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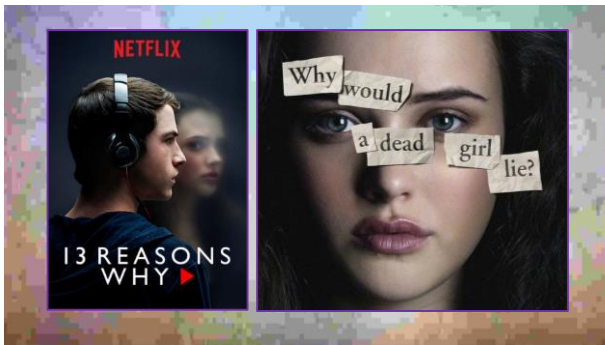
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## More Statistics

- Each day in our nation, there are an average of over 3,470 attempts by young people in grades 9-12
- WHO: by 2020, 1.3 million people will die by suicide
- By the end of this conference today, 3 high school students will have attempted suicide

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## Smart Phones

- Suicide rates increase with smart phone usage
- 5+ hours/day = 48% had suicide-related outcomes
- 1-2 hours/day = 28% had suicide-related outcomes
- More screen time = less sleep
- CDC: 87% of teens use social media daily

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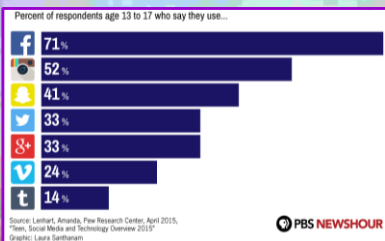
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## Teen Social Media use Today



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## Social Media and Suicide

- Social media and suicide is a relatively new phenomenon
- There is increasing evidence that the behavior of using social media changes teens lives
- Social media fuses technology with social interaction via Internet-based applications that allow the creation and exchange of user-generated content
- The WHO determined that the prevalence of Internet users was positively correlated with general population suicide rates

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## Definitions

- Cyberbullying
- Cyberbulicide
- Cybersuicide pact
- Extreme communities
- iGen

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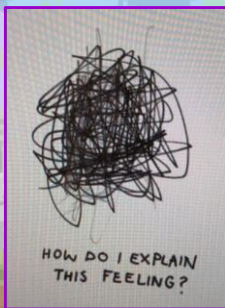
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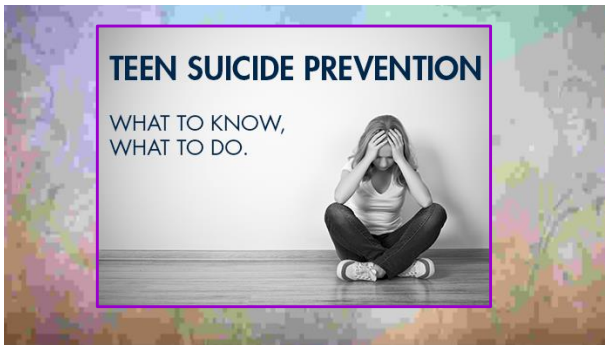
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## 13 Reasons Why Not

1. Awareness
2. Education
3. Support
4. Mentoring
5. Partnership
6. Services to at-risk youth
7. Advocacy
8. Clergy involvement
9. Deal with denial
10. Warning signs
11. Drastic behavior changes
12. Risky behaviors
13. Eliminate means

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## Evidenced Based Interventions

- Non-demand caring contracts
- Structured, problem-solving therapies
- Collaborative assessment and treatment planning
- Safety planning
- Reducing access to lethal means

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## Other Interventions

- Limit screen time to less than 2 hours daily
- Create a support system

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