

Western Dubuque High School



Student and Parent Handbook

Western Dubuque High School Counseling Office

Mr. Bryant (A-Ho) – (563) 663-9335

Ms. Phillips (Hu-L) – (563) 663-9337

Ms. Edgin (M-Z) – (563) 663-9336

Ms. Foust, Mental Health Counselor – (563) 663-9642

Becky Steffen, Secretary – (563) 362-2033

Office Hours: 7:45 a.m. – 3:15 p.m.

Top 10 Reasons to See My Counselor

1. A friendly face!
2. Personal issues
3. Help with course selection
4. Career information
5. Helping with general school questions
6. Peer issues
7. Testing information (ACT, SAT, etc.)
8. Information on colleges, post h.s. plans
9. Scholarship/financial aid information
10. Scheduling

Western Dubuque High School

2023-2024 PROFILE

PO Box 379
302 5th Ave SW
Epworth, IA 52045
Ph: (563) 876-3442
Fax: (563) 876-5512
ACT/CEEB CODE: 161-505

Jacob Feldmann, Principal
Rich Hatcher, Assistant Principal
Tyler Lown, Athletic Director
Casey Bryant, School Counselor A-Ho
Emily Phillips, School Counselor Hu-L
Carrie Edgin, School Counselor M-Z
Becky Steffen, Counseling Secretary

OVERVIEW

Western Dubuque High School is located in Epworth, Iowa, 15 miles west of Dubuque, Iowa. One of two high schools in the Western Dubuque Community School District. It serves approximately 915 students in grades 9-12 from a predominately rural and small-town area. It is fully accredited by the Iowa State Board of Education.

SCHEDULING

Western Dubuque High School has a trimester schedule. Grades 9-12 have 6 courses that meet daily. Classes run from 8:00 A.M. – 3:09 P.M. One credit (.50 of a yearlong course) is earned for a one trimester course that meets 60 minutes daily for 60 days. Our students complete a full semester of curriculum and hours in one trimester and a full year in two trimesters. Students whose high school entry-level math course is geometry have successfully completed an Algebra 1 class in Junior High, which is comparable to the high school Algebra 1 class. Many college credit courses, and a few advanced level courses are available.

GRADING SYSTEM

Western Dubuque High School's system uses A, B, C, D, F, WF, P, I W, AW.

Key:

A=Excellent	W-Withdraw
B=Very Good	P=Pass (not in GPA)
C=Average Work	AW=Admin. Withdraw
D=Lowest passing mark	WF=Withdraw Failure
F=Fail, no credit	I=Incomplete

Progress reports or midterm grades are issued on days 20, 30, and 45 of each 60-day trimester. Only the trimester grades are recorded on the permanent record.

GRADE POINT AVERAGE

Grade Point Average (GPA) are computed at the end of each trimester. WDHS is on a standard 4.0 scale. High Honor Roll requires a 3.3. or above GPA. Honor Roll requires 3.0 to 3.29 GPA. GPA's computed at the end of each trimester go on the students' permanent records. There is not weighting of grades.

The following values are given to respective grades when computing Grade Point Average.

A = 4.00	B- = 2.67	D+ = 1.33
A- = 3.67	C+ = 2.33	D = 1.00
B+ = 3.33	C = 2.00	D- = 0.67
B = 3.00	C- = 1.67	P = 0.00

COLLEGE LEVEL COURSES

Composition I	Pre-Employment Strategies
Composition II	Automotive Academy
Intro to Literature	Diesel Mech Academy
Pre-Calculus	Nursing Academy
Calculus	Intro to Engineering
Statistics	Princ. Of Engineering
Math for Liberal Arts	Civil Engineering
Accounting I	Technology Solutions
Computer Accounting	

GRADUATION REQUIREMENTS

1. Twelve trimesters of attendance or ten or eleven with parental permission-provided all graduation requirements have been met.

