



Children Are Our Greatest Resource

Youth Suicide Prevention

Name • Title • Email and/or Telephone Number

For our children to thrive, they must grow up with:

- Support at home, at school, with friends, and in the community;
- Adults at home, at school, and in the community who are positive role models;
- Adults at home, at school, and in the community that youth can talk to; and
- Opportunities to learn from Elders and other keepers of Tribal traditions and practices that keep youth rooted emotionally and culturally.




Youth face many challenges that can leave them feeling hopeless:



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- Negative influences at home, at school, with friends, and in the community;
- The lack of someone they can talk to;
- A sense that they have no control over what happens to them;
- No feeling of connectedness to their past or their future; and
- No safe emotional and physical space.



Few supports and many risks can lead to suicidal thoughts and behaviors.



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- In the U.S., between 1 in 9 and 1 in 5 Native youth report attempting suicide each year.
- In Oregon, 1 in 10 Native youth surveyed in 2009 reported a suicide attempt in the past year.
- One in 9 youth in a sample of 233 from four Oregon Tribes reported a suicide attempt in the past year.
- One in 6 Oregon Tribal youth reported considering suicide.

Challenges and risks shown to be linked to suicidal thoughts and behaviors:

- Having an emotional condition such as anxiety or depression;
- Being intentionally hit or physically hurt by an adult—ever;
- Having had sexual contact with an adult—ever;
- Availability of drugs in the community; and
- Having many risk factors.

**For every added
risk factor,
a youth is
40% more likely
to attempt
suicide.**

Supports shown to reduce suicidal thoughts and behaviors:

- Family;
- School;
- Breakfast—7 days a week;
- Very good or excellent physical health;
- Native values and beliefs, and participation in Native cultural activities; and
- Having many protective factors.

Each additional protective factor decreases the likelihood of a suicide attempt by 50%.




What Tribal staff are doing to support youth in our community:



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- Root digging and berry picking with Elders;
- Daughters and Sons of Tradition classes;
- Mentoring;
- Canoe culture and traditions;
- Skills building;
- Healthy risk taking/adventure-based counseling; and
- Partnering with other Tribes and organizations.



(add any other Tribe-specific activities on the previous slide and insert slides with photos of activities, quotes from Tribal youth in support of activities. Tailor the next few slides to local context.)

What Tribal Council is doing to support youth in our community:

- Passed a resolution that commits us to protecting children;
- Funding suicide prevention programs in the community;
- ...
- ...
- ...

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What Tribal Council can do to support youth in our community:

- Pass a resolution that commits us to protecting children
- Fund cultural activities to root children in the community
- ...
- ...
- ...

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THANK YOU!

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