



# WELCOME YOUTH MINISTERS

**ABOUT US...OUR MISSIONS...OUR LOVE FOR GOD'S CHILDREN**

**BUILDING YOUNG DISCIPLES FOR CHRIST!**

“LET THE CHILDREN COME TO ME.” (MT. 19:14)

LOVING FATHER,

YOU LOOK WITH COMPASSION ON ALL YOUR CHILDREN, ESPECIALLY THOSE WHO ARE VULNERABLE.

MAY WE WORK TO CREATE A WORLD IN WHICH EVERY CHILD HAS ACCESS TO FOOD, CLEAN WATER, SHELTER, EDUCATION, HEALTH CARE, AND OTHER BASIC RIGHTS.

MAY WE TEACH YOUTH ABOUT THEIR ROLE IN WORKING FOR PEACE, JUSTICE, AND THE COMMON GOOD.

MAY WE ACT TOGETHER TO ENSURE THAT THE LIVES AND DIGNITY OF CHILDREN AND YOUNG PEOPLE EVERYWHERE CAN BE RESPECTED.

AS CHILDREN OF ONE HEAVENLY FATHER WE PRAY,

“OUR FATHER, WHO ART IN HEAVEN...”

“HAIL MARY FULL OF GRACE...”

COME, O HOLY SPIRIT, FILL THE HEARTS OF THE FAITHFUL AND ENKINDLE IN US THE FIRE OF YOUR LOVE. SEND FORTH YOUR SPIRIT, AND WE SHALL BE CREATED. AND YOU SHALL RENEW THE FACE OF THE EARTH.

LET US PRAY

O GOD, WHO HAS TAUGHT THE HEARTS OF THE FAITHFUL BY THE LIGHT OF THE HOLY SPIRIT, GRANT THAT BY THE GIFT OF THE SAME SPIRIT, WE MAY BE ALWAYS TRULY WISE AND EVER REJOICE IN HIS CONSOLATION, THROUGH CHRIST OUR LORD. AMEN



# OUR PURPOSE

- TO FORM CHILDREN AND YOUNG PEOPLE TO KNOW, TO EXPERIENCE, TO ENCOUNTER, AND TO EMBRACE “GOD”.
- HOW DO WE DO THIS? BY BEING AUTHENTIC IN HOW WE LIVE OUR LIVES WITH GOD AT OUR CENTER.
- WE ARE CALLED TO SHARE THE “GOOD NEWS”, THE LIVING WORD OF GOD.
- WITHOUT LOVE AND CARE FOR GOD’S CHILDREN, OUR WORK IS IN VAIN!

# CHECK IN! BEFORE WE BEGIN THIS WORKSHOP.

- I'M FEELING FANTASTIC!
- I'M DOING WELL & FEELING HAPPY.
- I'M FEELING FINE.
- I'M FELLING SAD, DOWN, OR DEPRESSED.
- I'M FEELING ANXIOUS OR NERVIIOUS TODAY.



**LET'S CHECK-IN FROM TIME TO TIME DURING THIS WORKSHOP, AS NEEDED.**



# KEY ELEMENTS FOR SUCCESSFUL YOUTH MINISTRY

- WE MUST HAVE “EFFECTIVE & SAFE WAYS” TO CONNECT WITH KIDS
- WE MUST BE A PLACE OF “TRUST & SECURITY” FOR YOUNG PEOPLE
- WE MUST BE AWARE OF OUR OWN SURROUNDINGS AND ENVIRONMENTS
- WE MUST CREATE A SAFE ENVIRONMENT FOR THE YOUTH SO THAT THEY WILL WANT TO KEEP COMING BACK
  
- BALANCING MINISTRY & FUN ARE KEY TO ANY SUCCESSFUL MINISTRY

THIS IS ESPECIALLY TRUE FOR YOUTH MINISTRY!

# RESPONSIBILITIES OF A YOUTH MINISTER:

YOUTH MINISTER'S RESPONSIBILITIES ARE MANY AND VARY FROM ONE COMMUNITY TO ANOTHER.

MUCH DEPENDS ON THE SIZE OF THE PARISH. THE NUMBER OF YOUTH ENROLLED IN YOUR YOUTH PROGRAMS, AND THE INVOLVEMENT OF YOUR PASTORS.

THE PURPOSE OF THIS WORKSHOP IS TO TAKE A CLOSER VIEW OF SOME OF THE ISSUES YOU MAY ENCOUNTER WHILE ENGAGING WITH THE YOUTH.

# RESPONSIBILITIES OF A YOUTH MINISTER:

## BEING AN ADVOCATE:

HOPES & CONCERNS FOR THE NEEDS OF  
THE YOUTH

HELP PLAN, DEVELOP & IMPLEMENT  
YOUTH PROGRAMS

BUILD SKILLS FOR WORSHIP, DISCIPLESHIP  
& LEADERSHIP

MENTOR THE YOUTH

BEING AVAILABLE IN TIMES OF CRISIS

## BALANCING MINISTRY:

TEACH OUR FAITH IN AUTHENTIC WAYS

SHOW CHRISTIANITY BY HOW WE LIVE

ESTABLISH HEALTHY BOUNDARIES

BE AWARE OF RESOURCES

ENSURE THAT SAFE ENVIRONMENT  
POLICIES & GUIDELINES & PROCEDURES  
ARE FOLLOWED

BE TRANSPARENT (HOLD NO SECRETS)

## FORMING THE YOUTH:

LOVE THE YOUTH WHERE THEY ARE

ENCOURAGE YOUTH TO DEVELOP THEIR  
RELATIONSHIP WITH GOD & HIS CHURCH

PROVIDE OPPORTUNITIES FOR THE YOUTH  
TO GROW

CHALLENGE THE YOUTH TO RESPOND TO  
GOD'S CALL

HELP ESTABLISH OUTREACH & CARE FOR  
OTHERS

# RESPONSIBILITIES OF A YOUTH MINISTER: “WHAT’S GOING ON”, IN YOUR MINISTRY PROGRAMS?

Think about Safety!

Think about Risks!

