

Date

Code

# Post Training Review

## Creating an Environment Safe from Self Harm

### QPR Question Persuade Refer

Name

Date of Birth

Address

Parish / School / Program

Please circle all that apply:

1. Which of the following are myths about Suicide?
  - a. No one can stop a suicide, it is inevitable.
  - b. Confronting a person about suicide will only make them angry and increase the risk of suicide.
  - c. Only experts can prevent suicide.
  - d. Suicidal young people keep their plans to themselves.
  - e. If a young person in a crisis gets the help they need, they will probably never be suicidal again.
  - f. Those who talk about suicide don't do it.
2. Which of the following are facts about Suicide?
  - a. Most suicidal people communicate their intent sometime during the week preceding their attempt.
  - b. People who talk about suicide may try or even complete an act of self-destruction.
  - c. Once a person decides to complete suicide, there is nothing anyone can do to stop them.
  - d. Suicide is the most preventable kind of death, and almost any positive action may save a life.
4. One should never directly ask a person if they are suicidal.
  - a. True
  - b. False
5. When confronting a youth about suicide some of the recommended ways to ask are: (please circle all appropriate ways to ask the question)
  - a. "You're not thinking about suicide are you?"
  - b. "Do you ever wish you could go to sleep and never wake up?"
  - c. "Are you suicidal?"
  - d. "Are you thinking about killing yourself?"
  - e. "You're just kidding about killing yourself, right?"
6. Asking someone directly about suicidal intent lowers anxiety, opens up communication and lowers the risk of an impulsive act.
  - a. True
  - b. False
7. Only experts can prevent suicide.
  - a. True
  - b. False
8. Which of the following is true?
  - a. QPR is intended to be a form of counseling or treatment.
  - b. QPR is intended to offer hope through positive action.
9. Circle all that are facts about suicide:
  - a. You are not being disloyal or violating trust when you share of a young person's suicidality with another adult that can help the child.
  - b. Most young people do tell an adult.
  - c. If a suicidal youth tells a friend, the friend will access help.
  - d. Suicide is a permanent solution to a temporary problem.
10. If a child discloses suicidal thoughts/plans it is important that we:
  - a. Remain calm and respond in a supportive manner.
  - b. Listen to the problem & give them your full attention.
  - c. Offer hope in any form.
  - d. Do not leave the child alone.
  - e. Report the suicidal youth to appropriate authorities.
  - f. All of the above.

*\*\* Retain a copy for personnel file & send original to:  
Child Protection Office, P.O. Box 1531, Grand Island, NE 68802*

