

LESSON 2 **STUDENT PACKET****LESSON 2 INTRODUCTION**

Welcome to Lesson 2 of *The Erika's Lighthouse Program: Depression and Suicide Awareness for High School Students*.



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 and jot down your group's answers in your packet.



Finally, your group will create a mini-poster to share with the full class highlighting something you learned about your student.

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Jasmine experienced depression after being affected by community violence. She also faced some challenges when trying to get help, but connecting with a therapist provided a safe space for her to talk about her feelings.

JASMINE 1

JASMINE

RECOGNIZING DEPRESSION I grew up with a parent who suffered from depression. As an only child in a single parent home, that can be very difficult because that's your only person, she was a single mother, so that's the only person that I really had communication with and to be cut off like that [because of her depression], I definitely picked up some of those traits. I go through bouts where I'm significantly sad.



[I also had an] experience with community violence [that] was definitely heartbreaking. That's what started me going down in a spiral because it was something I didn't understand, couldn't put an answer to. I feel like when we can't find answers, that's when we get the most confused. When you experience and witness these traumatic events, when you are constantly enduring these traumatic events, you can't help but to feel some type of way about it and to be hurt about it.

IMPACTING DAILY LIFE [When I'm depressed], I shut everyone out. I don't want people to necessarily know that I'm going through a hard time, sometimes especially if I can't identify why I'm going through this or why everything is very emotional for me and bothering me. I just shut down. **When you're feeling feelings of depression, it leaves you confused. It leaves you lonely. It leaves you upset. It leaves you broken feeling.**

I think in the black community we're told that we have to be strong, we have to be independent, and these things are drilled in our head constantly, so when there's something that's happened traumatically, we feel like we're not being strong ... we're not being independent ... we're letting down our families ... we're not being who we're supposed to be.

To think that you're anything less than another person because you're going through depression is really sad for me to hear, especially when so many people suffer from the same thing. With the stigma in my community about depression, we're all going through something, we're all hurting, but we don't want to say what we're going through, we want to act like we're not struggling with this. And it's just hard.

Stigma for me looked like, "*What goes on in this house, stays in this house,*" and it looked like that for a lot of my friends, too. So a lot of the hurt my friends went through I didn't find out about until years later, even though I was going through it with them, not knowing I was going through it with them.

JASMINE

SEEKING HELP I felt like I had a great connection with a lot of my teachers. They started to notice subtle changes in me and they reached out to me. I didn't want to share what I was going through, and I felt like I was embarrassed. I felt like I was being successful at hiding my depression, but apparently not.

FINDING SUPPORT Therapy for me was a lifesaver. It was a challenge with my family because they weren't supportive of my decision to continue therapy. However, after talking with my parents and grandparents about why this is important to me and how this is changing me, I was able to have some therapy sessions with them as well. So it definitely played a big role in me feeling better.

Something that surprised me about therapy was how much I loved it. I was just so addicted to being able to express myself, and just getting it off my chest, I didn't want to hold in those feelings anymore. It was definitely comforting to be able to talk to someone and not be afraid that other people were going to find out. It's non-judgmental.

COPING SKILLS Church and my spirituality definitely helped me overcome my hard times. I feel like church gave me hope, it was a place where I was amongst people who were going through something and I could see their pain and I could see them growing, and hope that knowing that, *"Yes, I'm going through something. I'm not alone. And God is going to look out for me, He's there for me."* I also started [living] a healthier life. I became invested in reading my Bible, I became invested in the things that I put into my body, I became invested in working out.



Something that I thought wouldn't help was sharing my story. [When I started to share my story] I was able to see how so many people have gone through something similar to what I went through and could use my life and the way I got through it as an example, and it really helped me.

LOOKING FORWARD If I had to say something to someone who was afraid to get help, I want to say that you're already on the right track. You're thinking about *"How can I change my life?"* or *"How can I overcome this?"* So congratulations. This is your life, and it's a precious gift.

I've learned that life throws everyone curveballs. No matter how rich, beautiful, popular, or another label that is desired, everyone goes through something or is born with something.

JASMINE

REFLECTION QUESTIONS

Talk about the following questions in your small group and jot down some answers.

1. What was going on in Jasmine's life when she was experiencing depression? Why was it so hard for her to talk about those feelings?
2. What did depression feel like for Jasmine or what areas of her life did it affect? How do you think these feelings would have affected her behavior day-to-day?
3. What difficulties did Jasmine have when asking for help or trying to get help? What were the barriers to getting help?
4. What people, resources or activities did Jasmine find helpful when she was experiencing depression? What other resources could have been available to her?
5. What about Jasmine's story most stood out to you? What would you have done as her classmate to help?

STUDENT STORY PRESENTATION

Create a Mini-Poster

Each small group will now create a mini-poster on a sheet of paper to present to the class. **Your mini-poster should highlight one part, theme or message from Jasmine's story** that your group thinks is important for the class to know.



The mini-poster can have words, drawings, sentences, quotes or anything important your group wants to share with the class about Jasmine.



If you're not sure what to talk about, go back to the reflection questions for ideas.



Each group will present their mini-poster to the class. When your small group presents, tell the class:

1. What did you decide to put on your mini-poster?
2. Why did you feel this was an important part of Jasmine's story to share?
3. Overall, what's a positive take away or message you learned from reading about Jasmine today?