Think about chaperones  
& volunteers

Details~ Details~  
Details~

Finally We Think About  
Safe Environment~  
Policies~ Procedures~  
Diocesan Transportation  
& Insurance limitations



# RESPONSIBILITIES OF A YOUTH MINISTER: “WHAT’S GOING ON?”

## LET’S REVERSE THE ORDER OF IMPORTANCE



# RESPONSIBILITIES OF A YOUTH MINISTER: HOW DO WE ACCOMPLISH OUR GOALS? PARENTS MUST BE KEPT IN THE LOOP!

## PARENTS MUST:

- KNOW ACTIVITY
- KNOW TRANSPORTATION MODE
- KNOW DESTINATION
- KNOW TIMEFRAME
- HAVE READ & SIGNED ALL FORMS

## PARENTS SHOULD:

- ATTEND PLANNING MEETINGS
- ATTEND YOUTH MINISTRY TRAINING VIDEO:  
“EVERYTHING MATTERS AND EVERYONE HAS  
A ROLE” ON [CMGCONNECT.ORG](http://CMGCONNECT.ORG)
- BE INVOLVED



# RESPONSIBILITIES OF A YOUTH MINISTER: HOW DO WE ACCOMPLISH OUR GOALS? YOUTH SHOULD KNOW WHAT THEY ARE GETTING INTO!

## YOUTH MUST:

- MUST ATTEND ANNUAL CIRCLE OF GRACE SAFE ENVIRONMENT TRAINING (AGE APPROPRIATE)
- SIGN CODE OF CONDUCT FORMS (CIRCLE OF GRACE CODE OF CONDUCT & DIOCESAN EVENT CODE OF CODE)
- KNOW WHAT IS EXPECTED OF THEM AS PARTICIPANTS TO THE YOUTH MINISTRY
- THEY MUST BE WILLING TO PARTICIPANTS TO YOUTH EVENTS
- LIVE OUT THE GOSPEL MESSAGE AS BEST THEY CAN

## YOUTH SHOULD:

- FEEL THAT YOUTH MINISTRY AND THE PARISH IS A SAFE PLACE TO BE
- ATTEND “ANTI-BULLYING” TRAINING ON [CMGCONNECT.ORG](http://CMGCONNECT.ORG) (AGE APPROPRIATE)  
YOUTH MINISTERS SHOULD FACILITATED THIS TRAINING
- BE INVOLVED

# RESPONSIBILITIES OF A YOUTH MINISTER: HOW DO WE ACCOMPLISH OUR MINISTRY GOALS?

## GET THE WORD OUT!!!!

- COMMUNICATION (TEXT, BLOGS, EMAILS, SOCIAL NETWORKING, ETC.) **MUST BE:**
  - APPROPRIATE
  - MONITORED
  - HAVE PARENTS SIGN THE SOCIAL MEDIA RELEASE FORM TO BE KEPT AT THE PARISH
- COMMUNICATION FROM YOUTH MINISTERS **SHOULD BE:**
  - BE OPEN & TRANSPARENT
  - BE SENT TO ALL YOUTH (I.E. TEXT, BLOG, EMAILS, ETC.)
  - INCLUDE COPY TO PARENTS
  - **NOT** BE DONE PRIVATELY WITH ANY INDIVIDUAL YOUTH
- **IF** A SOCIAL NETWORK SITE IS ESTABLISHED FOR YOUR YOUTH MINISTRY, IT MUST BE MONITORED ON A REGULAR BASIS. ANY INAPPROPRIATE MATERIAL SHOULD BE DELETED IMMEDIATELY.



# ISSUES AND COMMON FACTORS

## K – 5<sup>TH</sup> GRADE

CELL PHONE

BULLYING (IN PERSON)

PRE-TEEN SUICIDE

DEPRESSION/ANXIETY

\*IN PERSON BULLYING IS MORE FREQUENT IN YOUTH CHILDREN.

\*SIGNS OF BULLYING INCLUDE:

PHYSICAL CONTACT

WORDS

MAKING FACES

DIRTY GESTURES

INTENTIONAL EXCLUSION

## 6<sup>TH</sup> – 8<sup>TH</sup> GRADE

CELL PHONES

BULLYING (IN PERSON & ONLINE)

PEER TO PEER PRESSURE

DEPRESSION

EARLY STAGES OF SEXUAL  
ADVANCEMENTS

MISCHARACTERIZING SEXUAL ATTACKS  
AS BULLYING, HAZING, CONSENSUAL  
BEHAVIOR

VERBAL OR PHYSICAL HARASSMENT

SUICIDE

## 9<sup>TH</sup> – 12<sup>TH</sup> GRADE

CELL PHONES

BULLYING (IN PERSON & ONLINE)

DRUGS & ALCOHOL (MARIJUANA, PRESCRIPTION,  
ILLEGAL INHALANTS, HEROIN, METH, ECSTASY, ETC.)

BODY IMAGE

PEER TO PEER PRESSURE

DEPRESSION

SEXUAL ADVANCEMENTS (RAPE, SODOMY, FORCED  
ORAL SEX & FONDLING)

MISCHARACTERIZING SEXUAL ATTACKS AS BULLYING,  
HAZING, CONSENSUAL BEHAVIOR

VERBAL OR PHYSICAL HARASSMENT

SEXTING

SUICIDE

## K – 5<sup>TH</sup> GRADE

### IN PERSON BULLYING- STUDIES SHOW:

- 14% OF STUDENTS SAY THEY BULLY OTHERS BUT ARE NOT BULLIED THEMSELVES.
- 6% SAID THEY ARE BULLIED, “ALWAYS”, BUT DO NOT BULLY OTHERS.
- 2% SAID THEY BOTH BULLY OTHERS AND WERE THEMSELVES BEING BULLIED.
- 78% WERE BYSTANDERS WHO DO NOTHING!
  
- 49% OF THE STUDENTS WHO ARE BULLIED ARE 8 TO 9 YEARS OLD
- IN THIS AGE GROUP (K-5<sup>TH</sup> GRADE), BOYS ARE MORE LIKELY TO BE BOTH BULLIES AND BULLY-VICTIMS
- POST-BULLYING SUICIDES OCCUR MORE OFTEN BY MIDDLE OR JR HIGH SCHOOL STUDENTS.

**TRUTH OR MYTH:** BULLYING BEGINS IN MIDDLE SCHOOL ( TRUE OR FALSE?)

ANSWER: FALSE

# 6<sup>TH</sup> – 8<sup>TH</sup> GRADE

**THERE ARE SIX TYPES OF PEER PRESSURE.**

**IN MIDDLE SCHOOL STUDENTS ARE FORMING NEW FRIENDSHIPS AND CHOOSING AN IDENTITY AMONG THEIR FRIENDS:**

**PARENTS AND YOUTH MINISTERS** CAN BE THE STRONGEST INFLUENCE ON A TEEN'S LIFE IF THEY UNDERSTAND AND ARE AWARE OF THESE TYPES OF PEER PRESSURES.

