**SCCPSS Safety & Resilience Training 2020-2021: Post Training Quiz**

1. Safety & Resilience Training discusses using the public health approach in suicide prevention.

False

True (x)

1. Suicide is the 10th leading cause of death for people ages 10 to 24.

False (x)

True

*Correct answer: Suicide is the 2nd leading cause of death for people ages 10 to 24*

1. 78% of people are more compassionate toward themselves than they are toward others.

False (x)

True

*Correct answer: 78% of people are more compassionate toward others than they are toward themselves.*

1. The components of mindful self-compassion include:
2. Mindfulness and self-actualization
3. Self-Kindness and connectedness
4. Self-kindness, common humanity, and mindfulness (x)

*Correct answer (C): The components of mindful self-compassion include: self-kindness, common humanity, and mindfulness*

1. The self-compassion PARK model stands for:
2. Pause, Ask, Recognize and Kindly respond (x)
3. Play, Ask, Rest and Keep up
4. Pause, Allow, Resolve and Keep to yourself

*Correct answer (A): The self-compassion PARK model stands for: Pause, Ask, Recognize and Kindly respond.*

1. Which of the following statements is *false*?
2. Many factors contribute to suicide.
3. There is usually only one reason why people become suicidal. (x)
4. While there's no single cause, suicide most often occurs when stressors exceed a person's ability to cope.

*Correct answer (B): There is no one reason why people become suicidal. Instead, people become vulnerable to suicide due to a combination of biological, psychological and social factors.*

1. Which of the following might be a suicide warning sign?
2. Drastic mood changes
3. Engaging in risky behaviors
4. Giving away possessions
5. All of the above (x)

*Correct answer (D): Common suicide warning signs include drastic mood changes, engaging in risky behaviors and giving away possessions.*

1. Asking a person about suicide in a direct, unbiased manner, can open the door for effective dialogue about their emotional pain and can allow everyone involved to see what next steps need to be taken.

True (x)

False

1. Postvention refers to activities which reduce risk and promote healing after a suicide death.

True (x)

False

1. Knowing your resources and where to find help is not essential in suicide prevention, intervention, and postvention.

True

False (x)

*Correct answer: Knowing your resources and where to find help IS essential in suicide prevention, intervention, and postvention.*