

parenting skills, social skills among distractible children, academic achievement, and skills to resist peer pressure.

Peer pressure is a powerful tool and can be used effectively in substance abuse prevention. A group that has had some success in reducing injury from drunk driving is Students Against Destructive Decisions (SADD).<sup>§</sup> Techniques used by this group include peer counseling, parental guidelines for teenage parties, and community awareness. Nurses should encourage the formation of SADD chapters in the high schools in their communities.

## Suicide

**Suicide** is defined as the deliberate act of self-injury with the intent that the injury results in death. Most experts distinguish among suicidal ideation, suicide attempt (or parasuicide), and suicide.

**Suicidal ideation** involves a preoccupation with thoughts about committing suicide and may be a precursor to suicide. Although it is common for adolescents to experience occasional suicidal thoughts, expressions of preoccupation with suicide should be taken seriously, and an assessment should be conducted for appropriate referral. A **suicide attempt** is intended to cause injury or death. The term **parasuicide** is used to refer to behaviors ranging from gestures to serious attempts to kill oneself. *Parasuicide* is a preferred term, because it makes no reference to intent and because a person's motive may be too difficult or complex to determine. However, all parasuicidal activity should be taken seriously.

### Nursing Alert

A history of a previous suicide attempt is a serious indicator for possible suicide completion in the future. Studies of adolescent suicides have found that as many as half of the adolescents had made previous attempts.

Results from the Youth Risk Behavior Surveillance (2011) indicated that 7.8% of students nationwide had attempted suicide at least once during the 12 months preceding the survey; the range of suicide attempts by adolescents across the states varied from 3.6% to 11.3% (Eaton, Kann, Kinchen, et al, 2012). The overall incidence of youth suicide has decreased since 1992, yet the Centers for