

## ***Introduction***

Teen suicide is a complex event often arising out of deep depression when a teen develops feelings that they are unwanted, misunderstood, angry, ashamed, abused, unloved or victimized. Teens commit suicide because they may be feeling guilty about disappointing family, friends or they feel an overwhelming sense that they are too much of a burden on others. If a teen commits suicide, everyone is affected. Sometimes even those who barely know the teen develop feelings of guilt, confusion and the sense they could have done something to prevent the suicide. Hear from Real Teens as they discuss their feelings about severe depression and suicide.

## ***Learning Objectives***

After completing the program students will have an understanding of how Deep Depression can lead to a teen's suicide or attempted suicide. Deep Depression can impact a teen's self esteem, attitudes toward peers, academic achievement and the ability to behave and perform responsibly.

Students will also see and understand that deep depression is complicated. However with the help of support networks, family, friends and peer groups, teens will learn that there are ways to deal with day to day anxieties and frustration.

## ***Discussion Topics/Questions***

- 1) What are the warning signs and symptoms that increase the risk of suicide among teens?
- 2) Why do Teens feel that often suicide is their only remedy against deep depression?
- 3) Is suicide greater among girls or boys?
- 4) What is deep depression?
- 5) How is depression recognized?
- 6) What are the warning signs of substance abuse?
- 7) Where to turn to if you or a friend needs help.

## ***Presenting The Program:***

To prepare a lesson plan for each program, please review the suggested outline below.

### **1) Before Students View the Program:**

If appropriate, assign a brief essay on the student's view of the subject. Have available as many recommended books as possible to help generate class interest and participation. Discuss as a group what each student's advice would be on the subject to other teens. Preview each program and become familiar with the concepts presented. Opinions will vary and no answer should be considered wrong.

### **2) Students View The Program:**

The first class viewing of the program should be uninterrupted.

### **3) After the First Viewing:**

Students should be prompted to discuss the views of the teens featured in the program. The students may be asked whom they agreed with most and who they disagreed with most.

### **4) Second Viewing:**

The second viewing will enforce and help the children remember the subjects that they have just discussed. Students may point out which featured teens opinion they agreed or disagreed with. This viewing may be interrupted as needed to facilitate discussion. Teacher or students may prompt the pausing of the program. The concept of solutions regarding the issues brought up by the students and the featured teens is important to this discussion.

### **5) Post Activities and Discussion:**

If appropriate - second brief essay may be assigned to compare the difference in the students opinion before and after the viewing and discussion. Discussion questions may be used to stimulate interest in solutions, reinforce concepts and evaluate student comprehension.

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# **The Real Life Teens Series**

## **Deep Depression & Suicide**

**Q381DVD**

This Program is designed for a general High School audience, grades 8- 12.