

# Youth Leaders

Partnering with adults in youth suicide prevention



Training Professionals & Communities in  
Suicide Prevention & Response®

Friends of youth at risk are typically the ones who see suicidal warnings before adults. Because youth may not know what to do about a friend at risk, or may keep a suicidal plan “secret”, it is important for youth to be trained in suicide prevention and intervention.

Research has consistently shown that teens training their peers is a greatly effective method to educate youth. *Connect Youth Leaders* engages a core group of youth leaders to co-facilitate the *Connect* curriculum with a trained adult for a high school audience. Youth trainers learn to co-facilitate *Connect* training through activities and rehearsing sections of the training. *Connect* staff observe, interact, and provide coaching.

Enlisting youth as trainers reinforces community protective factors by promoting the importance of suicide prevention, increasing youth participation, and encouraging referrals. Additionally it increases local capacity and sustainability for on-going training.

**The training emphasizes that the role of youth is to seek help from an adult when there is a concern, NOT take on the role of a counselor.**

The training occurs over two days. Day one is for adults who have agreed to help co-facilitate the youth training; day two is for adults and youth combined.

## Training highlights:

Day one - adults only:

- An understanding of suicide as a public health issue and its impact on communities, families, friends
- Insights into suicide data and how age, gender, culture and other factors impact suicide risk
- Techniques to communicate with parents, guardians, family members or others in crisis situations
- Best practices on restricting access to lethal means, safe messaging, and communicating about suicide, and how these differ when working with youth

Day Two - adults and youth together

- Understanding suicide risk and protective factors and warning signs
- Improved skills and confidence to recognize warning signs and why involving an adult immediately is crucial
- Increased knowledge of resources and comfort level for connecting a person with help
- Decreased stigma about help-seeking and enhanced awareness of the benefits of treatment for mental health and substance abuse

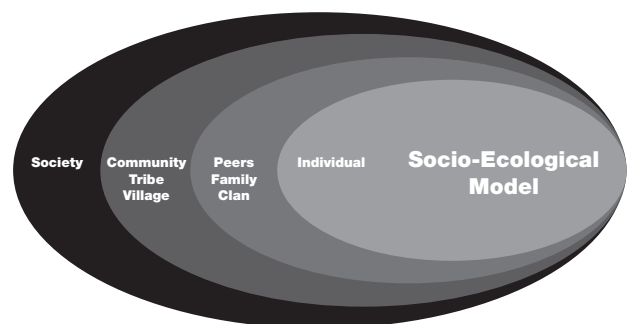
**Audience:** High school youth leaders who represent a cross-section of the youth culture

**Location:** your community

For more information contact *Connect*

**603-225-5359** [info@theconnectprogram.org](mailto:info@theconnectprogram.org)

**[www.TheConnectProgram.org](http://www.TheConnectProgram.org)**



*Using a holistic, socio-ecological model, Connect examines suicide in the context of the individual, family, community, and society.*