



# Building Life Skills

## January-Fairness

Young people have strong values that allow them to make impartial decisions based on appropriate factors, placing a high value on promoting equality and reducing hunger and poverty.



## 40 Key Building Blocks to Help Kids Succeed

Search Institute has identified 40 building blocks of healthy development that help young people grow up healthy, caring and responsible. These building blocks are referred to as "assets." Local schools have united in identifying monthly "asset" themes for schools and communities to help kids reach their potential.

## Some secrets shouldn't be kept...

Over the last 25 years, research has revealed that in 7 out of 10 acts of gun violence, a friend or friends were told that an act of violence would be committed or may take place. In one study, it was reported that in 4 out of 5 school shootings, the attacker had told people of his plans ahead of time (1).

Approximately, 50 to 60 percent of people who complete suicide disclose their thoughts of suicide to those around them (2). When it comes to youth, 80 percent of the time, parents do not know that their own child was thinking of suicide (3). If your friend has trusted you with information about hurting himself or someone else, YOU MAY BE THE ONLY ONE WHO CAN HELP.



**When students were told of a threat, they did not know that keeping the threat a secret could end tragically.**

**But..... what do you do if you have promised to keep the information secret?**

• Consider the consequences of non-action. Many students across our state and county did not know what we know now.... and missed the opportunity to save lives.

When these students were told of a threat, they did not know that keeping the threat a secret could end tragically. Instead, they believed that threats weren't serious. They believed that someone else would take care of the problem. In some cases, they were wrong. While these students should never be blamed because they did not have the information that they would have needed to help, we now know that all threats have to be taken seriously.

• Follow three simple steps- The SOS Program\* is a researched program that recommends the ACT technique for students who learn of a friend who may be suicidal. The same technique makes

sense if a friend has a plan to hurt others.

1. Acknowledge that you or a friend may be depressed or suicidal,
2. Respond with Care
3. Tell a trusted adult

• **Know that you cannot handle it on your own.** Threats of serious violence toward oneself or another are a sign that your friend or fellow student needs help. Find a trusted adult and tell him or her. If that adult does not listen, find another adult. Keep talking until you find someone to listen.

• **If your friend is suicidal, do not leave him or her alone.** Call the Emergency Stabilization Services Hotline (available 24/7) at 1-800-888-6161

**Signs of depression may include:**

- Depressed Mood (can be sad, down, grouchy or irritable)
- Changes in sleeping patterns
- Change in weight or appetite
- Withdrawl from friend and family
- Diminished ability to think or concentrate

**In Lorain County, Mental Health Services are available regardless of the family's ability to pay. A list of community mental health providers can be found at [www.lcmhb.org](http://www.lcmhb.org). If you need non-emergency mental health services but do not know where to start, you can also call Lorain County Board of Mental Health 440.233.2020.**

1. Sandy Hook Promise Website
2. (Cavanagh et al., 2003).
3. Response Suicide Prevention Curriculum

## Monthly Themes

I am an understanding friend.  
I listen to others.  
I believe in equity and equality for all people.  
I believe in due process under the law.  
I treat all people fairly.  
I am open to new information and ideas.  
I am a reasonable and consistent decision-maker.

## Monthly Themes

January..... Fairness  
February..... Trustworthiness  
March..... Positive Identity  
April..... Citizenship  
May..... Volunteerism  
June..... Support  
July..... Constructive use of time  
August..... Commitment to learning  
September..... Decision-making  
October..... Respect  
November..... Responsibility  
December..... Caring

**Co-Sponsors of this page:**  
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Lorain County Board of Mental Health  
Lorain County Domestic Relations Court