



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

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

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:

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