

Adolescent Pro Suicide Websites

Suicide. Not a pretty word. One we don't like to think about or talk about. But suicide is the fifth leading cause of death among those 5-14 years old and the third leading cause of death for 15-24 years old according to the U.S. Center for Disease Control and Prevention.

Parents need to be aware of the alarming support to commit suicide that can be found on the Internet. There are sites that describe the most "effective" means of committing suicide, recipes for lethal but palatable "drug puddings" and "manly" ways to kill yourself. Pro suicide sites are full of statements such as "voluntary termination for the good of the world", "parents grossly underestimate the value of suicide", "suicide merely means a person is ready for a change", "research surreptitiously so as not to draw undue attention until you've planned your relief", and "it can be very valuable to form a suicide pact with someone".

Perhaps the most dangerous sites, though, are those that actively encourage suicide. Your son or daughter can join a chat group where others will critique their plan, offer advice on writing a suicide note, teach them how to "act normally" while formulating a strategy, and even help your child find a suitable suicide venue. Songs, movies and books that "help put you in the mood" to suicide are freely recommended just in case "you start to change your mind".

What can you do to protect your child? Monitor your child's Internet activity, learn how to check what sites they have visited recently and seek help immediately if you see they've been on sites that promote suicide.

Linda D. Cain, MEd, is an Educational Therapeutic Consultant based in Boulder, CO. She specializes in working nationwide with students of all ages who have learning disabilities, therapeutic, addiction, adoption or emotional/behavioral issues. She assists in finding the educational or therapeutic options that can best meet their unique needs.

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