2. 58 credits total

English = 8 Math = 6 Science = 6 P.E.= 4
Social Studies = 6 (7 class of 2025 & beyond)

*2 credits of US History and 1 credit of US Government

* (Class of 2025 and beyond 2 credits World Geography, 1 credit World History, 2 credits US History, 1 credit US Government, and 1 credit Sociology or Psychology)

It is required that all students be enrolled in a minimum of 5 classes each trimester of attendance. However, seniors may take a minimum of 4 classes with parental permission, providing they meet certain guidelines, which may relate to GPA, Iowa Assessment scores, attendance, and discipline.

WDHS

COMMON GRADING SCALE

100 – 93%	A
92 – 90%	A-
89 – 87%	B+
86 – 83%	B
82 – 80%	B-
79 – 77%	C+
76 – 73%	C
72 – 70%	C-
69 – 67%	D+
66 – 63%	D
62 – 60%	D-
59% & Below	F

How is your Grade Point Average (GPA) Calculated?

Cumulative GPA and Class Rank are determined by averaging all trimester final grades except “P” graded classes. All trimesters attended in high school are computed in this average.

Unweighted Grades

The following values are used to calculate grade point average and class rank:

Regular Course Grade Values	Letter Grade
4.0	A
3.67	A-
3.3	B+
3.0	B
2.67	B-
2.33	C+
2.0	C
1.67	C-
1.33	D+
1.0	D
0.67	D-
0	F

So, here is an example of how to calculate your GPA:

<u>Class Name</u>	<u>Letter Grade</u>	<u>Grade Point</u>	<u>Credits</u>
English I (9)	C	2.0	1
Algebra I	A	4.0	1
Environmental Science	B	3.0	1
World History	B-	2.67	1
Excel	P		1
Physical Education	A	4.0	1

Total: 15.67 / 5 credits = 3.134 GPA

Trimesters

- 3 terms: Fall, Winter, Spring
- Grading periods are:
 - Day 20, Day 30, and Day 45
 - No ineligibility after day 20
 - School ineligibility after day 30 & 45 (minimum 1 week)
 - State ineligibility after each term (30 days)

You will complete $\frac{1}{2}$ of year-long courses
in 60 days.

What if I'm not doing well?

- Several WDHS staff will be having conversations with you.
- COMMUNICATE with the teacher and spend more time with them. (use school email)
- RTI during Bobcat Time
- Study Table (See sample of schedule below)

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 AM - Witter *1-Hour Dismissal	2 AM - Chapin (Math/Sci) PM - Schieltz/Blair (Math) PM - Broadbent (Eng)	3 AM - Reuter	4
5	6 AM - Ostwinkle (Math) PM - Broadbent (Eng) PM - Witter (Spanish) PM - Digmann (Math)	7 AM - Ostwinkle (Math) PM - Chapin (Math/Sci) PM - Walke (FCS)	8 AM - Witter *1-Hour Dismissal	9 AM - Chapin (Math/Sci) PM - Schieltz/Blair (Math) PM - Broadbent (Eng)	10 AM - Reuter	11
12	13 AM - Ostwinkle (Math) PM - Broadbent (Eng) PM - Witter (Spanish) PM - Digmann (Math)	14 AM - Ostwinkle (Math) PM - Chapin (Math/Sci) PM - Walke (FCS)	15 AM - Witter *1-Hour Dismissal	16 AM - Chapin (Math/Sci) PM - Schieltz/Blair (Math) PM - Broadbent (Eng)	17 AM - Reuter	18
19	20 AM - Ostwinkle (Math) PM - Broadbent (Eng) PM - Witter (Spanish) PM - Digmann (Math)	21 AM - Ostwinkle (Math) PM - Chapin (Math/Sci) PM - Walke (FCS)	22 AM - Witter *1-Hour Dismissal *Parent/Teacher Conferences (4-7pm)	23 AM - Chapin (Math/Sci) PM - Schieltz/Blair (Math) PM - Broadbent (Eng)	24 AM - Reuter	25
26	27 AM - Ostwinkle (Math) PM - Broadbent (Eng) PM - Witter (Spanish) PM - Digmann (Math)	28 AM - Ostwinkle (Math) PM - Chapin (Math/Sci) PM - Walke (FCS)	29 AM - Witter *1-Hour Dismissal	30 AM - Chapin (Math/Sci) PM - Schieltz/Blair (Math) PM - Broadbent (Eng)	31 AM - Reuter	

Academic Recognition

ACADEMIC AWARDS

- Students will earn academic awards for outstanding achievement in their program of study. Guidelines for these awards follow are:
 1. The student must achieve a grade point average of 3.0 or better for all 3 trimester grading periods during one academic year.
 2. Any grade below a straight “C” will disqualify the student for that grading period, even though he/she may have achieved a grade point average for that grading period of 3.0 or better.
 3. Students earning an academic patch, star, or academic pin will receive their award(s) at the end of their senior year. Seniors earning an academic pin will be recognized in the Spring at the Senior Awards Ceremony.

