

Classroom Guidance Lesson Plan

Counselor Name: Cathy Binford

School: Grandview High School

Title of Lesson: Depression/Suicide Prevention

Date: October, 2006

Unit: Freshman Seminar

Grade Level: 9

Time Required: 30 minutes

ASCA National Standard(s):

Personal/Social Domain, Standard A: Students will acquire the attitudes, knowledge and interpersonal skills to help them understand and respect self and others, Standard C: Students will understand safety and survival skills.

Competency(ies) Addressed:

C:A1 Acquire self-knowledge

C:C1 Acquire personal safety skills.

Material/Resources: Depression/Suicide quiz, Signs and symptoms handout, Life Lines cards, Needs assessment

Activity:

1. Give Depression/Suicide quiz.
2. Pair students and assign them to explain their reasoning for one of the questions.
3. Review the answers to the quiz with the students.
4. Pass out "Signs and Symptoms" handout.
5. For suicide prevention, ask "Where do kids go for help?"
6. Pass out "Life Line" Cards.
7. On the back of "Life Line" card, have students write the names of three adults they would feel comfortable in talking to either about themselves or a friend.
8. Read "Make a Difference" story out loud.
9. Conclude with having each student fill out and return a "Needs Survey".

Evaluation: How was the evaluation conducted?

(attach additional documentation as needed)

Classroom participation

End of course evaluation for Freshman Seminar

Depression/ Suicide Quiz

Answer T for true and F for false.

- ___ 1. People who talk about killing themselves rarely commit suicide.
- ___ 2. The tendency toward depression is inherited and passed from generation to generation.
- ___ 3. The suicidal person wants to die and feels there is no turning back.
- ___ 4. There is a very low correlation between alcoholism/drug abuse and suicide.
- ___ 5. Suicidal people are mentally ill.
- ___ 6. If someone attempts suicide, he/she will always entertain thoughts of suicide.
- ___ 7. Asking a person about his or her suicidal intentions does not encourage the person to kill himself or herself.
- ___ 8. Suicide is most common in the lower class. Professional people rarely kill themselves.
- ___ 9. When depression lifts, there is no longer any danger of suicide.
- ___ 10. Depression rarely affects teenagers.
- ___ 11. Teenage girls are much more likely to commit suicide than teenage boys.

SYMPTOMS OF SERIOUS DEPRESSION

- Sleeping too little or too much
- Changes in appetite/weight loss or gain
- Sad, anxious or “empty” mood, crying spells
- Feeling restless/agitated, irritable, or aggressive
- Trouble concentrating, remembering, or making decisions
- Fatigue or loss of energy
- Dramatic change in school or athletic performance, attendance problems, and/or dropping out
- Significant change in personality or appearance
- Signs of drug and/or alcohol abuse
- Loss of interest in pleasurable activities
- Isolation and withdrawal
- Running away
- Self-injury; cutting, burning, punctures, scratching, etc.

WARNING SIGNS OF SUICIDE

- ❖ Threats or statements indicating a desire for death
- ❖ Giving away personal belongings
- ❖ Personality or behavioral change (withdrawal from friends and activities, apathy, moodiness)
- ❖ Excessive drug or alcohol abuse
- ❖ Previous suicide attempts
- ❖ Severe and/or prolonged depression (sleep and appetite disturbance, inability to think or function)
- ❖ Hopelessness, loss of belief that things can get better
- ❖ Writing and/or artwork depicting destruction or violence

Make A Difference

One day, when I was a freshman in high school, I saw a kid from my class was walking home from school. His name was Kyle. It looked like he was carrying all of his books. I thought to myself, "Why would anyone bring home all his books on Friday? He must really be a nerd." I had quite a weekend planned (parties and a football game with my friend's tomorrow afternoon), so I shrugged my shoulders and went on. As I was walking, I saw a bunch of kids running toward him. They ran at him, knocking all his books out of his arms and tripping him so he landed in the dirt. His glasses went flying, and I saw them land in the grass about ten feet from him. He looked up and I saw this terrible sadness in his eyes. My heart went out to him. So, I jogged over to him and as he crawled around looking for his glasses, I saw a tear in his eye. As I handed him his glasses, I said, "Those guys are jerks. They really should get lives." He looked at me and said, "Hey thanks!" There was a big smile on his face. It was one of those smiles that showed real gratitude. I helped him pick up his books, and asked him where he lived. As it turned out, he lived near me, so I asked him why I had never seen him before. He said he had gone to private school before now. I would have never hung out with a private school kid before. We talked all the way home, and I carried some of his books. He turned out to be a pretty cool kid. I asked him if he wanted to play a little football with my friends. He said yes. We hung out all weekend and the more I got to know Kyle, the more I liked him, and my friends thought the same of him. Monday morning came, and there was Kyle with the huge stack of books again. I stopped him and said, "Boy, you are gonna really build some serious muscles with this pile of books everyday!" He just laughed and handed me half the books.