- **SPOKEN**
- **UNSPOKEN**
- **DIRECT**
- **INDIRECT**
- **NEGATIVE**
- **POSITIVE**

**THREE KEY COMPONENTS** TO MAINTAIN POSITIVE INFLUENCE

- SUPPORT HEALTHY FRIENDSHIPS
- MODEL RESPONSIBLE BEHAVIOR
- KEEP AN OPEN AND JUDGE FREE DIALOGUE

**TRUTH OR MYTH:** YOUTH AT THIS AGE DO NOT EXPERIMENT WITH ALCOHOL, DRUGS, SEXUAL ACTIVITY OR OTHER RISKY BEHAVIORS

(TRUE OR FALSE?)

ANSWER: FALSE

# 6<sup>TH</sup> – 8<sup>TH</sup> GRADE

## SIX TYPES OF PEER PRESSURE :

### **SPOKEN PEER PRESSURE**

IF DONE 1-ON-1, THE RECIPIENT WILL HAVE A STRONGER DESIRE TO ADHERE TO HIS/HER CORE VALUE AND BELIEFS.

IF HOWEVER THIS TAKES PLACE WITHIN A GROUP, THE PRESSURE TO GO ALONG IS GREATLY INCREASED.

### **UNSPOKEN PEER PRESSURE**

A TEEN MAY BE EXPOSED TO ACTIONS THAT COULD TAKE THE FORM OF FASHION, PERSONAL INTERACTIONS/BEHAVIOR.

TEENS ARE SUSCEPTIBLE TO THESE TYPES OF INFLUENCES TO FIT IN WITH THE GROUP.

### **DIRECT PEER PRESSURE**

LEAVES A TEEN IN A POSITION OF HAVING TO MAKE AN “ON THE SPOT” DECISION TO GO ALONG WITH THE BEHAVIOR.



# 6<sup>TH</sup> – 8<sup>TH</sup> GRADE

## SIX TYPES OF PEER PRESSURE:

### **INDIRECT PEER PRESSURE**

IS SUBTLE AND UNDERSTATED BUT CAN STILL EXERT A STRONG INFLUENCE ON AN IMPRESSIONABLE TEEN TO FIT IN AND/OR NOT BE LEFT OUT.

### **NEGATIVE PEER PRESSURE**

IS ASKING TEEN TO ENGAGE IN BEHAVIOR THAT IS AGAINST THEIR MORAL OR CORE VALUE AND BELIEFS.

### **POSITIVE PEER PRESSURE**

IS TYPICALLY A GROUP DYNAMIC INFLUENCE BEHAVIOR THAT IS AGE APPROPRIATE AND SOCIALLY ACCEPTABLE.

THIS TYPE OF PEER PRESSURE HAS A POSITIVE INFLUENCE ON ALL PARTICIPANTS.

# 9<sup>TH</sup> – 12<sup>TH</sup> GRADE DRUG & ALCOHOL SEX, SEXTING, SEXUAL IMAGES, BULLYING, SUICIDE

2019 RISK BEHAVIOR SURVEY – STATE OF IDAHO DEPARTMENT OF  
EDUCATION (HIGH SCHOOLS ONLY)

- ❑ 26.6% OF STUDENTS IN IDAHO REPORTED DRINKING ALCOHOL  
ON A REGULAR BASIS
- ❑ GIRLS IN 10<sup>TH</sup> GRADE DRINK MORE THAN BOYS- BUT BOTH BOY  
& GIRLS DRINK MORE IN 10<sup>TH</sup> GRADE THAN IN OTHER GRADES
- ❑ BINGE DRINK IS MORE COMMON IN 12<sup>TH</sup> GRADE WITH GIRLS  
REPORTING TO DRINK MORE THAN BOYS





# 9<sup>TH</sup> – 12<sup>TH</sup> GRADE DRUG & ALCOHOL SEX, SEXTING, SEXUAL IMAGES, BULLYING, SUICIDE



2019 RISK BEHAVIOR SURVEY – STATE OF IDAHO DEPARTMENT OF EDUCATION  
(HIGH SCHOOLS ONLY)

- ❑ 14.2% OF STUDENTS IN IDAHO REPORTED TAKING PRESCRIPTION DRUGS NOT PRESCRIBE TO THEM. 12<sup>TH</sup> GRADE BOY SELF REPORTED THE HIGHEST USAGE
- ❑ IT IS ESTIMATED THAT 1.6 MILLION ADOLESCENTS AGE 12-17 USE MARIJUANA IN THE USA
- ❑ IN IDAHO ALL GRADE LEVELS 9<sup>TH</sup> -12<sup>TH</sup> SELF REPORTED USING MARIJUANA WITH 12<sup>TH</sup> GRADER BOTH BOY & GIRLS BEING THE HIGHEST USERS, 10<sup>TH</sup> GRADE GIRLS WAS THE NEXT HIGHEST
- ❑ 9<sup>TH</sup>-12<sup>TH</sup> GRADES HAVE SELF REPORTED USING ILLEGAL DRUGS WHILE AT SCHOOL. 9<sup>TH</sup> GRADE BOY BEING THE HIGHEST WITH 11<sup>TH</sup> GRADE BOY FOLLOWING CLOSELY





# 9<sup>TH</sup> – 12<sup>TH</sup> GRADE DRUG & ALCOHOL SEX, SEXTING, SEXUAL IMAGES, BULLYING, SUICIDE

2019 RISK BEHAVIOR SURVEY – STATE OF IDAHO DEPARTMENT OF  
EDUCATION (HIGH SCHOOLS ONLY)

ILLNESS/DISEASE AND DEATHS RELATED TO DRUG USAGE & ABUSE ARE:

SUICIDE

UNWANTED PREGNANCY

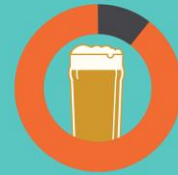
ABORTION

SCHOOL FAILURE

DELINQUENCY

TRANSMISSION OF SEXUALLY TRANSMITTED DISEASES, INCLUDING  
HIV AND OTHER STD'S

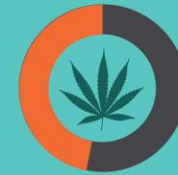
Substances that students have tried  
*at least once* before the age of 18:



91% Alcohol



40% Tobacco



47% Marijuana



18% Prescription  
Drugs



5% Illicit  
Substances





# 9<sup>TH</sup> – 12<sup>TH</sup> GRADE DRUG & ALCOHOL SEX, SEXTING, SEXUAL IMAGES, BULLYING, SUICIDE

2019 RISK BEHAVIOR SURVEY – STATE OF IDAHO DEPARTMENT OF  
EDUCATION (HIGH SCHOOLS ONLY)

- ❑ 8% OF STUDENTS IN IDAHO REPORTED HAVING EXPERIENCED PHYSICAL VIOLENCE WHILE ON A DATE
- ❑ GIRLS REPORTED MORE THEN BOYS THAT THEY WERE PHYSICALLY FORCED TO HAVE SEXUAL INTERCOURSE
- ❑ 2% OF STUDENTS IN IDAHO REPORTED HAVING HAD SEX FOR THE FIRST TIME BEFORE THE AGE OF 13!