HONOR ROLL

The Honor Roll is viewable each trimester on TV in the Main Entrance of the High School. It is posted on the High School website under the Counseling Office page and is published in the Dyersville Commercial. Students who earn a 3.30 to 4.0 grade point average are listed with High Honors. Students who earn a 3.0 – 3.299 grade point average are listed with Honors.

Senior Scholar Recognition

SENIOR SCHOLAR AWARD

Western Dubuque High School is offering the Senior Scholar Award and the Silver Cord Program, starting with the class of 2020, to be recognized at their graduation. Seniors who have met the following criteria will wear a stole and silver cord at the graduation ceremony and will be recognized in the graduation program as a recipient of the Senior Scholar Award.

- Graduate with at least a 3.75 cumulative GPA
- Earn a college readiness score on each of the ACT test (English = 18, Math = 22, Reading = 22, Science = 23). Students can use any of the practice tests given at WDHS in grades 10 or 11 or from an actual ACT test. It is the student's responsibility to provide their high school with any actual ACT test taken.
- Senior Scholars must be a **Silver Cord** recipient which means they have completed 120 hours of community service while in high school. It is the student's responsibility to submit these community service hours each year to the office. Students can also earn community service hours by being involved in high school leadership activities up to a maximum of 15 hours per year.

Silver Cord Award can be earned by any student who completed the required number of community service hours. Students who did not earn the other two criteria in the Senior Scholar program will wear a silver cord at graduation.

*See the **Silver Cord Program** link for more information regarding Silver Cord requirements located under Student links on the high school webpage.

Attendance Facts

- Legally you are a mandatory attender until age 16.
- Administration determines whether an absence is reasonable and excused.
- 7 unexcused absences in a class may result in loss of credit.
- Unexcused tardies result in consequences in the main office.

