

# TOILET TALK

Issue #13 2007

## Get The **FACTS** ABOUT SUICIDE

**MYTHS about suicide add to the danger! Get the facts so that you can help yourself and the people you love.**

**Myth:** PEOPLE WHO TALK ABOUT SUICIDE AREN'T THE ONES YOU HAVE TO WORRY ABOUT.

**FACT:** PEOPLE WHO TALK ABOUT SUICIDE MAY BE CONSIDERING SUICIDE AND NEED TO GET HELP.

**Myth:** A PERSON WHO IS THINKING OF SUICIDE REALLY WANTS TO END HIS/HER LIFE.

**FACT:** MOST PEOPLE WHO CONSIDER SUICIDE NEED RELIEF. WHAT THEY WANT MOST IS TO FEEL BETTER.

**Myth:** SUICIDE OCCURS WITHOUT WARNING.

**FACT:** MOST OF THE TIME, PEOPLE WHO ARE THINKING OF SUICIDE GIVE A SERIES OF WARNINGS. WE JUST DON'T ALWAYS RECOGNIZE THEM AT THE TIME.

**Myth:** TALKING ABOUT DEPRESSION OR SUICIDE ONLY MAKES THINGS WORSE.

**FACT:** TALKING (ESPECIALLY WITH A TRAINED HELPER) IS THE FIRST STEP TO GETTING BETTER. PEOPLE GET BETTER ONCE THEY ARE ABLE TO TALK WITH A TRAINED PROFESSIONAL.

**Myth:** TELLING AN ADULT THAT A FRIEND MIGHT BE DEPRESSED OR MAY BE THINKING OF SUICIDE IS BETRAYING A TRUST.

**FACT:** TRUE FRIENDS CARE ENOUGH ABOUT SOMEONE'S WELL-BEING TO GET THEM HELP. KNOW YOUR LIMITS! DON'T KEEP A DANGEROUS SECRET.

Who would you go to? Who are the best adult resources in your life? It could be a parent, a teacher, a school counselor or nurse, a doctor, a minister, a coach ... Think NOW about who you would go to if you needed help or were worried about a friend. If you or a friend are in crisis and feel like you have no one to turn to call the National Suicide Prevention Hotline at 1-800-273-TALK.

Source: The American Association of Suicidology - <http://www.suicidology.org>

## BE CONFIDENT!

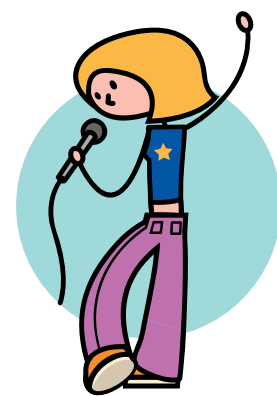
Having a healthy or high self-esteem and self-confidence can help you think positively, deal better with stress, and boost your drive to work hard at all that you do.

**Self-esteem:** Self-esteem describes the value and respect you have for yourself. If you have a healthy self-esteem you feel good about yourself as a person and are proud of what you can do.

**Self-Confidence:** Self-confidence is having a positive and realistic opinion of yourself and being able to accurately measure your abilities.

Try these steps to boost your self-confidence and self-esteem:

- Think positive thoughts about yourself! Focus on your strengths – not your weaknesses.
- Learn to be assertive – express your thoughts, opinions, needs and feelings openly – but without abusing others rights.
- Set realistic goals.
- Give yourself credit when you reach a goal.
- Don't compare yourself to others – remember, everyone is different and you're fine just the way you are!



Source: [www.girlshealth.gov](http://www.girlshealth.gov)

**I CHOOSE NOT TO HAVE SEX  
BECAUSE I CAN'T AFFORD  
CHILD SUPPORT.**

**FIND YOUR REASON**

### Some Statistics for You

**Girls** – Almost one-third (31%) of sexually experienced teen girls have been pregnant.

**Boys** – More than one in eight sexually experienced teen boys (13%) have caused a pregnancy.

**Age at first sex** – Almost half of teen girls who first have sex before age 15 report having been pregnant, compared to only one quarter of those girls who wait to have sex until later.

[www.teenpregnancy.org](http://www.teenpregnancy.org)



Provided by the Central Shenandoah Valley Teen Pregnancy Prevention Initiative  
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Approved by:

**teen pregnancy  
prevention**  
Central Shenandoah Valley