### Causes of Teenage Pregnancy



- curiosity or experimentation
- peer pressure
- family-related problems
- lack of information
- the influence of liberal views on sex.



1 in 3 teens in the United States will be pregnant by age 19


# 9<sup>TH</sup> – 12<sup>TH</sup> GRADE DRUG & ALCOHOL SEX, SEXTING, SEXUAL IMAGES, BULLYING, SUICIDE

2019 RISK BEHAVIOR SURVEY – STATE OF IDAHO DEPARTMENT OF  
EDUCATION (HIGH SCHOOLS ONLY)

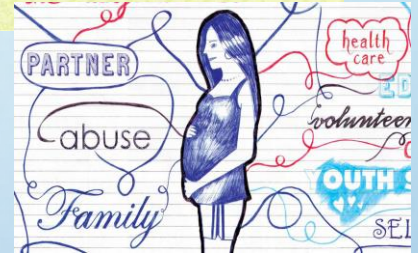
THIS STUDY CONCLUDED THAT THERE WERE 878 OUT-OF-WEDLOCK BIRTHS  
AND 211 ABORTION, AMONG WOMEN AGED 15-19 IN 2017

IT IS BELIEVED THAT THE REPORTED TOTALS OF ABORTIONS WAS  
SIGNIFICANTLY HIGHER!

### Causes of Teenage Pregnancy



- curiosity or experimentation
- peer pressure
- family-related problems
- lack of information
- the influence of liberal views on sex.



**1 in 3 teens in the United States  
will be pregnant by age 19**

# WHY ARE WE ADDRESSING THESE ISSUES?

BECAUSE THEY ARE THE ISSUES THAT THE YOUTH ARE EXPOSED TO EVERYDAY!

## **OTHER THINGS TO THINK ABOUT WHICH HAVE NOT BEEN ADDRESSED:**

- “ONLINE ENTICEMENT” AND THOSE WISHING TO LURE OUR CHILDREN AND YOUNG PEOPLE INTO INAPPROPRIATE RELATIONSHIPS & COMMUNICATION; THE SHARING OF INAPPROPRIATE IMAGES; AND OTHER LEWD/OBSCENE BEHAVIORS.
  
- ARE THE YOUTH IN YOUR MINISTRY PROGRAMS SUSCEPTIBLE TO HUMAN TRAFFICKING?



# WHY ARE WE ADDRESSING THESE ISSUES?

## **OTHER THINGS TO THINK ABOUT WHICH HAVE NOT BEEN ADDRESSED:**

SELF-HARM ( I.E. CUTTING) DOES NOT ALWAYS MEAN SUICIDE INTENT.

IT CAN MEAN THAT, BUT DOESN'T ALWAYS.

EITHER WAY, IT'S A SIGN THAT SOMEONE IS IN A LOT OF EMOTIONAL PAIN AND COULD BE AT RISK OF SUICIDALITY.



# 2020 IDAHO RANKS 6<sup>TH</sup> IN THE NATION FOR TEEN SUICIDES AGES 13-19: AMERICA'S HEALTH RANKINGS (AHR)

IN 2020 SUICIDE RATE  
(PER 100,000 POPULATION)  
22.2

IDAHO SUICIDE HOTLINE IN 2020

RECEIVED 13,137 CALLS

RECEIVED 1,053 SMS TEXT OR ONLINE CHAT  
INTERVENTIONS

INITIATED 1,226 FOLLOW-UP CALLS

INITIATED 86 FOLLOW-UP TEXT  
CONVERSATIONS

(IDAHO HEALTH & WELFARE)

IN 2016 SUICIDE RATE (PER 100,000  
POPULATION) 21.4 (AHR)

AS OF AUGUST 31, 2020  
SUICIDE DEATHS WERE  
248

ACCORDING TO IDAHO HEALTH & WELFARE

SUICIDES DEATHS IN IDAHO

2019 SAW 362

2118 SAW 409

2016 SAW 351(AHR)

OVERALL IDAHO HAD THE 5<sup>TH</sup> HIGHEST SUICIDE RATE  
IN THE UNITED STATES. IN 2018

SUICIDE WAS THE 10<sup>TH</sup> LEADING CAUSE OF DEATH IN  
2016

DUE TO COVID-19,  
ISOLATION, UNEMPLOYMENT,  
ILLNESS, DEPRESSION,  
ANXIETY & MENTAL HEALTH  
ISSUES HAVE INCREASED IN  
ADULTS AS WELL AS YOUTH

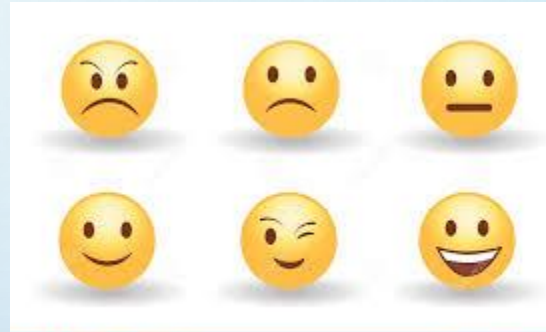
7<sup>TH</sup> IN THE NATION!

IN 2017 DEPRESSION RATE  
(PER 100,00 POPULATION) 3,405.2

(AMERICA'S HEALTH RANKING)

# LET'S CHECK IN! HOW ARE YOU DOING?

- I'M FEELING FANTASTIC!
- I'M DOING WELL & FEELING HAPPY.
- I'M FEELING FINE.
- I'M FELLING SAD, DOWN, OR DEPRESSED.
- I'M FEELING ANXIOUS OR NERVIIOUS TODAY.



**WE'LL CHECK-IN AGAIN BEFORE THE END OF THIS WORKSHOP.**

WE'VE SHARED A LOT FACTS, STATISTICS AND DATA THAT  
ARE HARD TO TAKE IN...



LET'S TAKE A FEW  
MOMENTS TO TAKE IN SOME  
DEEP, DEEP, DEEP BREATHS.  
NOW BREATH OUT- SLOWLY.  
AND AGAIN. BREATH IN ~ AND OUT

IT'S TIME FOR A BREAK!