BUILDING YOUR FUTURE

YOUR COURSES COUNT

MINIMUM COURSE REQUIREMENTS FOR ADMISSION

	IOWA STATE UNIVERSITY	THE UNIVERSITY OF IOWA	UNIVERSITY OF NORTHERN IOWA	OPTIMUM RECOMMENDATIONS FOR SUCCESS
ENGLISH	4 years emphasizing writing, speaking, reading, as well as an understanding and appreciation of literature.	4 years with an emphasis on the analysis and interpretation of literature, composition, and speech. 1 year of journalism will count toward fulfilling the English requirement.	4 years including one year of composition, also may include one year of speech, communication, or journalism.	4 years with an emphasis on the communication skills of writing, reading and listening, and the analysis and interpretation of literature. In addition, courses in journalism and media literacy will be valuable. Extracurricular activities in debate, speech contest, newspaper, and yearbook will further develop essential competencies.
MATH	3 years including one year each of algebra, geometry, and advanced algebra.	3 years including two years of algebra and one year of geometry for admission to the College of Liberal Arts and Sciences. 4 years including two years of algebra, one year each of geometry and higher math (trigonometry, analysis, or calculus) for admission to the College of Engineering.	3 years including the equivalent of algebra, geometry and advanced algebra.	4 years, one in each year of high school. While advanced courses like calculus and statistics are good, it's more important that you gain a complete understanding of advanced algebra and trigonometry.
NATURAL SCIENCE	3 years including one year each from any two of the following: biology, chemistry, or physics.	3 years including one year each from any two of the following: biology, chemistry, or physics for admission to the College of Liberal Arts and Sciences. 3 years with at least one year each in chemistry and physics for admission to the College of Engineering.	3 years including courses in general science, biology, chemistry, earth science, or physics. Laboratory experience is highly recommended.	4 years, one in each year of high school. To be really well prepared, take at least one year each of biology, chemistry, and physics. These can be taken in any order and may be taught productively in either a separate or an integrated fashion, depending on your school's offerings.
SOCIAL STUDIES	2 years for admission to Colleges of Agriculture and Life Science, Business, Design, Engineering, and Human Sciences. 3 years for admission to the College of Liberal Arts and Sciences.	3 years with US history and world history recommended for admission to the College of Liberal Arts and Sciences. 2 years with US history and world history recommended for admission to the College of Engineering.	3 years including courses in anthropology, economics, geography, government, history, psychology, or sociology.	3 years is essential, but four is better. Take at least one year each of US and world history. Additional courses in anthropology, economics, political science, psychology, and sociology provide an important understanding of our political, social, and economic institutions.
FOREIGN LANGUAGE	2 years of a single foreign language for admission to the Colleges of Engineering and Liberal Arts and Sciences.	2 years of a single foreign language are required for admission. For many degrees, the fourth year of proficiency is required for graduation.	Foreign language courses are not required for admission. However, two years of foreign language in high school with a C- or above in the last course will meet the university graduation requirement.	4 years of a single foreign language. By taking foreign language during all four years of high school, you'll go beyond the basic skills and begin to use the language and reinforce your fluency.
OTHER COURSES	Specific elective courses are not required for admission.	Specific elective courses are not required for admission.	2 years of additional courses from the required subject areas, foreign language, or the fine arts.	Explore! Courses in the fine arts, performing arts, computers, or technology will help round out your high school experience. Your future field of concentration or career may lie in one of those areas. Follow your interests, talents, and the strengths of your school. Remember to choose courses with high academic standards.

2022 RAI Core Course List

Admission of freshmen to the Iowa Regent universities is based on the Regent Admission Index (RAI) formula described below. In addition, applicants must meet the minimum high school course requirements for the university they wish to enter.

- (3 x ACT composite score)
- + (30 x high school GPA)
- + (5 x number of high school core courses)

Regent Admission Index Score

Note: For purposes of calculating the RAI, SAT scores will be converted to ACT composite equivalents. 4.00 is the top value for GPA, and the number of high school core courses completed is expressed in terms of years or fractions of years (e.g., one semester equals 0.5 year). Applicants who do not possess all required factors will be evaluated on an individual basis by the Regent universities to which they apply.

Freshman applicants who achieve at least a 245 RAI score and who meet the minimum number of high school courses required by the Regent universities will qualify for automatic admission to any of the three Regent universities. Freshman applicants who achieve less than a 245 RAI score may also be admitted to a specific Regent university; however, each Regent university will review these applications on an individual basis and the admission decision will be specific to each institution.

WESTERN DUBUQUE HIGH SCHOOL, EPWORTH, CORE COURSES APPROVED FOR RAI

Source: 2021-2022 Fall Winter data (Note: course numbers in parentheses refer to community college course numbers.)

English	Yrs	Math	Yrs	Science	Yrs	Social Studies	Yrs	World Languages	Yrs	Computer Science	Yrs
Communications	0.5	Adv Algebra 2	1	AP Biology	1	American Government	0.5	Spanish 1	1	AP Computer Sci Principles	0.5
Composition I [ENG105]	0.5	Algebra 1	1	AP Chemistry	1	AP Psychology	0.5	Spanish 2	1		
Composition II [ENG106]	0.5	Algebra 1 Concepts	1	Biology	1	AP U.S. Govt & Politics	1	Spanish 3	1		
Contemp Young Adult Lit	0.5	Algebra 2	1	Chemistry	0.5	AP U.S. History	1	Spanish 4	1		
Creative Writing & Journalistic Publication	0.5	Calculus I [MAT210]	0.5	Environmental Science	0.5	Economics	0.5				
Debate 1	0.5	Geometry	1	Human Anat & Phys	1	History through Media	0.5				
Debate 2	0.5	Geometry Concepts	1	Physical Sci Chemistry	0.5	Mock Trial	0.5				
English 1	1	Intro to Calculus	0.5	Physical Sci Earth & Space	0.5	Psychology	0.5				
English 2	1	Intro to Pre-Calculus	0.5	Physical Science: Physics	0.5	Sociology	0.5				
English 3	0.5	Pre-Calculus	0.5	Physics	0.5	U.S. History	1				
English 381 Self & Society	0.5	Pre-Calculus [MAT128]	0.5			Vital Issues	0.5				
English 382 Classic Novels	0.5	Probability & Statistics (Int)	0.5			World Geography	0.5				
English 388 Conflict & Poes	0.5	Statistics	0.5			World History	0.5				
English 4	1	Statistics [MAT156]	0.5								
Individualized Reading	0.5										
Intro to Lit [LT101]	0.5										
Writing & Arts Collision	0.5										
Total English		Total Math		Total Science		Total Social Studies		Total World Languages		Total Computer Science	

