



U OK? Friends Ask!

Peers engaging peers to prevent suicide.

THE FACTS

According to the CDC, suicide is the second leading cause of death among high school aged youth in the United States. Recent school-based surveys of thousands of youth nationwide indicate that 28.5% felt sad or hopeless for at least two weeks in a row. Another 15.8% seriously considered suicide, 12.8% made a plan for suicide, and 7.8% made a suicide attempt. In all cases, these were endorsed more highly in girls. Despite these startling findings, there are many things we can do to help.

A SOLUTION

U OK? is a fundraising and awareness model for youth across the country to raise awareness about and help prevent teen suicide. U OK?, a program of the National Center for the Prevention of Youth Suicide (NCPYS), raises awareness of the problem of teen suicide, mobilizes high school students to become part of the solution and raises money for these activities. U OK? relies on high school students to design and implement their own fundraising and awareness campaigns which include an educational component provided by the NCPYS.

Students are often the first to know that a friend is thinking about suicide. The U OK? program aims to educate participants on what to look for, how to help, and what resources are available to them. The training includes a discussion of warning signs, risk factors, myths, and do's/don'ts. Emphasis will be placed on empowering the students to share and apply what they learn with the goal of reducing the incidence of suicidal behavior while increasing help-seeking behavior among themselves and their peers.

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U OK? is a flexible program which can be customized for the host group and the audience. Working with the hosting group, whether it is administrative or a student group, the message and the materials will be designed to meet the needs of everyone concerned.

Hosts are encouraged to build in a fundraising component which will allow the NCPYS to continue to fund these efforts and improve upon future U OK? Programs and resources. Twenty percent of funds raised will go back to the host school to fund to enable the school to purchase suicide prevention resources/training/education in the future.



The success of the U OK? program is measured by the number of students trained, the number of schools which successfully implement prevention programs, and the number of students impacted by the public awareness materials to be distributed. Furthermore, the program's success will be measured by the monies raised in school fundraisers to support current programming. In addition, it is expected that a successful program will increase the number of high-school aged callers who call the local crisis center, and this will be measured by the school. More profound impacts, such as fewer suicide attempts and completed suicides in this age group are hoped for over the longer run. At the very least, students will be provided knowledge of and access to resources to prevent the devastating problem of teen suicide and offered reassurance that they are not alone.



The goal of The NCPYS is to reduce the rate of suicide attempts and deaths among our Nation's youth. The Center relies heavily on public support. If you or your organization is looking to make a difference, please contact us...**Because one young life lost to suicide is one too many...thank you!**

FOR IMMEDIATE HELP

If you are concerned and worried that someone you know may be suicidal you may call the National Suicide Prevention Lifeline at 800-273-TALK (8255).

HOW TO GET INVOLVED

For additional information, or to discuss hosting an event at your school or in your community, please contact:

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