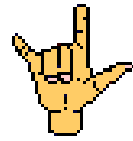




Surviving High School Lesson #5: Getting Real



Introduction:

- ☐ Review what was learned in the previous lesson. What did people learn and discover about labels?
- ☐ What actions did people take to make a positive difference or to ***Be the Change?***

Discussion Questions:

- ☐ Do you know people who have struggled with depression and/or thoughts of suicide? How has this affected you?
- ☐ What are the signs that someone is seriously depressed?
- ☐ What have you done to support someone who was feeling depressed or suicidal? What else can people do?

Notice:

- ☐ Have you ever struggled with thoughts of depression or suicide?
- ☐ What support did you need during those times?
- ☐ Are there people in your life who you feel might need a friend who will listen?
- ☐ Notice the people in your life that want to be there for you – notice if you are open and willing to get support.
- ☐ How do you feel about the relationships in your life and why? Is your family the way you would like it to be? Why or why not?

Choose:

- ☐ Choose someone in your life that you want to let know more about the real you.
- ☐ Choose a friend or family member that you trust will really listen to you.

Act:

- ☐ Set up a time to share life stories with the person you choose to let know more about you. Be sure you have an agreement from them and be willing to take the lead on sharing – Focus your sharing on the highs, lows and share about some of the times you have felt most alone and why. After you have both shared – discuss what you would like to happen in your on-going relationship with this person. Be prepared to share about your experience and how it felt.

Home Play:

- ☐ Write a letter to a person who has been a big part of raising you. It could be a parent, grandparent, aunt, uncle, sibling, mentor or care worker. Share your gratitude, feelings and thoughts about how it feels to have them in your life. Pay special attention to the things you love about them and the impact they've had in your life. Come back ready to share what it was like to write the letter and challenge yourself to give it to them.