* The numbers in this column should be multiplied by 5 to determine the number of RAI points awarded for the course.

Updated: 7/19/2022

Study Skills Help & Study Tips

- It is best to review the material right after class when it's still fresh in your memory.
- Don't try to do all your studying the night before the test, instead space out your studying, review class materials at least several times a week, focusing on one topic at a time.
- Have all your study material in front of you: lecture notes, course textbooks, study guides, and any other relevant material.
- Find a comfortable and quiet place to study with good lighting and little distractions (try avoiding your own bed; it is very tempting to just lie down and take a nap).
- Start out by studying the most important information.
- Learn the general concepts first; don't worry about learning the details until you have learned the main ideas.
- Take notes and write down a summary of the important ideas as you read through your study material.
- Take short breaks frequently, your memory retains the information that you study at the beginning and the end better than what you study in the middle.
- Space out your studying, you'll learn more by studying a little every day instead of waiting to cram at the last minute. By studying everyday, the material will stay in your long-term memory but if you try to study at the last moment, the material will only reside in your short-term memory that you'll easily forget.
- Make sure that you understand the material well, don't just read through the material and try to memorize everything.
- If you choose to study in a group, only study with others who are serious about the test.
- Test yourself or have someone test you on the material to find out what your weak and strong areas are. You can use the review questions at the end of each chapter or practice tests the teacher may give out as well as other materials.
- Listen to relaxing music such as classical or jazz on a low volume can relieve some of the boredom of studying.
- Don't study later than the time you usually go to sleep, you may fall asleep or be tempted to go to sleep, instead try studying in the afternoon or early evening. If you are a morning person try studying in the morning.

Stress Management

- Grounding techniques
- Being with friends
- Breathing
- Counting
- Listening to music
- Singing
- Being hydrated
- Napping
- Being with puppies/cats
- Building something
- Getting into nature
- Doing guided meditation
- Driving for change of scenery
- Getting organized
- Saying a mantra
- Getting into a healthy routine
- Talking to Counselors
- Exercising
- 5,4,3,2,1, using senses
- Writing
- Journaling
- Reading
- Drawing
- Eating a treat
- Talking with a trusted adult/parent
- Using your spirituality

These are many other things that can manage stress, feel free to add to this list. It may take time and practice to find what works and is meaningful for you.

SPORTS

Baseball	Golf
Basketball	Swimming
Bowling	Soccer
Track	Softball
Cheerleading	Tennis
Cross Country	Volleyball
Football	Wrestling

CLUBS

Art Club	Student Council
Bobcat Allies	Spanish Club
Backpacking Bobcats	Tri-M
Chess Club	Tech & Design Club
Dance	Programming Club
Drama	Quiz Bowl
Environmental Club	Iowa Youth Institute
FBLA	Borderless Bobcats
FFA	Yearbook
Speech	Special Olympics
Partners Club	

DIVISION I ACADEMIC REQUIREMENTS

To study and compete at a **Division I school**, you must earn 16 NCAA-approved **core-course credits**, earn a minimum 2.3 **core-course GPA** and submit your final transcript with proof of graduation to the Eligibility Center.