Over the next four years, Kyle and I became best friends. When we were seniors, we began to think about college. Kyle decided on Georgetown and I was going to Duke. I knew that we would always be friends, that the miles would never be a problem. He was going to be a doctor, and I was going for business on a football scholarship. Kyle was valedictorian of our class. I teased him all the time about being a nerd. He had to prepare a speech for graduation. I was so glad it wasn't me having to get up there and speak. Graduation day, I saw Kyle. He looked great. He was one of those guys that really found himself during high school. He filled out and actually looked good in glasses. He had more dates than I had and all the girls loved him. Boy, sometimes I was jealous. So, I smacked him on the back and said, "Hey, big guy, you'll be great!" He looked at me with one of those looks (the really grateful one) and smiled. "Thanks," he said.

As he started his speech, he cleared his throat, and began. "Graduation is a time to thank those who helped you make it through those tough years. Your parents, your teachers your siblings, maybe a coach...but mostly your friends. I am going to tell you a story. "I just looked at my friend with disbelief as he told the story of the first day we met. He had planned to kill himself over the weekend. He talked of how he cleaned out his locker so his Mom wouldn't have to do it later and was carrying his stuff home. He looked hard at me and gave me a little smile. "Thankfully, I was saved. My friend saved me from doing the unspeakable." I heard the gasp go through the crowd as this handsome, popular boy told us all about his weakest moment. I saw his mom and dad looking at me and smiling that same grateful smile. Not until that moment did I realize its depth.

Never underestimate the power of your actions. With one small gesture you can change a person's life.

Name _____ Counselor _____



1. During high school, I would like more information about:

- | | |
|---|--|
| <input type="checkbox"/> abuse | <input type="checkbox"/> ADD/ADHD |
| <input type="checkbox"/> academic counseling | <input type="checkbox"/> alcohol use |
| <input type="checkbox"/> anxiety | <input type="checkbox"/> athletics |
| <input type="checkbox"/> career/technical education | <input type="checkbox"/> community involvement |
| <input type="checkbox"/> college planning | <input type="checkbox"/> date rape |
| <input type="checkbox"/> depression | <input type="checkbox"/> diversity |
| <input type="checkbox"/> divorce | <input type="checkbox"/> eating disorders |
| <input type="checkbox"/> family issues | <input type="checkbox"/> finding a job |
| <input type="checkbox"/> grief | <input type="checkbox"/> harassment |
| <input type="checkbox"/> improving grades | <input type="checkbox"/> meeting new people |
| <input type="checkbox"/> mental health issues | <input type="checkbox"/> peer pressure |
| <input type="checkbox"/> scholarship opportunities | <input type="checkbox"/> school involvement |
| <input type="checkbox"/> self injury | <input type="checkbox"/> sex education |
| <input type="checkbox"/> study skills | <input type="checkbox"/> summer programs |
| <input type="checkbox"/> teacher issues | <input type="checkbox"/> test taking |
| <input type="checkbox"/> time management | <input type="checkbox"/> tutoring |
| <input type="checkbox"/> relationships | |

2. I would like to talk to my school counselor about:

3. I am interested in being a part of a support group:

yes no maybe

Freshman Seminar Student Evaluation

5	4	3	2	1
Yes	Mostly Yes	Not Sure	Mostly No	No
Completely Agree	Mostly Agree		Mostly Disagree	Completely Disagree

CIRCLE NUMBER

1. Did you enjoy about Freshman Seminar? 5 4 3 2 1

*List two aspects/activities you enjoyed the most.

a. _____

b. _____

2. Did you dislike about Freshman Seminar? 5 4 3 2 1

*List two aspects/activities that you disliked the most.

a. _____

b. _____

3. Would you change the curriculum to make it more effective or useful for freshman?

5 4 3 2 1

*What two things would you change?

a. _____

b. _____

4. Did you feel as if your teacher answered your questions and made your transition to high school a little easier? 5 4 3 2 1

5. Did you feel as if your student leader was helpful? 5 4 3 2 1

6. My knowledge of the student handbook is good. 5 4 3 2 1

7. My knowledge of the library is good. 5 4 3 2 1

8. Do you have any additional comments/suggestions that would help make Freshman Seminar better? _____

9. As a result of the counselor presentation in Freshman Seminar, I have a greater understanding of a high school transcript. 5 4 3 2 1
10. My completed 4-year plan will help me choose appropriate classes in my future. 5 4 3 2 1
11. I have a greater awareness of the warning signs of suicide and depression. 5 4 3 2 1
12. I now know what to do if I was aware of someone who was suicidal. 5 4 3 2 1