

SUNSHINE COLLEGE YOUTH SUICIDE PREVENTION POLICY

RATIONALE

Sunshine College is committed to the good health and wellbeing of its students and other members of its community.

Local and international research indicates that a preventative based approach which aims to build resilience in young people is far more effective than intervention based processes focussing on suicide itself. Pastoral Care Programs aims to provide for this.

GUIDELINES

- Staff need to be fully aware of the Student Wellbeing Policy and support our Pastoral Care Programs which promote student resilience and connectedness.
- Staff **MUST** respond when a student discloses intent to suicide or self harm, or shares or expresses thoughts about suicide or self harm by **immediately informing the Campus Principal** (Mandatory Reporting).
- A process will be followed which involves determining the extent of risk and a range of responses to include the family and outside specialist services.

Possible Observable Signs of Suicide Risk

- Marked decline in school performance and levels achieved
- Wagging classes and opting out of school activities generally
- Poor concentration, sleepiness, inattentiveness
- Unusually disruptive, rebellious behaviour or withdrawal
- Death or suicide themes dominate written, artistic or creative work
- Joking about death or suicide
- Loss of interest in previously pleasurable activities
- Inability to tolerate praise or rewards
- Giving away prized possessions
- Withdrawing from friends and social involvements
- Sudden improvement in mood after marked depression
- Hints, i.e. 'you won't have to worry about me anymore'.