LET'S TAKE A 5 MINUTE BREAK.





# BEFORE WE GET BACK TO WORK...



LET'S TAKE A FEW  
MOMENTS TO TAKE IN SOME  
DEEP, DEEP, DEEP BREATHS.  
NOW BREATH OUT- SLOWLY.  
AND AGAIN. BREATH IN ~ AND OUT



NOW WE WANT TO STOP & **SMILE AS BIG AS YOU CAN...**

HOLD YOUR SMILE FOR A FEW SECONDS!

SMILING ACTIVATES TINY MOLECULES IN YOUR BRAIN THAT ARE DESIGNED TO FEND OFF STRESS.  
WHEN YOU SMILE, YOUR BRAIN RELEASES DOPAMINE, ENDORPHINS AND SEROTONIN!

**SMILE EVERYONE!**

# **FIREARM DEATH IN IDAHO, 2019**

## **(BUREAU OF VITAL RECORDS & HEALTH STATISTICS, 2020)**

### **LET'S BREAK THIS DOWN:**

DID YOU KNOW THAT 61% OF ALL SUICIDES WERE BY FIREARM?

DID YOU KNOW THAT THE VISITS TO AN EMERGENCY ROOM FOR CHILDREN AGES 5-11 INCREASED BY 43% IN 2019 (JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION, APRIL 2019)

SUICIDE AMOUNT 9&10-YEAR-OLDS (LANCET PSYCHIATRY JOURNAL, MARCH 2020)

STUDY OF 8,000 CHILDREN- SELF-REPORTED

1 IN 13 HAD SUICIDE IDEATION (**THINKING ABOUT IT**)

1 IN 111 HAD MADE A SUICIDE PLAN (**HAVE PILLS, DADS GUN, ETC.**)

1 IN 77 HAD MADE A SUICIDE ATTEMPT (**CUTTING, SELF-HARM, USED A GUN, ETC.**)

# WHAT GROUPS ARE MOST AT RISK?

## LET'S BREAK THIS DOWN:

- ❑ OVERALL, HISPANIC YOUTH HAVE SLIGHTLY HIGHER RATES OF SUICIDAL THINKING AND ATTEMPTS.
- ❑ ONE STUDY SHOWED THAT HISPANIC GIRLS HAVE HIGHER RATES OF SUICIDE IDEATION AND BEHAVIOR THAN ANY OTHER GROUP, BUT ONLY 32% RECEIVED MENTAL HEALTH TREATMENT.
- ❑ AMERICAN INDIAN YOUTH HAVE 4X HIGHER RATES OF SUICIDE THAN WHITE YOUTH.
- ❑ FOSTER CHILDREN HAVE 4X HIGHER RATES OF SUICIDE THAN YOUTH OVERALL.
- ❑ JUVENILE JUSTICE AFFECTED CHILDREN HAVE 4X HIGHER RATES THAN YOUTH OVERALL.
- ❑ LGBTQ YOUTH HAVE 2-3X MORE LIKELY TO ATTEMPT THAN STRAIGHT PEERS.

# YOUTH SUICIDE FACTS (9<sup>TH</sup> – 12<sup>TH</sup> GRADES)

(STATE DEPARTMENT OF EDUCATION, 2019)

1 IN 5  
HAVE CONSIDERED

1 IN 6  
ACTUALLY HAVE A PLAN

1 IN 10  
HAVE ATTEMPTED

ONE DEATH IS TOO MANY!

WHY IS THIS HAPPENING?

HOW CAN WE BETTER UNDERSTAND WHEN SUICIDE ACTUALLY  
HAPPENS?

LET'S TALK ABOUT WHY PEOPLE DIE BY SUICIDE



# YOUTH SUICIDE FACTS (9<sup>TH</sup> – 12<sup>TH</sup> GRADES)

(STATE DEPARTMENT OF EDUCATION, 2019)

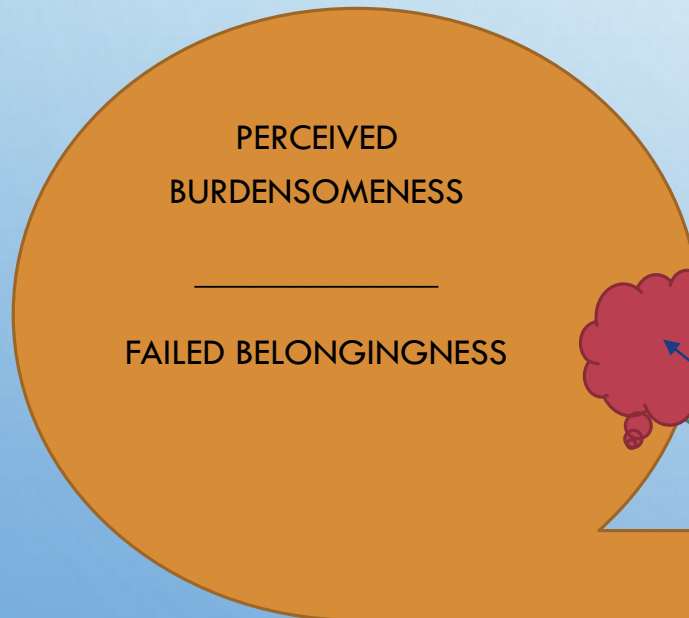
1 IN 5  
HAVE CONSIDERED

1 IN 6  
ACTUALLY HAVE A PLAN

1 IN 10  
HAVE ATTEMPTED

ONE DEATH IS TOO MANY!

Those Who Desire Suicide



Those Who Are Capable of Suicide

FEARLESSNESS ABOUT PAIN, INJURY, & DEATH  
ACQUIRED ABILITY FOR SELF-HARM

Serious Attempt or Death by Suicide

# WHAT CAN BE DONE?

PRAY AND BRING JESUS INTO THE SITUATION!

