



Youth Activities September 2026

Youth Suicide Prevention

In 2026, youth suicide remained a leading cause of death among people ages 10–24. Suicide is preventable, and timely support can help young people facing depression, hopelessness, or suicidal thoughts.

2026 Youth Suicide Trends

- **Deaths:** Second leading cause for ages 10–14; third for ages 15–24.
- **Ideation:** About 1 in 5 high school students seriously considered suicide; 14.8% reported persistent thoughts.
- **Attempts:** One in 5 attempts was followed by another within a year.
- **Rates:** 19.5 per 100,000 for male teens; 4.6 for female teens.

Protective Factors and Supports

- School-based mental health programs: 20% lower suicide risk.
- Crisis hotlines: 35% lower attempt mortality.
- Treatment: 80% of treated teens report fewer suicidal thoughts.
- Strong family bonds and close friendships reduce risk by 50% and 60%, respectively.

Risk is shaped by mental health, access to lethal means, and social stressors, but early support, treatment, crisis services, and strong relationships can reduce it.

Prevention and Warning Signs

Suicide is preventable. As young people face new challenges, open conversations and timely support can help address depression, hopelessness, and suicidal thoughts.

Florida's 2019 Youth Risk Behavior Survey found:

- Sad or hopeless: 24.2% male; 43.4% female.
- Seriously considered suicide: 10.9% male; 20.2% female.
- Made a plan: 8.2% male; 15.5% female.
- Attempted suicide: 6.0% male; 9.6% female.
- Self-harmed without wanting to die: 0.5% male; 21% female.

Protective Factors

Protective factors at home, school, and in the community can lower risk and strengthen resilience.

Individual Supports

- Healthy development, school success, self-esteem, self-regulation, and coping skills
- Positive peer, activity, work, faith, or community connections

Family Supports

- Consistent structure, monitoring, and expectations
- Supportive family relationships and clear values

School and Community Supports

- Mentors, skill-building opportunities, and participation in school or community activities
- Positive norms, clear expectations, and physical and psychological safety

VFW Auxiliary Call to Action: You can make a difference by engaging youth in ALL VFW Auxiliary Programs, providing positive support and connection. Reach out to local youth groups to see how your Auxiliary can get involved.



Approved by
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