CORE-COURSE REQUIREMENTS

Earn 16 NCAA-approved core-course credits in the following areas:

ENGLISH	MATH (Algebra I or higher)	SCIENCE (Including one year of lab, if offered)	ADDITIONAL (English, math or science)	SOCIAL SCIENCE	ADDITIONAL COURSES (Any area listed to the left, world language or non-doctrinal religion/philosophy)
4 years	3 years	2 years	1 year	2 years	4 years

For Division I, 10 of your 16 NCAA-approved core-course credits must be completed before the start of your seventh semester, including seven in English, math or science.

QUALIFIER

As a Division I qualifier, you may practice, compete and receive an athletics scholarship during your first year of full-time enrollment at an NCAA Division I school.

- » Earn 16 NCAA-approved core-course credits in the right areas.
 - Complete 10 of your 16 NCAA-approved core-course credits, including seven in English, math or science, before the start of the seventh semester.
 - Complete your 16 NCAA-approved core-course credits in eight academic semesters or four consecutive academic years from the start of ninth grade.
- » Earn a minimum 2.3 **core-course GPA**.
- » Submit your final transcript with proof of graduation to the Eligibility Center.

ACADEMIC REDSHIRT

As a Division I academic redshirt, you may practice during your first regular academic term and receive an athletics scholarship during your first year of full-time enrollment but may NOT compete during your first year of enrollment. You must pass either eight quarter or nine semester hours to practice in the next term.

- » Earn 16 NCAA-approved core-course credits in the right areas.
- » Earn a minimum 2.0 core-course GPA.
- » Submit your final transcript with proof of graduation to the Eligibility Center.

* More information regarding the impact of COVID-19 can be found at on.ncaa.com/COVID19_Spring2023.



DIVISION II ACADEMIC REQUIREMENTS

To study and compete at a **Division II school**, you must earn 16 NCAA-approved **core-course credits**, earn a minimum 2.2 **core-course GPA** and submit your final transcript with proof of graduation to the Eligibility Center.

CORE-COURSE REQUIREMENTS

Earn 16 NCAA-approved core-course credits in the following areas:

ENGLISH	MATH (Algebra I or higher)	SCIENCE (including one year of lab, if offered)	ADDITIONAL (English, math or science)	SOCIAL SCIENCE	ADDITIONAL COURSES (Any area listed to the left, world language or non-doctrinal religion/philosophy)
3 years	2 years	2 years	3 years	2 years	4 years

QUALIFIER

As a Division II qualifier, you may practice, compete and receive an athletics scholarship during your first year of full-time enrollment at an NCAA Division II school.

- » Earn 16 NCAA-approved core-course credits in the right areas.
- » Earn a minimum 2.2 **core-course GPA**.
- » Submit your final transcript with proof of graduation to the Eligibility Center.

PARTIAL QUALIFIER

If you have not met all of the Division II academic standards, you will be deemed a partial qualifier. As a partial qualifier, you may practice and receive an athletics scholarship, but may NOT compete, during your first year of full-time enrollment at an NCAA Division II school.

* More information regarding the impact of COVID-19 can be found at on.ncaa.com/COVID19_Spring2023.



NCAA DIVISION II

MAKE IT YOURS

Cell Phone Safety

Ten Tips for Teens

1. **Keep you cell phone keypad locked** (and the PIN or passcode safe and private), so that others can't grab it, unlock it, and use it to get your into trouble when you're not looking.
2. **Do not take any cell phone pictures or video that are sexual in nature.** First off, if they involve nudity or even partial nudity, they are illegal and classified as child pornography – a felony offense in most states. The intent of the parties does not matter, nor does whether permission was granted. Secondly, they have the tendency to get into the hand of the wrong people. Think about your reputation.
3. **Only give out your phone number to people you know for sure you can trust.**
4. **Ask yourself how you'd feel** if the text you sent or the picture or video you captured were broadcast all across the school, and all across the internet. Even if you personally don't send it around others can and often do.
5. **Remember that all of the text, photos, and videos you create with your phone are often saved and retrievable as digital evidence (even years later).** They are sometimes stored on the servers of your cell phone provider, in your phone's Cloud account, or the flash memory or STM card of your phone (or any other phone which has sent or received them) – even if you have deleted them.
6. **Schools can take your cell phone** when they have reasonable suspicion that it has been involved in a violation of school policy or the law. Request that your parents be present when you give it to them.
7. **Never text and drive.** No text is worth losing your life over, or taking someone else's. If something is urgent, pull the vehicle over to a safe place before dealing with it.
8. **Remember that having a cell phone is a privilege and not a right.** Treat it as such. Appreciate that your parents have allowed you to have one (and often purchased it for you), and you'll earn more of their respect. Many youth have sabotaged their future (e.g., admission into college, scholarships, job opportunities, legal problems and costs, criminal prosecution, being placed on sex offender registries) because they have misused computers or cell phones. It is NOT worth it.
9. **Don't respond to text messages from numbers and people you don't know.** Learn How you can block certain individuals (via their cell phone numbers) from contacting you. Don't subject yourself unnecessarily to people who are mean to you when you can keep them from sending you any messages.
10. **Do not send texts or capture pictures or videos on you phone that you wouldn't feel comfortable sharing with your parents.**

