



## 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.