



Helping kids succeed in school and life for over 40 years!

MSSWA

MINNESOTA SCHOOL SOCIAL WORKERS ASSOCIATION



Directions: Read each bubble statement. Then write down the first thing(s) that come to your mind. Have you heard or thought this before? Have you heard others make this statement before? What feelings or thoughts do you have after reading each individual statement? *This is personal reflection; share only if you are comfortable doing so.*

Statements	My Thoughts/Feelings/Reactions
<p style="text-align: center;">People who talk about suicide won't really do it.</p>	
<p style="text-align: center;">If a person is determined to kill themselves, nothing is going to stop them.</p>	
<p style="text-align: center;">Talking about suicide may give someone the idea to attempt suicide.</p>	
<p style="text-align: center;">People who attempt suicide & do not complete suicide are just trying to get attention & are not really serious.</p>	
<p style="text-align: center;">Confronting a person about suicide will only make them angry & increase their risk of suicide.</p>	

Continued the back.

Statements	My Thoughts/Feelings/Reactions
<p>I was really worried about them lately but suddenly they are the happiest I have ever seen them! I am thankful I don't have to worry about them anymore.</p>	
<p>The student comes from a wealthy family & has everything they could need. Why would they ever be suicidal?</p>	
<p>Only experts can prevent death by suicide.</p>	
<p>Dying by suicide is selfish.</p>	
<p>Suicide is more common now than in the past.</p>	



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