BECOME AWARE OF THE SIGNS

EDUCATE YOURSELF

BE PREPARED TO DEAL WITH A CRISIS

SEARCH OUT RESOURCES

GET SUPPORT FROM YOUR PASTORS

**DEFER TO THE EXPERTS!**

## WARNING SIGNS & THINGS TO LOOK FOR:

SOME PEOPLE WITH SUICIDE TENDENCIES MAY EXHIBIT THE FOLLOWING SYMPTOMS:  
(HEALTH & WELFARE & CATHLEEN BOOTH, LCPC. CATHOLIC CHARITIES OF IDAHO)

- THREATING SUICIDE
- TALKING, WRITING OR JOKING ABOUT SUICIDE
- ISOLATION OR WITHDRAWAL FROM ACTIVITIES WITH FAMILY/FRIENDS
- AGITATION, ESPECIALLY COMBINED WITH SLEEPLESSNESS
- NIGHTMARES
- PREVIOUS SUICIDE ATTEMPTS
- SEEKING METHODS TO KILL ONESELF
- FEELING HOPELESS OR TRAPPED
- GATHERING SPECIAL ITEMS TO GIVE TO FAMILY/FRIENDS
- SAYING WHAT SOUNDS LIKE A FINAL GOODBYE
- ABRUPT CHANGES IN APPEARANCE
- SUDDEN WEIGHT OR APPETITE CHANGE
- CO-OCCURRING DEPRESSION, MOODINESS AND HOPELESSNESS
- UNEXPECTED ANGER, AGGRESSION, OR IRRITABILITY
- RECENT LOSS OF FAMILY MEMBER OR FRIEND THROUGH DIVORCE, SUICIDE, OR OTHER DEATH
- CHANGES IN EATING, SLEEPING, PERSONAL CARE OR OTHER PATTERNS
- INCREASED ALCOHOL OR DRUG USE
- TAKING UNNECESSARY RISKS/RECKLESSNESS
- NO LONGER INTERESTED IN FAVORITE ACTIVITIES OR HOBBIES
- SUDDENLY STOPS RESPONDING TO TEXT/CALLS-DOESN'T PICK UP
- SUDDEN UNEXPECTED HAPPINESS

# WARNING SIGNS & THINGS TO LOOK FOR: VERBAL CLUES

WHILE THERE IS NO FOOLPROOF METHOD OF DETERMINING THAT SOMEONE IS THINKING OF HURTING THEMSELVES, THE FOLLOWING SIGNS MIGHT INDICATE THAT AN ADOLESCENT IS CONSIDERING SUICIDE. (CATHLEEN BOOTH, LCPC. CATHOLIC CHARITIES OF IDAHO)

## LACK OF LOVE

- "I WISH I WAS NEVER BORN."
- "I FEEL LIKE I'M JUST TAKING UP SPACE"
- "EVERYBODY WOULD BE BETTER OFF IF I JUST WEREN'T AROUND"
- "I'M NOT GOING TO BUG YOU MUCH LONGER."

## SELF HATE

- "I HATE MY LIFE. I HATE EVERYONE AND EVERYTHING."
- "I'M THE CAUSE OF ALL OF MY FAMILY'S/FRIEND'S TROUBLES."
- "I WISH I WOULD JUST GO TO SLEEP AND NEVER WAKE UP."
- "I'M NO GOOD TO ANYONE."

## DESPAIR/HOPELESSNESS

- "NOBODY CAN HELP ME."
- "I WANT TO KILL MYSELF BUT I DON'T HAVE THE GUTS."
- "IF MY (FATHER, MOTHER, TEACHER,) DOESN'T LEAVE ME ALONE I'M GOING TO KILL MYSELF."
- "DON'T BUY ME ANYTHING, I WON'T BE NEEDING ANY (CLOTHES, BOOKS, ETC.)"
- "I'VE TRIED EVERYTHING BUT NOTHING SEEMS TO HELP."





# WAYS TO HELP LOVED ONES WHO MAY BE STRUGGLING:

## **ONE OF THE GREATEST MYTHS ABOUT SUICIDE IS:**

*“IF I TALK TO SOMEONE ABOUT SUICIDE IT’S GOING TO MAKE THEM WANT TO KILL THEMSELVES, OR IT’S GOING TO PUT THIS IDEA IN THEIR MIND THAT THEY NEVER HAD BEFORE.”*

ACTUALLY, TALKING TO PEOPLE ABOUT SUICIDE HELPS THEM BECAUSE IT GIVES THEM AN OUTLET.”



# WAYS TO HELP LOVED ONES WHO MAY BE STRUGGLING:

CATHLEEN BOOTH FROM CATHOLIC CHARITIES SUGGESTS THE FOLLOWING:

APPROACH THE PERSON WITH AN EXPRESSION OF CARE (COMPASSION)

BE WILLING TO SAY SOMETHING LIKE:

- ❑ *“I’D LIKE TO TALK TO YOU A MOMENT, I’M REALLY WORRIED, YOU SEEM LIKE YOU’RE A LITTLE DOWN. COULD WE TALK ABOUT THAT? I’M HERE TO HELP.”*
- ❑ *“YOU SEEM REALLY DEPRESSED LATELY- HOW ARE YOU HANDLING THAT? GETTING HELP?”*
- ❑ *“DO YOU THINK ABOUT HURTING YOURSELF?”*
- ❑ *“WHAT DO YOU THINK ABOUT YOUR FUTURE?”*
- ❑ *“ARE YOU FEELING HOPELESS?”*
- ❑ *“HAVE YOU THOUGHT ABOUT DOING SOMETHING ABOUT THAT?”*
- ❑ *“SOMETIMES WHEN PEOPLE THROUGH (A BREAKUP/FAILING A CLASS, ETC.) THEY MAY HAVE THOUGHTS OF ENDING THEIR LIFE. I WANT TO CHECK IN, HAVE YOU HAD ANY OF THESE THOUGHTS?”*

BE DIRECT (BUT COMPASSIONATE) WHEN ASKING THESE TYPES OF QUESTIONS.

TO ACKNOWLEDGE WHAT IS BEING SAID YOU SHOULD MAINTAIN **EYE CONTACT**, SAY **“UM HMM”** AND **NOD YOUR HEAD** TO LET THE YOUTH KNOW THAT YOU ARE TRULY LISTENING TO THEM.

# WAYS TO HELP LOVED ONES WHO MAY BE STRUGGLING:

CATHLEEN BOOTH FROM CATHOLIC CHARITIES SUGGESTS THE FOLLOWING:

APPROACH THE PERSON WITH AN EXPRESSION OF CARE (COMPASSION)

*BE DIRECT (BUT COMPASSIONATE) WHEN ASKING THESE TYPES OF QUESTIONS.*

✓ LISTEN: WITHOUT JUDGEMENT, BE WARM, OPEN, EMPATHETIC, USE MINIMAL ENCOURAGERS, DON'T INTERRUPT, REFLECT AND SUMMARIZE FEELINGS, CONSIDER YOUR OWN Demeanor/BODY LANGUAGE.

SOMETIMES JUST TALKING ABOUT THEIR FEELINGS WITH SOMEONE WHO REALLY LISTENS CAN MAKE PEOPLE FEEL MORE HOPEFUL. OFFER TO HELP BE AN ADVOCATE OR A SOUNDING BOARD TO HELP THEM SOLVE THEIR PROBLEMS - BUT DON'T JUMP IN WITH ADVICE.

