

Dear Administrator-

We have attached the following quiz as a quick way to assess and identify if your faculty and staff demonstrate knowledge and awareness of suicide risk factors and warning signs. We suggest that you administer this quiz to your staff at perhaps a faculty meeting, in-service day, or staff retreat. The answers are provided separately in the following handout. We do this so that perhaps you will take the quiz yourself first and see how you score!

It is integral that the mental health staff in your building have adequate knowledge of youth suicide. If they are currently lacking this awareness, this text will help build these skills and it is suggested each staff member review this text in depth.

Teachers and other school staff must demonstrate awareness of warning signs and risk factors in order to keep our students safe. If you notice that your staff does not appear to have adequate knowledge on suicide risk factors and warning signs, there are several options:

1. Do nothing and hope for the best!
2. Have you or your school-based mental health staff show them the Powerpoint presentation provided for your educational use in chapter 2.
3. Send staff for additional training or invite experts in the field of youth suicide into your school for in-service training.
4. Buy a copy of this book for every staff member in your school!

We suggest that you utilize this suicide quiz as a pretest and a subsequent posttest to assess improvement in awareness and knowledge of youth suicide.

A Suicide Quiz: Assessing Staff Knowledge

Please **circle** the correct answer:

1. In what age group are individuals in the United States most likely to consider suicide?
A. 15-24 years
B. 25-44 years
C. 45-64 years
D. 65-84 years
2. Are females or males more likely to complete suicide?
A. Females
B. Males
C. Both are the same
3. It is better to not talk about suicide with someone who may be thinking about it as this may plant the idea in their heads.
True or False?
4. There is usually one sudden and traumatizing event that causes a person to attempt suicide.
True or False?
5. Which two ethnic groups are at a higher risk for suicide?
A. Caucasian
B. African-American
C. American Indian/Alaskan Native
D. Asian/Pacific Islander
6. The majority of individuals who attempt suicide let someone know about their intentions.
True or False?
7. People who are thinking about suicide do so because they really want to die.
True or False?
8. A previous suicide attempt is a serious risk factor for someone completing suicide in the future.
True or False?
9. The only one who can really help a suicidal student is a counselor or mental health professional. True or False?
10. Teens who talk about suicide don't complete suicide as they are just seeking attention.
True or False?

Data & Statistics retrieved from the American Foundation for Suicide Prevention [AFSP] (2013) www.afsp.org/understanding-suicide/facts-and-figures reported from Centers for Disease Control and Prevention (CDC), National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (2010).