

2013-14 Keystone National Project

HOPE: Hold On, Persuade and Empower *Addressing Teen Suicide and Self-Harm in Your Community*

"When it is darkest, we can see the stars" - Ralph Waldo Emerson

Teen suicide and self-harm are two results of unresolved depression. Depression is a mood disorder that manifests in symptoms including feelings of sadness or emptiness, lack of interest in activities, change in weight, irritability, loss of energy and recurring thoughts of death or suicide.

Self-harm refers to a behavior in which an individual intentionally inflicts harm on his or her body as a way to cope with problems; this behavior sometimes precedes a suicide attempt. Most people who engage in acts of self-harm or injury do so as a coping strategy to avoid suicide. Self-harm or injury can include behaviors such as intentional cutting, carving or puncturing of the skin; scratching, burning, ripping or pulling skin or hair; and self-bruising.

For those suffering from depression, suicide can seem like a permanent solution. People who plan to commit suicide sometimes display the following behaviors; talking about wanting to kill themselves or wishing they were dead, talking about a specific suicide plan, feeling hopeless or as though they have no reason to live, or becoming socially isolated and withdrawn.

The social issue selected by your peers as the focus of the 2013-14 national project is teen suicide and self-harm.

“HOPE: Hold On, Persuade and Empower” will give your Keystone Club members insight into the effects of unresolved depression in the U.S. and its impact on communities.

Through this process, you will have opportunities to:

- Increase public awareness about teen suicide and self-harm.
- Partner with local community and/or national agencies to provide support for those who are victims of suicide and/or self-harm.
- Teach other teen empathy as a way to encourage them to take action on the issue.
- Help raise funds and other resources for nonprofits and organizations that provide support for those who are affected by suicide and self-harm.

Select the following link to view and download the [2013-14 Keystone National Project](#).

Sharing Results:

Once completed, select "New" below to submit a description of your project on the National Project Report Form. This form provides a simple, straightforward way to report your project results. It also serves to acknowledge your Keystone Club's Participation in this initiative, which is also a gold-level charter requirement.

The deadline to submit your **National Project Report Form** is **May 30, 2014**.