

# Teen suicide... enough is enough

[Science](#)



TeenSuicide...Enough Is Enough One day I will be getting a tattoo on my right shoulder that contains the phrase, " Live For More! " I want the words to be in an old-fashioned, yet fancy, script and the letters will be both black and bold. My reason behind that specific font is to make the phrase stand out as much as possible, so that whoever reads my arm can see exactly how meaningful life really is to me, as a teenager living in today's highly competitive, responsible, and stress-filled world!

Teen suicide attempts and completions are at an all time high in these present days and there are many reasons contributing to its growth as years progress. I am sick of adolescents ending potentially happy and successful lives. Now is the time to address not only its growth and statistics throughout the years, but also to reveal the underlying causes and warning signs of suicide. Essentially, it is also the most opportune moment to discuss the many possible life saving solutions to end this serious, yet popular, problem. It is official that today teen suicide is at an all time high.

Surveys have shown that more than 25 percent of high school students and 10 percent of college students have seriously considered taking certain actions to end their lives. This unfortunate problem has grown a rate four times that of 1950. In present days, girls are about twice as likely to attempt suicide, whereas boys are actually four times more likely to complete the act. To prove wrong the assumption that the problem is mostly based upon economic terms, statistics show that rich teens kill themselves as often as poor or middle-income adolescents.

Statistics even state, " Today, an estimated 276, 000 kids between the ages of 14 and 17 try killing themselves each year, and more than 5, 000 succeed" (Roleff). Studies also show that, at one time or another, every person has already thought of or will think about suicide. These numbers are very disturbing, and yet they only partially convey the ultimate tragedy that each teen suicide victim truly contributes to the aching hearts of their family and community.

The only possible way to stop this travesty starts with understanding the pain that the suicide holder possesses and to force them to understand that the juice really is not worth the squeeze. Due to these statistics, a culmination of confusion tends to ensue. The big question is, why are teenagers so willing and eager to end the most valuable thing that a person can possibly possess, which happens to be their life? I am sure you have asked yourself this question once before, I know I have. The truth is that stress is the most contributing factor to suicide.

The fact is that growing up is more stressful in present times than it's ever been before. Other reasons include the death of a loved one, overpopulation and the break down of family, obesity, increased parental pressure to excel, and the easy access to drugs, alcohol, and firearms. Personally, I view romantic relationships to also be a huge concern within this problem. It is commonly seen, that following a break-up, teens choose suicide to impose a point or to just cause the most severe form of guilt. Stress is the number one cause of depression. " Suicide is a major danger associated with depression.

Because of the associated shame and secrecy with suicide, many fail to get or give help. " (Carpenter 353). There are three main warning signs and symptoms pertaining to the act of suicide. The first is behavioral changes, which include changes in eating and sleeping habits, social isolation, drinking or drug use, or the giving away of valued possessions. The second is personal changes, which includes the appearance of common moods associated with anger, anxiety, or depression. These moods lead to aggressiveness, hopelessness, hypersensitivity, boredom, or difficulty concentrating.

The final symptom includes health problems, such as frequent headaches, weight loss or gain, or fatigue. " It has been proven that two-thirds of those who commit suicide give some warning signs first" (Gorman). It is really up to us...as friends, relatives, teachers, and parents to recognize these signals and symptoms. We must all work together to react and respond quickly and strongly, person to person! Furthermore, once we all understand the warnings and overall reasons behind teen suicide, many steps can be taken to prevent future cases. Overall the ultimate aim is to make suicide more difficult and less likely.

Researchers say that suicidal impulses usually last only about fifteen minutes and making it past that time may be just enough to defuse the whole situation. This is obviously easier said than done! First of all, never keep suicide a secret. If there is ever suspicion, immediately seek parental assistance. " The use of a therapist is the most popular solution, yet sometimes money is a huge issue. In that case, get somebody involved whom you can fully trust, that will charge very little to nothing" (Manning). Another <https://assignbuster.com/teen-suicide-enough-is-enough/>

very simple prevention is the denying of availability of prescription drugs and alcohol by keeping them out of easy access. Since about half of all young people who kill themselves do it with guns kept at home, one solution is for parents to keep guns hidden and unloaded, with bullets stored separately” (Roleff). My personal solution would be that of bringing about the most apparent, yet hidden, importance and splendors within life. I would forcefully explain and emphasize that it is a blessing and privilege to be alive, and that people must make the most out of what they have. Of course it is easy enough to just give up, but there is really no point.

Once you are gone then you can never again see the beauty of a sunset or the magic of growth in all living things, never again feel the excitement of a shooting star, never again smell the sweet scent of spring air, or never again experience the splendor of romance. After one is all said and done, then there is no coming back! Finally, I would ask once again...is the juice really worth the squeeze? Now is time for teens to stop committing the morbid sin of suicide! Cases have grown drastically throughout the years, mainly due to all of the stress that teens are forced to face each and everyday.

The only true way to stop this grievous problem is to eliminate all depressants, such as alcohol and drugs, and to promote motivation and confidence to succeed no matter what obstacle stands in the way. The key is to live for more...to take what you have and make the most that you possibly can, which I do everyday of my life! If you ever prevent somebody from committing suicide, he or she may be upset with you for a while. But chances are they won't be upset for too long. At least they will have a lifetime to change their mind!

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