Warning Signs of Suicide/FACTS

Warning signs of suicide can be organized around the word “FACTS”

Feelings

- Hopeless feeling like things are bad and won't get any better
- Fear of losing control, going crazy, harming himself/herself or others
- Helplessness: a belief that there's nothing that can be done to make life better
- Worthlessness: feeling like an awful person and that people would be better off if he/she were dead
- Hating himself/herself, feeling guilty or ashamed
- Being extremely sad and lonely
- Feeling anxious, worried, or angry all the time

Actions

- Drug or alcohol abuse
- Talking or writing about death or destruction
- Aggression: getting into fights or having arguments with other people
- Recklessness: doing risky or dangerous things

Changes

- Personality: behaving like a different person, becoming withdrawn, tired all the time, not caring about anything, or becoming more talkative or outgoing
- Behavior: can't concentrate on school or regular tasks
- Sleeping pattern: sleeping all the time or not being able to sleep at all, or waking up in the middle of the night or early in the morning and not being able to get back to sleep
- Eating habits: loss of appetite and/or overeating and gaining weight
- Losing interest in friends, hobbies, and appearance or in activities or sports previously enjoyed
- Sudden improvement after a period of being down or withdrawn

Threats

- Statements like “How long does it take to bleed to death?”
- Threats like “ I won't be around much longer” or “Don't tell anyone or else..you won't be my friend if you tell!”
- Plans like giving away favorite things, studying about ways to die, obtaining a weapon or stash of pills; the risk is very high if a person has a plan and the way to do it.

Situations

- Getting into trouble at school, at home, or with the law
- Recent loss through death, divorce, or separation, the breakup of a relationship; losing an opportunity or a dream; losing self-esteem
- Changes in life that feel overwhelming
- Being exposed to suicide or the death of a peer under any circumstances

What to do if you notice signs of suicidal behavior:

1. Show You Care
 - a. Listen without judging or giving advice.
 - b. Take all talk of suicide seriously.
 - c. Stay calm, stay with your friend.

2. Ask about Suicide
 - a. Ask about suicide very directly: "Are you thinking about suicide?"
 - b. "Are you wishing you were dead?"
 - c. "Are you planning how you will kill yourself?"

3. Get Help
 - a. Take action sooner rather than later.
 - b. Have your friend identify a trusted adult and offer to go with him or her to talk to that adult.
 - c. Call a crisis line.
 - d. Offer help/hope in any way you can.
 - e. Know your own limits
 - f. Ask a trusted adult for help, even if your friend resists.

What to Avoid:

- Do not argue with a suicidal person.
- Do not offer simple solutions.
- Do not promise secrecy. Keeping a potential suicide a secret is a form of assuming responsibility.
- Do not treat the situation lightly, even if your friend begins to joke about it.
- Do not challenge your friend or suggest drugs or alcohol as a solution.
- Do not leave your friend alone unless you sense personal danger.
- Do not try to be the only person to rescue your friends. Get help.
- Do not try to forcefully remove a gun from anyone. Call for help.

Helpful links/Resources:

Your Life Iowa (24 hours call or text) call 1-855-581-8111, text 1-855-895-8398 or visit www.yourlifeiowa.org for a live chat

988 Suicide and Crisis Lifeline

See your School Counselor for additional local resources