# TRUTH OR MYTH

1. Asking someone about suicide might “plant the seed” or increase risk?
2. More women attempt suicide than men?
3. Suicide increases over the winter holidays?
4. Very young children die by suicide?
5. Suicide is often done on a whim?
6. Restricting access to lethal means is a critical prevention method?
7. Most suicidal people are unsure about it?



# TRUTH OR MYTH

1. Asking someone about suicide might “plant the seed” or increase risk? (Answer. **False.** By asking the question you will have instant connection, whereby showing that you care about them. Be brave-you will be met with relief.)
2. More women attempt suicide than men? (Answer. **False.** Men die 4-1, by lethal weapons. Women attempts are 3-1)
3. Suicide increases over the winter holidays? (Answer. **False.** Peaks are late Spring (May/June) and late Fall (November). Suicides require energy!)
4. Very young children die by suicide? (Answer. **True...**but rare! In all schools in Idaho during 2019, 25 youths were lost!
5. Suicide is often done on a whim? (Answer. **False.** 33% of teens suffer emotional crisis. They don't have life experiences and don't believe that life gets better.)
6. Restricting access to lethal means is a critical prevention method? (Answer. **True.** “Time & Distance” as well as “Restricted Access”- SAVES LIVES!)
7. Most suicidal people are unsure about it? (Answer. **True.** Most of the time the person is very unsure and will continue to be until the very end of life.

# WAYS TO HELP LOVED ONES WHO MAY BE STRUGGLING:

ASKING QUESTIONS LIKE THIS CAN OPEN A DOOR TO A CONVERSATION THAT THEY THEMSELVES MAY BE SCARED TO TALK ABOUT.

SOMEONE IN THIS STATE OF MIND MAY THINK TO THEMSELVES THAT AS THEIR FRIEND, YOU WILL JUDGE THEM OR THINK POORLY OF THEM.

HOWEVER ... IF YOU ARE WILLING TO HAVE THE CONVERSATION... IT CAN LITERALLY BE A LIFE-SAVING QUESTION(S) AND CONVERSATION.

## If you are worried about someone or yourself:

- **Idaho Suicide Prevention Hotline (24/7 Crisis Intervention)**

- (208) 398-4357

- [www.idahosuicideprevention.org](http://www.idahosuicideprevention.org)

- **Idaho Suicide Prevention Program**

- (208) 334-4953

- <https://spp.dhw.idaho.gov>

- **Idaho Suicide Prevention Coalition**

- (208) 577-4430

- <https://www.idahospcc.org/>

- **Health & Welfare Mobile Crisis Unit Suicide Prevention**

- (208) 334-0808 or 1-800-600-6474

- **Idaho Lives Project**

- (208) 999-0137

- <http://www.idaholives.org/>

- **American Federation of Suicide Prevention - Idaho Chapter**

- Contact: Ryan Price

- [rprice@afsp.org](mailto:rprice@afsp.org)

- (503) 951-3012



# RESOURCES:



- **IDAHO SUICIDE PREVENTION HOTLINE**

208-398-HELP (4357) CALL OR TEXT 24/7

800-273- TALK (8255) NATIONAL LIFELINE

[HTTPS:WWW.IDAHOSUICIDEPREVENTION.ORG/CHAT/](https://www.idahosuicideprevention.org/chat/)

NORTHERN & NORTH CENTRAL DEANERIES CONTACT NANCY SCHMIDT AT [NANCY@IDAHOLIVES.ORG](mailto:NANCY@IDAHOLIVES.ORG)

WESTERN & WEST CENTRAL DEANERIES CONTACT PATRICK CONNOR AT [PCONNOR@IDAHOLIVES.ORG](mailto:PCONNOR@IDAHOLIVES.ORG)

EASTERN & SOUTHERN DEANERIES CONTACT JENI GRIFFIN AT [JGRIFFIN@IDAHOLIVES.ORG](mailto:JGRIFFIN@IDAHOLIVES.ORG)

## **NOT SURE IF YOU SHOULD REPORT?**

**CALL THE “TALK” LINE, THEY WILL BE ABLE TO HELP YOU WORK THROUGH THE ISSUE AND GIVE YOU SOUND ADVICE. 1-800-273-8255 OR 208-398-4357**

**211, PRESS 3 TO GET TO A PERSON WHO IS READY TO HELP!**



# RESOURCES:

TO HELP SOMEONE GET INTO COUNSELING AT CATHOLIC CHARITIES OF IDAHO

- TREASURE VALLEY 7255 W FRANKLIN RD. BOISE, (208) 345-6031
- IDAHO FALLS 554 4<sup>TH</sup> ST. IDAHO FALLS, (208) 881-0740



CATHOLIC CHARITIES OF IDAHO IS NOT A CRISIS COUNSELING CENTER.

IF YOU HAVE AN EMERGENCY, **CALL 911** OR GO TO THE NEAREST EMERGENCY ROOM

**IDAHO SUICIDE PREVENTION HOTLINE (800) 273-8255**

**CHILD PROTECTIVE SERVICE IDAHO CARE LINE AT (800) 926-2588**

## RESOURCES:

- IDAHO SUICIDE PREVENTION HOTLINE

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800-273- TALK (8255) NATIONAL LIFELINE

[HTTPS:WWW.IDAHOSUICIDEPREVENTION.ORG/CHAT/](https://www.idahosuicideprevention.org/chat/)

NORTHERN & NORTH CENTRAL DEANERIES CONTACT NANCY SCHMIDT AT

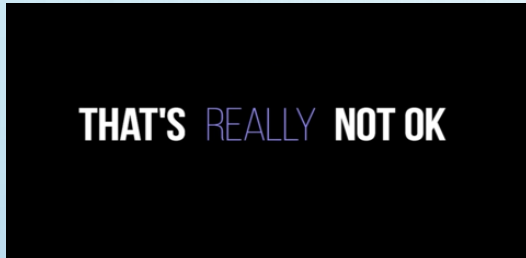
[NANCY@IDAHOLIVES.ORG](mailto:NANCY@IDAHOLIVES.ORG)

WESTERN & WEST CENTRAL DEANERIES CONTACT PATRICK CONNOR AT

[PCONNOR@IDAHOLIVES.ORG](mailto:PCONNOR@IDAHOLIVES.ORG)

EASTERN & SOUTHERN DEANERIES CONTACT JENI GRIFFIN AT [JGRIFFIN@IDAHOLIVES.ORG](mailto:JGRIFFIN@IDAHOLIVES.ORG)

## RESOURCES:



Anti-Bullying Training (Elementary School): That's Really NOT OK



Anti-Bullying Training (Middle School): Stand Up



Anti-Bullying Training (High School): Will You Do What's Right?

