

LESSON THREE

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Student Stories

In your groups:

- Read the story of your assigned person.
- Go to the station associated with that person.
- Read the questions and answer them on the chart paper.
- Be prepared to share out your answers in the next lesson.

LESSON 2 STUDENT PACKET

MASON

Today you'll work in small groups and read more about one of the students from the video. In your small group, take turns reading aloud each part of your student's story. When you're finished reading, discuss the reflection questions posted on the wall and jot down your group's answers on the chart paper on the wall.



Health Skills Models: www.rmc.org/healthskills



Mason experienced depression and struggled with anxiety while in high school. He also learned that depression runs in his family. He found comfort in knowing his friends stood by him and never judged him for his depression. Mason shares how finding the right fit in a therapist and having a plan after hospitalization is important.

MASON 1

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, Part in my return to being healthy, just helping ecessarily a support [that] I talked to about my ways there and never looked at me differently

r making appy spot. e world

w [suicide] would affect everyone. And would affect so many different people in e family, my sister, and how it wouldn't e life

for the future because usually when en you're at your lowest point, you mainly to get that process started and

cause you're going through that, but I two, that you're pretty strong that

ings in the future, I know how to doing a lot more than [I think] I'm that I know how to handle those

eep up with friends and socialize out and talk to people is just as important as

say treat them how you've always treated them because they don't want to feel like they're anv different. Don't feel like vou have to be a therapist to them, they just want vou to be say treat them how you've always treated them because they don't want to teel like they any different. Don't feel like you have to be a therapist to them, they just want you to be a therapist of the have compared to have compar here as a friend, to have someone to hang out with and do fun things with.

Definitions

suicide

[/'su:isaid/]

noun

Suicide: death caused by self-directed injurious behavior with intent to die as a result of the behavior. (NIMH)

self-harm

[/'self harm/]

noun

Self-Harm: when people intentionally hurt themselves or put themselves in dangerous situations because they are feeling a lot of pain and don't know what else to do. It is often a sign of emotional distress. (NAMI)

Video Part #3 (12:23 - 18:00)

Erika's Lighthouse® Level III: **Depression Education & Suicide** Awareness





What are two signs to look for in yourself or friends regarding depression or self-harm?





Find Someone Who

	Find someone who		
can define self-care.	can list a resource not at the school.	is willing to share what they do for self-care.	
nitial			
can list a warning sign of depression.	can share a cause for depression.	can name a trusted adult in the school.	
nitial	initial	initial	
can define what it means when a resource is valid.	can define what it means when a resource is reliable.	can explain what stigma means.	
initial		initial	

ш S S R

Scan the QR code to fill out a short survey.



Or follow this link: http://elhhs.info/



Please tell us what you've learned.

S

Closure Today we:



Shared our group debriefs around stories of depression



Learned about suicide and self-harm in the video

The valid and reliable trusted adults in our school are:



MASON mall groups and read mo

students from the video. In your small group, take turns reading aloud each part of your student's story. When you're finished reading, discuss the reflection questions posted on the wall and jot down your group's answers on the chart paper on the wall.



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re things in the future, I know how to be of doing a lot more than (I think) I'm but that I know how to handle those ou keep up with hierds and social shool is important

Reviewed the content

from the prior lessons

Lesson 4

Choose one of the 4 options in	the boxes below to demonstrate		Erika's Lighthouse Pe Choose one of the 4 options in	the bo
your knowledge and skill You are an author of self-help books that promote well-being. Create a one-page overview about your new full-length book that shares the experiences of someone with depression. This overview document is meant for you to market your book around the United States to bookstores and people interested in buying your book. You will submit a one-page overview document. Make sure the overview includes: • A story about a main character with depression • 4 warning signs of depression for the character • Two causes of depression for the character • Two causes of depression for the character • Two valid and reliable resources, products, people or places for the main character to go for support • Explanation of why these two sources are valid and reliable.	 gain during this program. You are a newscaster or radio broadcast reporter reporting a story about depression. Your audience includes adults watching the nightly news or listening on the radio coming home from work. You will submit a sound byte of your radio broadcast or a video of your newsreel. Make sure your broadcast includes: A story, or information on depression to adults in the community. 4 warning signs of depression Two causes of depression Two causes of depression Two valid and reliable resources, products, people or places the audience may go to for support. Explanation of why these two sources are valid and reliable. 	4	your knowledge and skil You are an author of self-help books that promote well-being. Create a one-page overview about your new full-length book that shares the experiences of someone with depression. This overview document is meant for you to market your book around the United States to bookstores and people interested in buying your book. You will submit a one-page overview document. Make sure the overview includes: • A story about a main character with depression • 4 warning signs of depression for the character • Two causes of depression for the character • Two valid and reliable resources, products, people or places for the main character to go for support • Explanation of why these two sources are valid and reliable.	You repo Your nigh hom byte your Mak • A t • 4 • 1 • 1 • 1 • 2 • 2 • 2 • 2
 You are concerned about a friend possibly being depressed. Using voice memo on your phone, or creating a video on Flipgrid, construct a caring message to them that is at least 1.5 minutes in length. Make sure your message includes: That you care about them and why you wanted to reach out 4 warning signs of depression that you recognize Two possible causes of depression Two valid and reliable resources, products, people or places your friend could access easily Explanation of why these two sources are valid and reliable. 	Use Storyboard (or draw) to develop a comic strip story that addresses depression among people your age. Make sure your comic strip includes: • A story on depression to peers your age • 4 warning signs of depression • Two causes of depression • Two valid and reliable resources, products, people or places the audience may go to for support. • Explanation of why these two sources are valid and reliable.		 You are concerned about a friend possibly being depressed. Using voice memo on your phone, or creating a video on Flipgrid, construct a caring message to them that is at least 1.5 minutes in length. Make sure your message includes: That you care about them and why you wanted to reach out 4 warning signs of depression that you recognize Two possible causes of depression Two valid and reliable resources, products, people or places your friend could access easily Explanation of why these two sources are valid and reliable. 	Use com amo Mak • 4 • 7 • 7 n • 7 n • 8 a

During the next lesson, you will have time to complete a performance assessment which will enhance your knowledge a skills around accessing valid and reliable health information

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	9				
ITA	TOR INSTRUCTIONS				
er	formance Assessment				
	he boxes below to demonstrate gain during this program.				
	 You are a newscaster or radio broadcast reporter reporting a story about depression. Your audience includes adults watching the nightly news or listening on the radio coming home from work. You will submit a sound byte of your radio broadcast or a video of your newsreel. Make sure your broadcast includes: A story, or information on depression to adults in the community. 4 warning signs of depression Two causes of depression Two valid and reliable resources, products, people or places the audience may go to for support. Explanation of why these two sources are valid and reliable. 	4			
	Use Storyboard (or draw) to develop a comic strip story that addresses depression among people your age. Make sure your comic strip includes: • A story on depression to peers your age • 4 warning signs of depression • Two causes of depression • Two valid and reliable resources, products, people or places the audience may go to for support. • Explanation of why these two sources are valid and reliable.				
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	your knov	vle	edge	and	~

988 SUICIDE & CRISIS LIFELINE

Whatever time: Day. Night. Weekend. **Whatever the reason**: Mental health distress. Thoughts of suicide. Worried about a friend or loved one. Would like emotional support. The 988 Suicide & Crisis Lifeline is here for you. Text or Call 988 | Chat 988lifeline.org For emergencies, call **911**

www.erikaslighthouse.org



