
- Ask open-ended questions.
- Let your teen know you hear them.
- Discuss the negative effects of alcohol and prescription drugs.
- Offer empathy and compassion.
- Remind your child that you are there for support and guidance.



Your child needs you to be  
involved



