Suicide rates among girls in the U.S. are rising, a new study [2] found. Researchers looked at national data on suicide among youth ages 10 to 19 between 1975 and 2016. While suicide rates were higher among boys, rates increased more among girls, narrowing the gap between them. According to researchers, the reasons for this trend are unclear and likely related to multiple factors. University of Kentucky psychologist Julie Cerel recommended that parents engage their children in an open dialogue about suicide and mental health issues. “Have frank conversations about suicide and hopelessness and pain,” she said. “Be able to ask your kids and your kids’ friends: ‘Are you hopeless? Are you thinking of killing yourself?’”

Spark Extra! Learn how to locate and understand data for suicide prevention [3].

Links within this resource