



Training Module 2: Being a Trusted Peer Discussion Questions

1. Name two qualities of a trusted peer.
2. How does stigma get in the way of asking for support?
3. True or False? If you are worried about a peer, the best approach is to communicate the changes you have noticed, tell them that you care for them, and ask how you can help them get help.
4. Name two qualities of a trusted adult.
5. What can you say, in your own words, to a peer you are concerned about?
6. What is the harm in keeping someone's suicidal or self-harm feelings a secret?

If you need to speak with someone immediately, please text or call 988.
If this is an emergency, please call 911.