

Youth as Participants



Suicide Prevention/ Intervention Training

Youth will most often seek help from their peers. Thus, it is imperative that youth are trained to recognize and respond to other youth who may be at risk for suicide. Studies have consistently shown that cross-age teaching, or youth peer training, is an effective practice for educating youth.

Designated a National Best Practice program, Connect utilizes a unique community-based model increases the competence and confidence of youth to recognize and respond to suicidal individuals. Modified to be age and culturally appropriate for youth, the curriculum follows National Best Practices. This program provides youth-specific, interactive training including case scenarios and activities to practice recognizing and responding to other youth or adults at risk and connecting that person with an adult who can get them help.

Evaluations show that youth trained by Connect show a statistically significant increase in knowledge and positive attitude towards suicide prevention and a decrease in stigma regarding seeking help. Connect youth training emphasizes that the role of youth participants and trainers is to seek help from a trusted adult whenever there is a concern, NOT to take on the role of a counselor.

Suicide Prevention/Intervention training highlights:

- National Best Practices for identifying and responding to other youth at risk for suicide
- The important role youth play in preventing suicide
- Skills and confidence to recognize warning signs for suicide in a friend or family member
- Why it is important to involve a trusted adult immediately when concerned about someone at risk
- Resources and increased comfort to connect an at risk person with help
- Suicide statistics and the influence of gender, culture, electronic communication and social networking on suicide risk and prevention
- Individual, family, school and community risk and protective factors and ways to strengthen the positive influences that prevent suicide and other risky behaviors
- Self-care skills

Length: 3 hours

Audience: Connect Youth Training is designed for youth in the 9th grade and older. Youth trainings should be part of a comprehensive suicide prevention effort. It is recommended that youth not be trained until a significant number of adults and key service providers in the school and community are trained to insure that the adults are prepared to respond appropriately. For youth under 18, parents should be informed and encouraged to attend a Connect Community Members (gatekeepers) training.

Location: your community

For more information contact The Connect Program
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Using a holistic, socio-ecological model, Connect examines suicide in the context of the individual, family, community, and society.

