



# Suicide Prevention Resource Center

Promoting a public health approach to suicide prevention



The nation's only federally supported resource center devoted to advancing the *National Strategy for Suicide Prevention*.

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# Bullying and Suicide

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September 11, 2013

# The Statistics: Suicide

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- ✓ Suicide is the third leading cause of death among teenagers in the US <sup>1</sup>
- ✓ One in 13 high school students reported that s/he had attempted suicide during the past 12 months<sup>2</sup>
- ✓ One in 6 high school students reported that s/he had seriously considered suicide during the past 12 months<sup>2</sup>



# The Statistics: Bullying

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- ✓ 28 percent of students ages 12–18 were bullied at school during the 2008/2009 school year<sup>3</sup>
- ✓ Young people who often bully their peers are more likely to abuse alcohol and other drugs, get into fights, vandalize property, and drop out of school<sup>4</sup>
- ✓ Youth who are bullied are more likely to have depression and anxiety, increased feelings of sadness and loneliness, changes in sleep and eating patterns, and loss of interest in activities they used to enjoy. They may also have a decline in school achievement and are more likely to miss, skip, or drop out of school.<sup>4</sup>

# The Link Between Bullying and Suicide

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- ✓ Bullying does not cause suicide, but those who both bully and are bullied are at higher risk for suicide. <sup>5, 6, 7</sup>
- ✓ All three groups (those who bully, are bullied, and who both bully and are bullied) are more likely to be depressed than youth who are not involved in bullying. <sup>8</sup>
- ✓ Many risk factors for bullying and being bullied are also risk factors for suicidal behavior. However, no instance of bullying is the single 'cause' of a suicide.

# Shared Risk Factors

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- ✓ Depression
- ✓ Anxiety
- ✓ Low self-esteem
- ✓ Hopelessness
- ✓ Stressful situations at home
- ✓ Lack of social supports



# Shared Protective Factors

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- ✓ Connectedness to peers, family, trusted adults, and the community
- ✓ Social supports
- ✓ Access to health and mental health providers
- ✓ Safe and stable school and home environments



# Prevention Essentials

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- ✓ Start prevention early
- ✓ Keep up with technology
- ✓ Use a comprehensive approach
- ✓ Create policies, procedures, and crisis protocols
- ✓ Involve everyone

# References

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# Contact Us

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