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Capstone Bibliography

BuzzFeedYellow. "I Survived A Suicide Attempt." YouTube. YouTube, 01 Nov. 2015. Web. 02 Feb. 2017. <<https://www.youtube.com/watch?v=Vetf9eu3Lbw>>.

Looking at this video I saw they talked about certain sections throughout. There was the reason they tried to commit suicide, why having a therapist was good for them, positive message to keep going and live. They also added in feeling alone in this but you aren't really. The most important thing I want to convey is how suicide survivors feel and the experience they go through. I'm trying to steer clear of this becoming an inspirational documentary where I give my story and tell others why you shouldn't commit suicide. I feel like it could turn into that. I want my project to show the side of survivors people don't get to hear. This video really conveys that side of why they did it and what happens next or just how important it is.

Finch, Sam Dylan. "When you joke about killing yourself, it triggers every survivor." SheKnows. N.p., 24 May 2016. Web. 02 Feb. 2017. <<http://www.sheknows.com/health-and-wellness/articles/1122417/saying-you-will-kill-yourself-triggers-every-survivor>>.

This source provides information on my central theme of suicide jokes putting a stigma on people who have committed or attempted suicide. I know a lot of people find these types of jokes funny and I want to convey what these type of jokes can do to survivors of suicide. This article shows how these jokes downgrade suicide to not be important. It was very important for me to see that the author includes their own back story so I know they are an expert on this topic. This article also talks about the culture we are growing up in where we joke about everything that is serious. This made me think a little more because I really don't have a concrete answer on why we joke about suicide and I just thought it's because people are rude and don't care about others. I never thought that people are brought up that way.

Fuller, Faith . "Making Documentaries: A Step By Step Guide." Desktop-Documentaries.com. N.p., n.d. Web. 03 Feb. 2017. <<http://www.desktop-documentaries.com/making-documentaries.html>>.

This article gives tools to make a successful documentary. For my project, I want to make a really polished documentary. Some of the tools they talk about is tell a story you care about, research making the script etc. The one that I really want to my documentary to show is that I care about this topic. It hits home for me being a survivor of suicide and I'm around people who make suicide jokes and it's not a good feeling. The article says "If you're lukewarm about the subject matter, chances are, the final movie will be too." This quote really sticks with me and how I want my project to go that's why I chose a topic that really means a lot to me.

MacMillen, Hayley. "15 Suicide-Attempt Survivors Tell Their Stories." Refinery29. Refinery29, 20 Feb. 2015. Web. 03 Feb. 2017. <<http://www.refinery29.com/2015/09/82628/live-through-this-suicide-attempt-survivors#slide>>.

This article talks about 15 suicide attempt survivors stories. There is a mix of gender, race, and age that I personally think is a great way to get people to pay attention to the epidemic of suicide and the stigmas are placed on it. I want to show that suicide affects everyone worldwide. In my project, I plan to use these stories

to show people that this is really big and should be paying attention to. People often think only a group of people go through suicide or that somebody close to them could never go through it and often become closed minded.

Weaver, Rheyane. "People Who Survived Attempted Suicide Need You to Know 12 Things." EmpowHER. N.p., Sept. 2014. Web. 02 Feb. 2017.

<<http://www.empowher.com/mental-health/content/people-who-survived-attempted-suicide-need-you-know-12-things>>.

This article talks about things that suicide survivors want you to know. It tackles stigmas and language used against suicide. It's important for people to know what to say to a survivor. A lot of people say things like what you did is selfish and often forget it's not about them it's about the survivor and helping them. Dealing with such a heavy topic requires a lot of patience and compassion. I want to include in my project about how we must be there for people who have committed suicide and letting them know that they aren't alone and they will be cared for or about.

"4 Things Suicide Attempt Survivors Want You to Know." Canadian Association for Suicide Prevention. N.p., 26 Jan. 2016. Web. 03 Feb. 2017.

<<http://suicideprevention.ca/4-things-suicide-attempt-survivors-want-you-to-know/>>.

In this article, it gives you 4 things every survivor of suicide wants you to know and also how that can help you support that person. I feel like this breaks down the stigma of suicide like some advice they have is that talking about suicide is not a bad thing. A lot of people like to steer clear of it because it seems taboo. I want my project to include that it's not taboo and in fact, it's better to talk about it. I think a big reason people make these jokes is to relieve the seriousness of it.

"It's Not OK To Joke About Suicide." Odyssey. N.p., 25 Apr. 2016. Web. 02 Feb. 2017.

<<https://www.theodysseyonline.com/its-not-okay-to-joke-about-suicide>>.

The hint that people find a normality in joking about suicide is a great aspect of my topic that I didn't think about. This article also talks about other jokes that can be compared to suicide jokes such as "that's so gay" joke. I started to think more about those types of jokes and how people can see the importance of why you should never joke about them. A lot of people see the importance of not saying things like "that's so gay" so if I bring that example up they should be able to understand why suicide jokes are not a positive thing to say.

"Jokes About Mental Illness and Suicide are not Funny." BpHope - bp Magazine Community. N.p., 27 Nov. 2016. Web. 02 Feb. 2017.

<<http://www.bphope.com/blog/jokes-about-mental-illness-and-suicide-are-not-funny/>>.

This article gives you alternatives to saying instead of making these suicide jokes. It never crossed my mind to share alternatives. I know a lot of people could leave my documentary wondering what are other ways to get my point across about the thing I'm frustrated about. The author shares their personal story about watching a video and the person making a suicide joke and how that made the author feel. I thought about adding my own

story or experience to let viewers know this topic affects me and I can relate. People listen better when they know you have a connection with the topic and you aren't just taking on some random topic.

"Suicide Facts." SAVE. N.p., n.d. Web. 02 Feb. 2017. <<http://www.save.org/about-suicide/suicide-facts/>>.

I know that I want to open my documentary up with stats on suicide. I know that people need to learn more about my overall topic before I get into the sub topic/problem when it comes to suicide. This article gives you different ranges of facts on suicide. They bring race, age, gender sexual oration etc into play. I feel it's very important for people to understand that suicide isn't just a white person thing. A heavy stigma is that only white people commit suicide and depression in only a white person thing. This affects a lot of people and the sooner people understand that they can see the importance.

"Suicide is no laughing matter, so why do we joke that we'd rather kill ourselves?" The Tab Nottingham. N.p., 19 Apr. 2016. Web. 02 Feb. 2017.

<<http://thetab.com/uk/nottingham/2016/04/11/saying-i-rather-kill-diminishes-devastating-effect-suicide-needs-stop-31637>>.

The first thing that really speaks to me is that this article talks about how everyone has said suicide jokes at one point in their life. I can't really say if that is true but it's a big thing to think about. I know a lot of survivors joke about their situation as a way to cope with the pain. There was a quote that says ""While we only ever say it in a light hearted manner, the frequency to which this phrase is used, greatly diminishes the seriousness of suicide."

I know people say it's all in good fun and not mean to hurt anyone but they forget that it