

Day 3

Collective Renewal

What might you ask yourself during introspective reflection?

Is my thinking
in the
moment
harmful or
helpful?

Am I truly
listening

what am I
really
afraid of?

Is someone else's
pain triggering pain
I have not explored
inside me, and so is
my response about
them or me?

What is the
relationship
between freedom
and suicide? Can
suicide be a form of
liberation? Do I get
to decide that for
someone else?

What are we
really doing
when we
"prevent"
suicide?

Is this where
I'm supposed
to be? Am I
right for this
work?

What am I
doing with my
sensory
responses and
triggers?

is what you're
needing right
really
possible?

am I showing
up
authentically?

What might you ask yourself during extrospective reflection?

What language do we need to change as school leaders and cultures when talking about suicide?

how can we learn from generative conflict practices to skill up the way we take care of each other after a death by suicide?

How can I participate in destigmatizing/removing shame from conversations about suicide in my context? (We do not talk about it at our school)

Do we incorporate youth perspectives and incorporate them and empower them to have conversations



How might we embrace non-western cultural perspectives about death in our approaches to discussing suicide?

**"How might we embrace non-western cultural perspectives about death in our approaches to discussing suicide?"
YES!! THIS!!**

what policies are in place that harm youth voice and decision making in their experiences?

I'm wondering how to support our youngest people (elementary aged) that I am finding more and more instances of kids as young as first grade saying "I want to die".

How do we address the ways in which suicidality presents differently in the Black community?

