



**HABA**

**Foundation**

# Youth Leadership Guide

**Teen Suicide Discussion**

Youth Leadership Guide  
Teen Suicide Prevention Discussion



Leadership skills are incredibly important in today's society.

- ▶ Being a leader just takes **PASSION** and **COURAGE** to stand up and be heard.
- ▶ Being a good public speaker is **NOT** required. Your speaking skills will improve with practice.

This guide is designed to help young people develop skills to become a **LEADER**.

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### Step 1

Establish credibility - To be a leader on any topic, you need to establish your credibility on such topic. You don't need to be an expert, just have a working knowledge of the issue.

Recommended research list:

- ❑ [The Society for the Prevention of Teen Suicide](#)
- ❑ [The Epoch Times: As Youth Suicides Climb, Anguished Parents Begin to Speak Out](#)  
by Sharon Jayson (3/19/20)
- ❑ [The Epoch Times: What's Behind the Dramatic Rise in Teen Suicide](#)  
by Conan Milner (1/9/20)
- ❑ Book: [Depression - A Teen's Guide to Survive and Thrive](#)  
by Jacqueline B. Toner, PhD and Claire A.B. Freeland, PhD
- ❑ Book: [Teen Suicide: The "Why" Behind America's Suicide Epidemic](#)  
by Jeff Yalden

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### Step 2

Get a mentor- A teacher at school would make an ideal mentor. Here's one way to initiate the conversation:

Hi Ms./Mr. \_\_\_\_\_, I read this Epoch Times article on teen suicide and was really shocked by the recent rise in teen suicide rates. I wanted to know more so I read these two books (give your teacher copies of the books). I would like to organize a class / school discussion on this topic and would like you to be my mentor.

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### Step 3

#### Involve a professional to co-lead the discussion with you

- ❑ Ask your mentor for advice on the type of professional to involve in the discussion. Your guidance counselor would also be a good resource.
- ❑ Identify a professional who is interested in volunteering their time to help you lead a class discussion about teen suicide.

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## Step 4

### Meeting Logistics

- ❑ Location - Discuss this project with your school principal and secure a meeting location.
- ❑ Schedule the date - Ask both your mentor and the professional who will be co-leading for 3-4 available dates when they would both be available. Pick a meeting date.
- ❑ Get the word out - Let your classmates know about the meeting through school announcements and other communication channels.

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## Step 5

### Prepare

- ❑ Draft your speech - Prepare your introductory comments which should include a short introduction of the professional who will be leading the discussion with you.
- ❑ Practice, practice, practice - Practice your speech. Ideally, you will be able to find a local Toastmaster Club that will allow you to come to one of their meetings and let you give your speech. The club members would give you some invaluable feedback on your speech.

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## Step 6

### The Big Day - You will moderate the meeting which will generally flow as follows:

- ❑ Opening remarks - Open the meeting with a welcome and a little background about how you became interested in the topic of teen suicide prevention. Mentioning the books you read will go a long way towards establishing your credibility on the topic and you should have them with you to pass around.
- ❑ Introduce your co-leader - Introduce the professional making sure to include his or her educational background.
- ❑ Discussion - The professional will lead the discussion which should include an action plan for your group to take with respect to the teen suicide prevention issue.
- ❑ Close - You will close the meeting with a brief summary of the discussion and how you plan to implement the recommendations proposed by the professional.



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## Step 7

### Follow up plan

- Draft a follow up plan based on the ideas discussed in the meeting.
- Implement the plan which should include finding a suitable successor, ideally another student, who you will work with to take over the project at the end of the six month period.

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## Step 8

### How did it go? Provide feedback to The HABA Foundation

- The HABA Foundation would like feedback on your experience including any suggestions on how we could improve our support of future leadership projects.
- Please e-mail your comments to [dick@habafoundation.org](mailto:dick@habafoundation.org).