

# Youth as Trainers

## Suicide Prevention/ Intervention Training



Training Professionals & Communities in  
Suicide Prevention & Response®

Research has consistently shown that youth-peer training is an effective method to educate youth. Connect Youth Leadership Train-the-Trainer program engages a core group of youth leaders to train their peers in suicide prevention and intervention. This model increases local capacity and sustainability for on-going training.

Many communities find that having youth trainers validates the importance of the topic, increases participation, and promotes cultural acceptance around help-seeking. The process of the training reinforces protective factors as it encourages a broad spectrum of youth participants (see Audience), solicits their knowledge about their community and peers, and brings them closer to adults in their community.

The training covers the modules of the Connect Youth Suicide Prevention and Intervention Training (see Youth as Participants). Peer trainers learn to facilitate Connect training through exercises and rehearsal of sections of the training. Connect staff observe, interact, and provide continuous feedback. Participants who demonstrate competency earn certification as a Connect Youth Trainer.

### Suicide Prevention/Intervention training highlights:

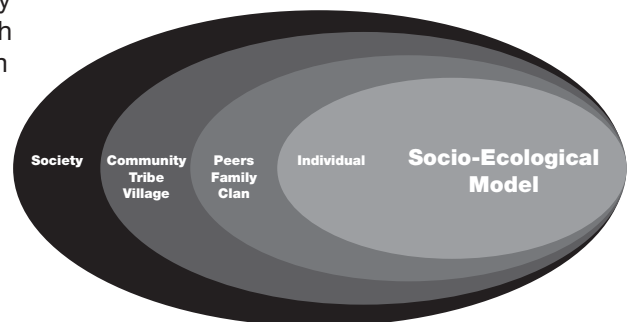
- All knowledge and skills in the Connect Youth Suicide Prevention and Intervention Training, including National Best Practices for identifying and responding to other persons at risk for suicide
- Instruction on how to co-facilitate the training with a Connect trained adult for fellow youth in their community
- The opportunity to practice co-facilitating the training and receive feedback
- Familiarity with the training materials, including the protocols and an understanding of the process of teaching these protocols to peers
- Comfort with how to role model a sensitive, safe and open approach to the subject of suicide
- Upon successful completion of the training and the activities required, certification as a Connect Youth Trainer

**Length:** 2 Days. Day one for adults who have agreed to help facilitate the youth trainings, day two for adults and youth combined.

**Audience:** Youth leaders, nominated by school personnel or other adult, who would like to be trained to lead suicide prevention trainings to their peers. Groups are encouraged to think broadly about who the youth leaders are and particularly seek out youth from marginalized groups and who represent a broad spectrum of youth. Having peer trainers who represent different youth sub-groups and cliques is important for role modeling and buy-in from youth.

**Location:** your community

For more information contact The Connect Program  
**603-225-5359** [info@theconnectprogram.org](mailto:info@theconnectprogram.org)



*Using a holistic, socio-ecological model, Connect examines suicide in the context of the individual, family, community, and society.*