



Activity 8.1

Touched by Suicide

Objective:

- This activity illustrates the prevalence and impact of suicide. Statistics tell us that at least half the room will answer yes to being personally affected by the issue of suicide.

Steps:

1. Prepare a yes/no poll for the following question:
 - a. Do you know someone who has attempted or completed a suicide?
2. Reassure participants that answering the question is not mandatory, especially if it is triggering.
3. Run the poll and discuss the results as a group.