



**Erika's  
Lighthouse®**

Level III:

Depression Education & Suicide  
Awareness

**LESSON THREE**



# Student Stories

In your groups:

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

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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.

**Step 1:** Identify When You Need Help & Information

**Step 2:** Analyze the Validity of Help & Information

**Step 3:** Locate Valid Help & Information

**Step 4:** Make a Plan to Access Valid Help & Information

**Step 5:** Reflect

Health Skills Models: [www.rmc.org/healthskills](http://www.rmc.org/healthskills)

MASON 1

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MASON 1

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MASON 2

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MASON 3

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# Definitions

## suicide

[ /'su:isaɪd/ ]

noun

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

## self-harm

[ /'self hɑ:rm/ ]

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)**



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Level III:

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Awareness

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



# Find Someone Who

NAME \_\_\_\_\_

Find someone who ...

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

Scan the QR code to fill out a short survey.



Or follow this link:  
<http://elhhspost.info/>



Please tell us what you've learned.

# Closure

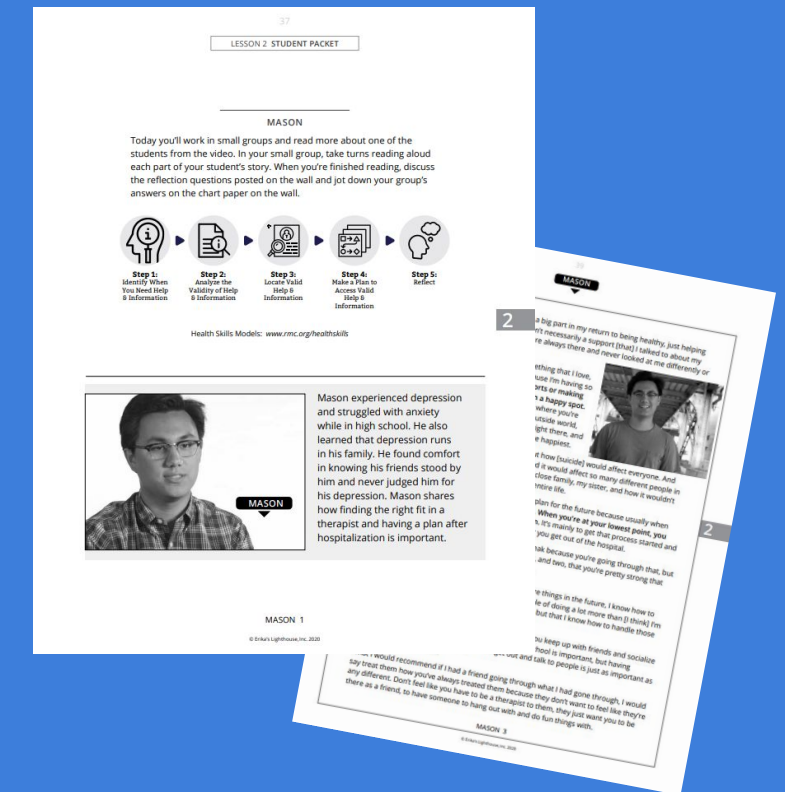
Today we:



Shared our group debriefs around stories of depression



Learned about suicide and self-harm in the video



Reviewed the content from the prior lessons

**The valid and reliable trusted adults in our school are:**

# Lesson 4

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LESSON 4 FACILITATOR INSTRUCTIONS

### Erika's Lighthouse Performance Assessment

Choose one of the 4 options in the boxes below to demonstrate your knowledge and skill gain during this program.

<p><b>You are an author of self-help books that promote well-being.</b> 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.</p> <p><b>Make sure the overview includes:</b></p> <ul style="list-style-type: none"><li>• A story about a main character with depression</li><li>• 4 warning signs of depression for the character</li><li>• Two causes of depression for the character</li><li>• Two valid and reliable resources, products, people or places for the main character to go for support</li><li>• Explanation of why these two sources are valid and reliable.</li></ul>	<p><b>You are a newscaster or radio broadcast reporter reporting a story about depression.</b> 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.</p> <p><b>Make sure your broadcast includes:</b></p> <ul style="list-style-type: none"><li>• A story, or information on depression to adults in the community.</li><li>• 4 warning signs of depression</li><li>• Two causes of depression</li><li>• Two valid and reliable resources, products, people or places the audience may go to for support.</li><li>• Explanation of why these two sources are valid and reliable.</li></ul>
<p><b>You are concerned about a friend possibly being depressed.</b> 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.</p> <p><b>Make sure your message includes:</b></p> <ul style="list-style-type: none"><li>• That you care about them and why you wanted to reach out</li><li>• 4 warning signs of depression that you recognize</li><li>• Two possible causes of depression</li><li>• Two valid and reliable resources, products, people or places your friend could access easily</li><li>• Explanation of why these two sources are valid and reliable.</li></ul>	<p><b>Use Storyboard (or draw) to develop a comic strip story that addresses depression among people your age.</b></p> <p><b>Make sure your comic strip includes:</b></p> <ul style="list-style-type: none"><li>• A story on depression to peers your age</li><li>• 4 warning signs of depression</li><li>• Two causes of depression</li><li>• Two valid and reliable resources, products, people or places the audience may go to for support.</li><li>• Explanation of why these two sources are valid and reliable.</li></ul>

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

**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](http://www.erikaslighthouse.org)

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