

Clarifying Objective

- 8.MEH.3.1 - Recognize signs and symptoms of hurting self or others.

Statement of Objectives:

Today we will be discussing depression and how it affects health and well-being. By the end of the lesson, you will be able to recognize the signs and symptoms of hurting self or others.

Activity

- Give each student a symptom of depression card (Appendix 2 a, b, c) and have him/her decide where it belongs on the continuum and place it on the chalkboard, accordingly.
- It is normal to be sad or depressed from time to time.
- These feelings do not usually last for a long period of time.
- However, if these feelings persist for a longer period of time, it may indicate that the person is suffering from depression.



Feeling Blue

— Serious Depression

Video

- Why?
- *What do you think is the main message in this song?*
- *What is the most important thing you will remember from this song?*
- *What is the message you will take away?*
- *One thing I want you to know about this song is that every member of Rascal Flatts has been affected by suicide.*

What Do You Think?

- How is a two-year-old (who falls in the middle of a pool and is drowning) like a teenager who is depressed or suicidal?
 - Both need someone to help them or they will die.
 - Both do not have the skills they need to help themselves.
 - As the child goes deeper into the water, so does the teenager get deeper into their depression.
 - Both can be prevented.
 - Both need professional help.

- Suicide takes the lives of nearly 30,000 Americans every year.
- The strongest risk factor for suicide is depression.

RECOGNIZING SIGNS OF HURTING SELF OR OTHERS



2011 NC Youth Risk Behavior Survey

- Suicide is the *third* leading cause of death for teens
- Of students in grades 9-12:
 - 28.3% of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months.
 - 14.3% seriously considered attempting suicide in the past year
 - 13.5% made a plan about how they would attempt suicide during the past 12 months
 - 5.0% reported attempting suicide
- *Same* risk and protective factors for suicide and other problem behaviors such as drugs, violence, risky sexual behavior

Depression

- Depression is more than the “blues” or the “blahs.” It is more than the normal everyday ups and downs.
- Clinical depression is a medical condition. It is **when feelings of sadness, hopelessness, and despair persist and interfere with a person’s ability to function.**
- Many adults and teenagers do not recognize the symptoms of depression in themselves or others.

Depression

- Depression affects people of all ages.
- It will affect more than 19 million people every year.
- Some people experience only one episode of depression in their entire life, but others may have several episodes of depression.
- Depression can begin suddenly for no apparent reason, while others can be associated with a life situation.

Self – Hurting Behaviors

- Self-injury is **the act of deliberately destroying body tissue, at times to change a way of feeling.**
- It is an intentional act, repetitive, and results in minor to moderate harm without the intent to cause death.
- Self-injury often occurs in secret – person hides the self-injury from others.

Self Injury Symptoms

- Cutting
- Burning
- Pin-Sticking
- Carving
- Scratching
- Branding
- Marking
- Head-banging
- Picking and pulling skin and hair
- Abrasions (scrapes or bruises)
- Biting
- Hitting
- Breaking bones
- Tattooing
- Excessive body piercing

Why Do They Hurt Themselves?

- To escape from emotional pain, such as anger or anxiety
- To release tension
- To physically express pain
- To express feelings of emptiness, loneliness, helplessness
- An attempt to feel/be more in control
- To protect themselves from pain
- Not understood by others
- To induce a pleasure state from the endorphins that are released

SIGNS OF SELF - INJURY

- Frequent or unexplained scars, cuts, bruises, and burns (often on the arms, thighs, abdomen)
- Consistent, inappropriate use of clothing to cover scars
- General signs of depression
- Secretive behavior, spending unusual amounts of time in the bathroom or other isolated areas
- Social or emotional isolation and disconnectedness
- Substance abuse

SIGNS OF SELF - INJURY

- Possession of sharp instruments, (razor blades, thumb tacks, pins)
- Indications of extreme anger, sadness, or pain
- Images of physical harm in class or creative work
- Extreme risk-taking behaviors that could result in injuries



Getting Help



Giving Help

- Let him or her know that you care and want to help.
- Acknowledge that your friend has a problem and that the symptoms are serious. Ask about suicide.
- Convince your friend to ask for help. This may include your talking to a trusted adult.

Video

- Real Life Teens: Self-Destruction

The steps that a person should follow if they have a friend that is thinking about suicide.

- *1. Let him or her know that you care and want to help.*
- *2. Acknowledge that your friend has a problem and that the symptoms are serious. Ask about suicide. It is important for you to specifically ask your friend if he or she is thinking about taking suicide.*
- *3. Convince your friend to ask for help. This may include your talking to a trusted adult.*

Guided Practice:

- Place students in groups of 3-4. Give students in each group a copy of one of the Depression and Self-Hurting Scenarios (Appendix 5a, b, c).
- *Your group is to read the scenario and underline the signs and symptoms of suicide or self-injury that this person is experiencing or exhibiting.*
- *You will have 5 minutes to complete this assignment.*
- Once all groups are finished, read aloud each scenario, and have each group report the signs of depression in their scenario.

