



## ONLINE: Suicide Prevention

*“It is so important for teachers to understand how to respond in times of crisis.”*

– Kathleen I.

With teen suicides on the rise, suicide prevention is an important issue and teacher awareness is crucial. This course helps teachers understand suicide and how it can be prevented. Teachers will learn to identify early signs of suicide ideations and will be equipped with basic tools to help students.

Teachers will be introduced creative activities and strategies that can help promote safe classroom environments. The course also equips teachers to work together with the school to initiate and implement schoolwide policies and programs on suicide prevention.



### Standards:

This course aligns to all of the INTASC Standards including Learner Development, Learning Differences, Learning Environments, Content Knowledge, Assessment, Planning for Instruction and Instructional Strategies.

The course also aligns to the McRel Teacher Evaluation Standards including Teacher Leadership, Diverse Learners, Teachers Know Content and Teachers Facilitate Learning.

### Each self-study PD course from Professional Learning Board includes:

- **Convenient access** anytime, anywhere, any device
- Interactive **online** textbook
- Implement **practical suggestions** immediately
- Demonstrate comprehension with **quizzes** and checks for understanding
- Print **certificates** of completion
- Easily assign courses to align with each teacher’s **personalized PD needs**
- **Integrate** with school and district-wide initiatives
- **Low cost solution for all courses, all teachers, all school year**
- **Reports** for school administrators



## **ONLINE:** Suicide Prevention

### **Course Outline**

#### **LESSON 1** **Introduction**

- What is Suicide?
- Myths and Truths
- Role of Mental Health
- Signs of Depression
- Suicide Warning Signs
- Helping At-Risk Students
- Building Resilience
- Failed Suicide Attempts

#### **LESSON 2** **Prevention: How to Build Resilient Students**

- Childhood Stressors
- Resilient Students
- Responsibility and Integrity
- Social and Emotional Learning
- Developing a culture of Safety

#### **LESSON 3** **Creating Safe Classrooms**

- Assessing classroom climate
- Learning environment and Student Adjustment
- Developing an emotionally safe environment
- Dealing with Suicide
- Healthy Response to Grief

#### **LESSON 4** **Working Together as Schools and Communities**

- Need for School Involvement
- Suicide Prevention Programs
- Teachers as Gatekeepers and Gatekeeper Training
- Creating Mentally Healthy Schools
- Family Partnerships
- Crisis Response Teams