# CMGConnect

## RESOURCES:

TECHNOLOGY  
TRAINING FOR PARENTS



INTERNET SAFETY



YOUTH MINISTRY: EVERYTHING MATTERS &  
EVERYONE HAS A ROLE



HOW TO INSTALL  
COVENANT EYES ON  
YOUR DEVICES





## RESOURCES:

- IDAHO SUICIDE PREVENTION HOTLINE

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# HOW TO AVOID “BURN OUT”

- **SELF-CARE** (IF YOU ARE NOT HEALTHY- HOW CAN YOU HELP OTHERS?) DON'T BE AFRAID TO ASK FOR HELP WHEN YOU NEED IT.
- **SPIRITUAL HEALTH** (WHEN YOU BECOMES SO TIRED THAT YOU CAN'T CONTINUE) DON'T QUIT INSTEAD MAKE SURE TO BRING CHRIST INTO YOUR SITUATION- FEED YOUR SOUL.
- **SAFETY** (YOUR SAFETY MATTERS) IF YOUR ENVIRONMENT FEELS UNSAFE- NOTIFY YOUR PASTOR OR CALL THE DIOCESE.
- **SET BOUNDARIES** (THEY ARE ESSENTIAL TO HEALTHY RELATIONSHIPS) THEY COMMUNICATE BASIC GUIDELINE TO HOW YOU WANT TO BE TREATED.
- **BE VIGILANT AND AWARE** OF YOUR OWN LIMITATIONS (YOU DON'T HAVE TO CARRY THE WEIGHT ON YOUR SHOULDERS) SEEK ASSISTANCE.
- YOU ARE **NOT A COUNSELOR OR A THERAPIST** (LET THE EXPERTS DO THEIR JOB) NO ONE EXPECTS OF YOU.

YOU'RE ON THE FRONT LINES...BUT YOU ARE NOT ALONE!

## IDENTIFYING THAT SOMEONE MIGHT NEED HELP IS A VITAL FIRST STEP!

REMEMBER THE QUESTIONS ON **SLIDE 38?**

THEY ARE MADE AVAILABLE TO YOU TO HELP YOU BECOME COMFORTABLE ASKING AND RESPONDING TO THE YOUTH WITHOUT BECOMING AN INVESTIGATOR OR A COUNSELOR.

- YOU ARE SUPPORTING THE YOUTH
- ENGAGING THEIR PARENTS
- AND MOST IMPORTANTLY, **GETTING THE YOUTH HELP!**

**REMEMBER**, WE ARE **NOT** TO INVESTIGATE. WE ARE **NOT** COUNSELORS. WE DO **NOT** WANT TO DO ANYTHING TO GET IN THE WAY OF THE PROFESSIONALS AND THE INVESTIGATION.

YOU'RE ON THE FRONT LINES...BUT YOU ARE NOT ALONE!

## IDENTIFYING THAT SOMEONE MIGHT NEED HELP IS A VITAL FIRST STEP!

- GUILT, SHAME, DEGRADATION, AND FRUSTRATION ARE COMMON EMOTIONS THAT NEED TO BE ADDRESSED BY A PROFESSIONAL COUNSELOR OR THERAPIST.

THREE BASIC GOALS IN POST-DISCLOSURE TECHNIQUES WE SHOULD BE AWARE OF ARE:

- ENCOURAGE POSITIVE ATTITUDES ABOUT THE DISCLOSURE. ("I'M GLAD YOU TOLD ME THIS.")
- REASSURE VICTIM REGARDING ISSUES OF GUILT. ("IT'S NOT YOUR FAULT.")
- ESTABLISH A POSITIVE ATTITUDE ABOUT FOLLOW-UP TREATMENT, LAW ENFORCEMENT INTERVIEWS, OR FAMILY INTERFACE. ("THERE ARE PROFESSIONALS WHO WILL HELP YOU.")

**REMEMBER**, WE ARE **NOT** TO INVESTIGATE. WE ARE **NOT** COUNSELORS. WE DO **NOT** WANT TO DO ANYTHING TO GET IN THE WAY OF THE PROFESSIONALS AND THE INVESTIGATION.



# BEFORE WE GET BACK TO WORK...



LET'S TAKE A FEW  
MOMENTS TO TAKE IN SOME  
DEEP, DEEP, DEEP BREATHS.  
NOW BREATH OUT- SLOWLY.  
AND AGAIN. BREATH IN ~ AND OUT



NOW WE WANT TO STOP & **SMILE AS BIG AS YOU CAN...**

HOLD YOUR SMILE FOR A FEW SECONDS!

SMILING ACTIVATES TINY MOLECULES IN YOUR BRAIN THAT ARE DESIGNED TO FEND OFF STRESS.  
WHEN YOU SMILE, YOUR BRAIN RELEASES DOPAMINE, ENDORPHINS AND SEROTONIN!

**SMILE EVERYONE!**

# PRAYER FOR HEALING FOR VICTIMS OF ABUSE

PRAISE TO YOU, FATHER OF OUR LORD JESUS CHRIST,

SOURCE OF ALL CONSOLATION AND HOPE.

BY YOUR SON'S DYING AND RISING

HE REMAINS OUR LIGHT IN EVERY DARKNESS,

OUR STRENGTH IN EVERY WEAKNESS.

BE THEIR REFUGE AND GUARDIAN

OF ALL WHO SUFFER FROM ABUSE AND VIOLENCE.

COMFORT THEM AND SEND HEALING

FOR THEIR WOUNDS OF BODY, SOUL AND SPIRIT.

RESCUE THEM FROM BITTERNESS AND SHAME

AND REFRESH THEM WITH YOUR LOVE.

HEAL THE BROKENNESS

IN ALL VICTIMS OF ABUSE,

AND REVIVE THE SPIRITS OF ALL WHO LAMENT THIS SIN.

HELP US TO FOLLOW JESUS

IN DRAWING GOOD FROM EVIL, LIFE FROM DEATH.

MAKE US ONE WITH YOU IN YOUR LOVE FOR JUSTICE

AS WE DEEPEN OUR RESPECT FOR THE DIGNITY OF EVERY HUMAN LIFE.

**GIVER OF PEACE, MAKE US ONE IN CELEBRATING YOUR PRAISE,  
BOTH NOW AND FOREVER. AMEN.**