

# NEBRASKA STATE SUICIDE PREVENTION COALITION



Welcome to another issue of the [Nebraska State Suicide Prevention Coalition](#) newsletter! We encourage you to forward this to friends and colleagues by clicking on the link at the bottom of the page.

We hope you find this informative and that you enjoy the stories we've included this issue. As always, check out our [website](#) for more information.

## Spotlight: Suicide and Bullying



Bullying is a hot topic right now in relation to suicide among young people. According to the SPRC's Suicide and Bullying Issue Brief, 32 percent of the nation's students ages 12-18 reported being bullied during the 2007-2008 school year. This figure is alarming, because both victims and perpetrators are more apt to become depressed. Depression is known to be a risk factor for suicide.

In this issue, we are focusing on the topic of bullying because of its prevalence today in suicide studies. Some research has indicated that some personal characteristics may increase the risk of bullying for a child. Such characteristics are internalizing problems, low self-esteem, low assertiveness, and aggressiveness in early childhood. Bullying can take many forms. Cyberbullying on social networks has added to physical and emotional bullying. In fact, the SPRC asserts that "cyberbullying had higher levels of depression than victims of face-to-face bullying".

In an article recently published in the *Huffington Post* entitled "Bullying And Suicide: The Dangerous Mistake We Make", Katherine Bindley cautions that suicide portrayal in media may have a negative correlation between bullying and suicide. Bindley asserts that media makes a false connection between bullying directly to suicide, where there are many other contributing factors. This article warns that these kinds of narratives might appear to readers that suicide is a natural result of bullying.

We are cautioned to not blame personal characteristics alone for bullying. These traits in combination with risk factors in either the family or school environment are influential. There is an even higher risk for LGBT youth. Programs have yet to be largely effective in the United States, but the SPRC recommends certain steps to be taken to address bullying and suicide. These steps include: starting prevention early, keeping up with technology, paying special attention to LGBT youth, and using a comprehensive approach.

## In This Issue

[Spotlight: Suicide and Bullying](#)

[Seed Grantees](#)

[Upcoming Events](#)

[LOSS Conference Date Information](#)

[45th Annual AAS Conference](#)

## Upcoming Events

April 18-21 |  
AAS Annual Conference

April 27 | 1-3 p.m.  
Coalition Meeting at Bryan LGH  
For more detail and a full listing of our upcoming events visit the NYSPP website:

[NYSPP Calendar](#)



**Save the Date!**

**Second Annual**

**LOSS Conference:**

**"Reaching Out to Survivors  
Across the LifeSpan"**

Thursday May 31 - Friday June  
1, 2012

Lincoln, NE

Check the [website](#) for updates!

[Register here](#)

**45th Annual AAS  
Conference**

**"Collaborations in  
Suicidology: Bridging the  
Disciplines"**

From April 18th-21st, the 45th Annual American Association of Suicidology (AAS) will be held in Baltimore, MD. You can register for the conference

online [here](#).

To read the full Huffington Post article, click here:

[http://www.huffingtonpost.com/2012/02/08/bullying-suicide-teens-depression\\_n\\_1247875.html](http://www.huffingtonpost.com/2012/02/08/bullying-suicide-teens-depression_n_1247875.html)

To read the full SPRC Suicide and Bullying Issue Brief, click here:

[http://www.sprc.org/sites/sprc.org/files/library/Suicide\\_Bullying\\_Issue\\_Brief.pdf](http://www.sprc.org/sites/sprc.org/files/library/Suicide_Bullying_Issue_Brief.pdf)

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## New Seed Grantees Congratulations to the following New Seed Grantees!

- ELVPHD (Elkhorn Logan Valley Public Health Department) Suicide Prevention Project
- NCHCC (Norfolk Community Health Care Clinic) - "You are Important to me"
- Norfolk Area Ministerial Association - "Northeast Nebraska Youth Suicide Prevention & Education"
- PPHD (Panhandle Public Health District) - "Panhandle Suicide Prevention Coalition"
- Grand Island Public Schools on behalf of "Hall County Suicide Prevention Project"
- South Heartland District Health Department - "South Central Suicide Prevention Coalition"
- Diocese of Grand Island - "Creating an environment safe from self harm"



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Public Policy Center | 215 Centennial Mall South | Suite 401 | Lincoln | NE | 68508

### New SPRC Website Launched

The Suicide Prevention Resource Center (SPRC) launched a newly designed website at [www.sprc.org](http://www.sprc.org). Some features now included:

- Interactive map about GLS Grantees nationwide
- "Who's working on topics I care about" feature
- Free online trainings

[Find us on Facebook](#)



Try it FREE today.