



Session #2

How do I help a friend?

7th Grade Health
lesson #16- Lifelines Session #2
OBJECTIVES

- Organize warning signs around the FACTS sheet.**
- Recognize specific warning signs of suicide in yourself and others**
- Name 3 basic intervention steps**
- Identify the words used to ask about suicide**

Warning Signs of Suicide

FACTS

Feelings

Actions

Changes

Threats

Situations

Feelings

- Hopelessness: feeling like things are bad and won't get any better**
- Fear of losing control, going crazy, harming him/her self or others**
- Helplessness: a belief that there's nothing that can be done to make life better**
- Worthlessness: feeling like an awful person that would be better off if he/she was dead**
- Hating himself/her self, feeling guilty or ashamed**
- Being extremely sad or lonely**
- Feeling anxious, worried or angry all the time**

Actions

- Drug or alcohol abuse**
- Talking or writing about death or destruction**
- Aggression: getting into fights or having arguments with other people**
- Recklessness: doing risky or dangerous things**

Changes

- Personality: behaving like a different person, becoming withdrawn, tired all the time, not caring about anything, or becoming more talkative or outgoing**
- Behavior: can't concentrate on school or regular tasks**
- Sleeping pattern: sleeping all of the time or not being able to sleep, or waking up in the middle of the night or early morning and not being able to get back to sleep**
- Eating habits: loss of appetite and or over eating and gaining weight**
- Losing interest in friends, hobbies and appearance or on activities or sports previously enjoyed**
- Sudden improvement after a period of being down or with drawn**

Threats

- Statements like “How long does it take to bleed to death?”
- Threats like “I won’t be around much longer” or “Don’t tell anyone else... you won’t be my friend if you tell”
- Plans like giving away favorite things, studying ways to die, obtaining a weapon or a stash of pills: risk is very high if a person has a plan and the way to do it
- Suicide attempts like overdosing , wrist cutting

Situations

- Getting into trouble at school, at home or with the law**
- Recent loss through death, divorce, or separation; the breakup of a relationship; losing an opportunity or a dream; losing self esteem**
- Changes in life that are overwhelming**
- Being exposed to suicide or death of a peer under any circumstances**

3 Intervention Steps

- Show you care**
- Ask about suicide**
- Convince a friend to go for help**

Role Play

- Use the following link to watch the Life Lines Role Plays.
<https://www.youtube.com/watch?v=SHtCg-AZA2w>
- Choose 2 of the role plays and fill in the FACTS Chart based on the content of the role play