

Huntington Beach Union High School District
Parent University

“13 Reasons Why Not: Preventing Teen Suicide”

Presenters: Kylie Bernstein & Kayla Perkoski

Support & Safety Plan for Students

This an outline of a plan for you to develop and keep, in case there is a time when you are in crisis and you need to remind yourself where to go and what to do. The goal of this plan is to keep you safe.

Internal Coping Strategies – Things you can do on your own to take your mind off of the problem (examples: writing poetry, listening to music, go for a run, stop & take a deep breath).

- 1.
- 2.
- 3.

Places, things, and activities that make me feel better:

- 1.
- 2.
- 3.

Who can I ask for help at school?

- 1.
- 2.
- 3.

Who can I ask for help at home or outside of school?

- 1.
- 2.
- 3.
- 4.

Other places to can go for help:

Suicide Prevention Lifeline: 1-800-273-8255

Crisis Text Line: Text SAFE (7233) to 741-741

Crisis Call Center: Text ANSWER to 839863

CA Youth Crisis Line: 1-800-843-5200

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- Practice active listening by acknowledging your friend, responding verbally, summarizing what you hear, looking like you're listening (<https://suicidepreventionlifeline.org/help-someone-else/>)
- Be direct. Talk openly and matter-of-factly about suicide.
- Be willing to listen. Allow expressions of feelings. Accept the feelings.
- Be non-judgmental. Don't debate whether suicide is right or wrong, or whether feelings are good or bad. Don't lecture on the value of life.
- Get involved. Become available. Show interest and support.
- Don't dare him or her to do it.
- Don't act shocked. This will put distance between you and having a big reaction may also prevent that person from confiding in you again.
- Offer hope that alternatives are available.
- Take action. Remove means, like weapons or pills.
- Use the suicide safety features on social media platforms (available on Twitter, Facebook, and Instagram).
- Don't be sworn to secrecy (do not promise confidentiality). Tell a trusted adult like a parent or teacher.
- Tell a psychologist or counselor at your school. Offer to go with your friend to talk, but if he/she refuses to go, tell the psychologist or counselor anyway. (most schools offer a way to share information anonymously, via "Text to Tip").

Say Something
Anonymously report safety concerns, bullying & suspicious behavior

EHS TipTxt: 714-462-4793

FVHS Safe 2 Speak: Go to FVHS.com > "Students" tab > Safe 2 Speak form

HBHS Text to Tip: 714-462-4789

OVHS Text to Tip: 714-462-4792

WHS We Tip: 1-800-78-CRIME