TOPIC: TEEN DEPRESSION AND SUICIDE PREVENTION, EDUCATION AND AWARENESS

Teacher Resources: Use: Teen Depression and Suicide Prevention, Education and Awareness Lesson Plan
- Pretest: What Do You Know About Depression in Teens?
- DVD: More Than Sad: Teen Depression
- Activity Sheet: Discussion Questions: More Than Sad
- FAQ Sheet: American Foundation for Suicide Prevention FAQs
- Poster: Suicide Awareness Risk Factors
- Poster: Suicide Awareness Warning Signs
- Wallet Card: National Suicide Prevention Lifeline Phone Number Card

1. INTRODUCTION: Objective, Relationship to Student, and Motivational Devices
The student will have an increased understanding of teen depression and suicide prevention, education and awareness after completing the activities in the lesson and reviewing and discussing the recommended video.

Introductory Statement: (Read to Students)
“Today, we will be watching a video about depression in teens and discussing suicide prevention, education, and awareness. Most of us probably think we know what is meant to be depressed, but in the video, you are going to meet four quite different teenagers, each of whom struggle with depression. After watching the video, we will have a chance to talk about what we’ve seen and the messages we can draw from these teens’ experiences. First, though, I’d like for you to take a few minutes to answer some brief questions about teen depression. Whether or not you think you know the right answers, you’ll want to keep these questions in mind as you watch the video and listen for the correct answers.”

2. PRESENTATION: Instructional Steps or Procedures
1. Each student completes the pre-test “What Do You Know About Depression in Teens”
   Inform students that they should refer to this during the DVD presentation. Students are not required to put their names on the pre-test as this is an anonymous activity. However, the completed pre-test should be submitted at the end of the lesson so that students get a participation grade for the activity.
2. Show “More Than Sad: Teen Depression” DVD

3. GUIDED PRACTICE: (Examples: Key Questions, Class Activity)
Students will work in groups using the Activity Sheet “Discussion Questions: More Than Sad: Teen Depression.” Since there are eight (8) discussion questions, have 8 groups of students and assign each student to one of the groups. Then, assign one question to each group to answer. Have each group report out to the class their group answer to the discussion question. (Jigsaw Activity).
Teacher will circulate among the students to ask and answer questions and facilitate discussion. Students are not required to put their names on the Activity Sheet “Discussion Questions: More Than Sad: Teen Depression” as this is an anonymous activity. However, the completed assignment should be submitted at the end of the lesson so that students get a participation grade for the activity.

4. INDEPENDENT ACTIVITY
   Provide students with the FAQ Sheet: American Foundation of Suicide Prevention FAQs as a resource.

5. LESSON SUMMARY
   1. (Optional Activity). The Warning Sign Poster and the Risk Factor Poster will be passed around from student to student with each student taking turns reading out loud a warning sign or risk factor and/o help seeking strategies. At the conclusion of this activity, the teacher will ask a student to post the posters on the Safety Board and distribute the wallet cards to the students as a reference.
      • NOTE: If the activity does not take place, please make sure that the students know that the Warning Sign Poster and Risk Factor Poster will be located on the Safety Board as references and distribute the wallet cards to the students.
   2. Exit Ticket: Explain three key points you learned from today’s lesson on Teen Depression and Suicide Prevention, Education and Awareness.

Information for this lesson has been obtained from The American Foundation for Suicide Prevention at http://www.afsp.org.