Depression / Self-Hurting Scenarios (cut into strips)

Dakota has been down for a long time. He doesn't really remember when they started feeling this way, but he just feels empty. Dakota isn't really sure what is making him feel so empty, but is wondering if it's because his/her parents recently separated. Dakota's parents fought all the time and it's been better since they separated because the fighting has stopped, but his mother seems very sad and cries a lot. Dakota used to talk to his best friend Da-Shawn all the time, but lately he's been feeling sad and lonely. He's quit talking to Da-Shawn because he just doesn't have the energy to hang out with anyone. He doesn't think that Da-Shawn will understand and it just doesn't seem worth the effort. Dakota used to get good grades, but lately he's not been doing very well in his classes. He's just not been able to concentrate on anything.

Paloma is a quiet middle school student that keeps to herself. She is a new student this year because her family moved here from another town. Paloma is frequently bullied by a group of girls at her new school. Alona has a couple of classes with Paloma. Alona has tried talking to Paloma during class and occasionally sits with her at lunch. One day Alona and Paloma were leaving the lunchroom when a group of girls starting making fun of Paloma. Alona took up for Paloma and told the girls to leave her alone. Paloma says that no matter what school she goes to no one understands her. She says she doesn't remember the last time she was happy and except for Alona, she basically isolates herself from others. One day in art class, Alona notices that the picture Paloma has drawn shows a person cutting their arms with a razor and realizes that Paloma always wears a long sleeve shirt.

Isabella has been hanging around with a new group of friends since the school year started a few months ago. These new friends are in high school. She was sick of her other friends always asking what was bothering her, and this new group of friends doesn't care what is wrong. Isabella spends the weekends partying with them. They smoke pot and drink alcohol. Isabella didn't do those things with her other friends and always said she would never use drugs. She doesn't care that anymore, or anything else. She likes getting high, it helps her forget her problems. She feels numb and empty most of the time, but when's she is drinking and using drugs, she feels something. She's thinking about trying other drugs because nothing matters anymore.

Zoey is distraught because her boyfriend broke up with her last night. She had told everyone that Brad was her soul mate. He's in high school and they had been dating for 6 months. Zoey lost her parents in a car accident about a year ago and ever since she met Brad things has been perfect. He is her best friend. She's been crying all night and decides she is going to stay home from school today. Alexis, one of her girlfriends called to check on her when she found out about the breakup at school. Zoey told Alexis, "Brad was the one who picked me up when my parents died. He is my best friend and I cannot handle losing my parents and Brad too. I have no one. Life is not worth living. Besides no one would miss me if I was gone. I have NO ONE!"

DeQuain fights constantly with his parents. He gets grounded for just about everything he does. DeQuain is a good student, but he has been down for over a month. He is having trouble at school and says it is really hard to concentrate on anything but what is going on with his parents. His grades are dropping and he may become ineligible for sport the second semester if he doesn't pull his grades up. He says that he really doesn't care if he loses basketball because it's not that important to him anymore. He says sneaking out at night and getting drunk is more fun than basketball ever was.

Ernesto is a star soccer player and an excellent student. He has a very large family and is counting on a full scholarship in order to go to college. He knows that soccer players don't usually get full rides, so he needs an academic scholarship too. Everything seems to working out for his future until he gets his SAT scores. Ernesto realizes that his chances of getting a full ride to school are pretty low at this point. He tells his best friend, "I've been working hard for 4 years and not having as much fun as I could. I'm going to party all weekend." Over the next few weeks, Ernesto continues to party on the weekends. He starts skipping school and when he does comes, he has a hard time staying awake because he can't sleep at night. He feels helpless, worthless and feels really guilty about letting his parents down. He spends less and less time with his family. He is either out partying or in his room.

Ask students:

- • *What would you do if a friend makes you promise to keep it a secret?*
- *Why would you tell someone?*
 - *(It is better to have your friend upset with you for awhile than it would be to lose your friend to a suicide.)*

Independent Practice:

- Make a paper slide show answering one of the following questions...
 - What are the signs and symptoms of hurting self or others
 - How can you help a friend or one's self who is thinking of hurting oneself
- Directions for a paper slide show.
 - [Paper Slide Show Instructions](#)

Closure:

- *Today we learned to recognize the signs and symptoms of hurting self or others. This includes self-injury and suicide. You demonstrated your ability to not only recognize the signs and symptoms but also effective methods for seeking help.*