



Quiz Answer Key

1. List four factors that can increase a teen's risk of suicide:

Any four of the following: a psychological disorder, especially depression, bipolar disorder, and alcohol and/or drug use; feelings of hopelessness and worthlessness; previous suicide attempt; family history of depression or suicide; emotional, physical, or sexual abuse; lack of a support network, poor relationships with parents or peers, and feelings of social isolation; dealing with bisexuality or homosexuality in an unsupportive family or community or hostile school environment; perfectionism.

2. True or false: If a person talks about suicide, it means he or she is just looking for attention and won't go through with it.

3. True or false: The danger of suicide has passed when a person begins to cheer up.

4. List four warning signs that someone is thinking about suicide:

Any four of the following: talking about suicide or death in general; hinting he/she might not be around anymore; talking about feeling hopeless or feeling guilty; pulling away from friends or family; writing songs, poems, or letters about death, separation, or loss; giving away treasured possessions; losing the desire to do favorite things or activities; having trouble concentrating or thinking clearly; changing eating or sleeping habits; engaging in risky or self-destructive behaviors; losing interest in school and/or extra-curricular activities.

5. True or false: Once a person is suicidal, he or she is suicidal forever.

6. True or false: Most teens who attempt suicide really intend to die.

7. True or false: If a friend tells you she's considering suicide and swears you to secrecy, you have to keep your promise.

8. True or false: The risk of suicide increases dramatically when teens have access to guns at home.

9. If you or a friend is feeling suicidal, as soon as possible, it's best to call a suicide crisis line (800-SUICIDE), 911, or talk to:

- a) a parent or relative
- b) a school counselor, teacher, or coach
- c) a therapist
- d) a religious leader
- e) anyone above

10. If your friend is suicidal, it's least helpful to say:

- a) Don't worry, this will blow over by tomorrow
- b) I'm concerned about you
- c) I know where we can get help
- d) I'm going to stay with you