

The program of prevention of destructive behavior of adolescents at school

According to the World Health Organization (WHO), Kazakhstan is among the countries with the highest suicide rate in the world. The majority of deaths as a result of suicide were observed among young people aged 18 to 29 years, which is 80% of the total number of suicides in the country.

Schools are the best place for early detection of adolescents at risk of suicidal behavior because: it is a place where teenagers spend most of their waking hours outside the home, it is a special environment where personal skills are developed and a healthy lifestyle is instilled.

It was revealed that school-based information programs are effective in preventing suicide attempts among adolescents. Therefore, the program conducted at our school is aimed at students in grades 8-12 and is aimed at improving the mental health of adolescents, preventing self-destructive behavior.

The sequence of implementation of the program stages:

- informing parents/guardians about the program through parent-teacher meetings in each classroom;
 - training of school staff;
 - informing students about the suicide prevention program;
 - identification of students at risk through a survey;
 - conducting interviews with students identified as a possible risk group and, if necessary, redirecting them to health services;
- raising awareness of adolescents about mental health through classes



For more information, you can always contact the psychological service of the school