

Introduction

Welcome to Lesson 3 of *The Erika's Lighthouse Program: Depression and Suicide Awareness for High School Students*.



Today we're going to work in small groups and imagine that the Erika's Lighthouse film crew has come to your school to interview you for a video about taking care of your mental health in high school.



While not everyone will experience depression, everyone goes through difficult times and it's good to know how to support yourself. In your group, you'll also think about how you can be sensitive to students at your school who may be experiencing depression.



First you'll have a chance to reflect quietly on these questions and write down some answers.



Then you'll share your answers with your group. When other people are sharing, your job is just to listen attentively, there's no need to respond or comment on what your group members are saying.

Interview Questions

PART 1

GETTING TO KNOW YOUR GROUP MEMBERS

When Erika's Lighthouse film crew interviewed students for the video, they started with a few warm-up questions, just to get to know the students better. For these warm-up questions, jot down some answers.

I am...

I come from...

I love/I'm passionate about...

Unless you got to know me, you might not be able to see that...

The people and/or pets who have most shaped and affected my life are...

The 3 things in my life that I'm most grateful for today are...

People have said that my strengths are/that I'm really good at...

Helpful Activities and People

PART 2

FOR THESE QUESTIONS, JOT DOWN SOME ANSWERS

1. What are some stressful situations or events you've experienced in the past?
2. What does it feel like when you're going through a stressful situation? What do you notice about yourself or your behavior when you're stressed or feeling down?
3. When you're feeling stressed or down, what are some things that help you feel better?
4. Are there places you like to spend time when you are feeling stressed or down that help you feel better?
5. Are there people you like to spend time with or talk to when you're feeling stressed or down?
6. Remember a time when you told someone you were feeling stressed, and they responded in a way that helped you feel better. What did that person do or say that felt supportive?
7. Has anyone given you any good advice about how to handle stress that you'd like to share with your group?

Creating a Supportive School/Community

PART 3

FOR THESE QUESTIONS, JOT DOWN SOME ANSWERS

1. When someone in your life is going through a challenging or painful time, like a friend or family member, how do you try to be supportive?
2. What challenges or stressors do you think are most commonly experienced by students at your school?
3. What do you think is the best way for your school/community to support students who have depression?
4. If you could say one thing right now to a classmate who is experiencing depression, what would you say to him or her?

POST ACTIVITY
Full Class Discussion

1. What did you learn about yourself when doing this activity?
2. What did you learn from your group members?
3. What were some of the ideas your group came up with for how your school can better support students who might be experiencing depression?