

Introduction

Welcome to Lesson 1 of *The Erika's Lighthouse Program: Depression and Suicide Awareness for High School Students*.

Today we'll start off by watching a video that features 7 students sharing their diverse perspectives and personal experiences with depression.

THE VIDEO WILL COVER THE FOLLOWING LEARNING GOALS:

- Depression is a common mood disorder with specific changes in moods, thoughts and behaviors.
- Depression can happen to anyone, anywhere. There's not one reason someone has depression.
- Depression can get better and you can find support.
- Good self-care is a key piece to managing depression.
- Self-harm and suicidal thoughts are symptoms of depression that we must take very seriously.
- There's a lot you can do to support a friend who has depression.



As you watch the video, please feel free to doodle or take notes next to the learning goals. Otherwise, feel free to just watch the video if that's how you learn best.



As you watch the video, pay attention to your thoughts and feelings. The video might remind you of things that have happened in your life or in the lives of people you know. You might find that there's a particular story you connect with or a story that really affects you.



If anything today prompts a feeling that you need to talk to someone, please let your teacher or another trusted adult at school know. At the end of today's lesson, you will also be informed of how to connect with help at school should you ever be concerned about yourself or a friend.

LESSON 1 STUDENT PACKET

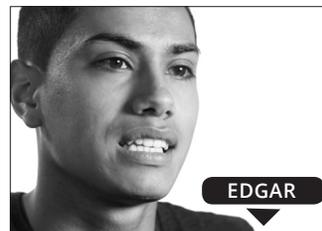
Take a moment to stand up and stretch after watching the video.

VIDEO REFLECTION

When you sit back down, take a minute or two to write down or draw anything you remember about what each student shared in the video.

Don't worry about remembering everything, just write down anything that comes to mind next to the student's photo.

- What did each student share about their lives and their experiences with depression and thoughts of suicide?
- How would you describe this person to a friend?
- Did this person remind you of yourself at all or anyone you know?



CLASS DISCUSSION

1. What were some of the signs and symptoms the students talked about in the video that clued you in that they were struggling with depression?
2. What stood out to you from each student's experience or story? Was there any particular story that stood out to you the most?
3. Which students reminded you the most of students at your school or in your community?
4. The video only provided a glimpse into the lives of these 7 students. What kinds of follow-up questions would you want to ask these students about their experiences if you happened to run into them on the street?
5. What would you do if a friend was feeling suicidal and turned to you for help? If you think a friend is showing signs of suicide or hinting at suicide, you should know that it is okay to ask them, "*Are you talking about suicide?*" or "*Are you hinting at suicide?*"

This will not put the idea in their head. It will actually help them feel cared for because you are showing them that you are paying attention and that you want them to feel better. Just know that you should always get additional help from an adult if a friend tells you they're feeling suicidal.

Optional Did any of the experiences the students talked about in the video remind you of things that have happened in your own life or in the lives of people you know?

**Now we're going to talk about how
you can get connected with help
if you are ever worried about
yourself or a friend.**