**SOS 7th Grade Health Lesson**

Prior to lesson: send out letter and informational material to parents of students in health class (per semester)

Materials: SOS video, dry erase board and marker, causes of depression cards, beach ball, SOS newsletter/worksheet, SOS study guide, “If you need to speak to someone” sheet, any up to date data on depression, suicide, etc.

Target: Students will be able to recognize the signs of suicide.

Procedure:

1. Have students get dry erase boards, markers, and socks for their group. Have student write the answers to the following on their boards and discuss their answers.
   1. What is depression?
      1. ACTIONS - What does it look like?
      2. WORDS - What does it sound like?
      3. Define depression in your own words.
   2. Review the follow definitions of the wellness pyramid
      1. Social - anything to do with relationships among family, friends, others.
      2. Mental-Emotional - how you think and feel
      3. Physical - anything to do with your general physical health
      4. Have students draw and label the health triangle.
   3. Card Sorting Activity - organize the cards on the dry erase board using the 3 categories
      1. social factors
      2. mental-emotional factors
      3. physical factors
      4. ADD THREE other factors
2. Beach Ball Analogy-tell a story about depression (Mrs. Sell tells one about her aunt who lost her financial stability and ended up losing all her possessions, went into a depression and took her life), as you mention the things lost, deflate the beach ball as a symbol of losing everything and “being deflated”.
3. Explain why you are teaching this lesson. Start by explaining that SOS was put into place from a survey years ago called the YRBS (youth risk behavior survey). Students noted their worries about suicide (depression, hurting, plans, attempted suicides) and the district wanted to be proactive. YRBS data from the county showed that Sheboygan has high levels of financial and social stress, cyberbullying, parental fighting, jail and divorce. County results also showed that Sheboygan is high in alcohol abuse and domestic abuse. All this data can lead to suicide. Suicide rates in Sheboygan (2014): Males are high, mostly ages 20-24 and 45-49.
4. Discuss why they think males have higher suicide rates and why they think those ages are high. (males tend to be more successful and discuss the stresses that go on during those times in life).
5. Tell class that we are going to watch a video about the signs of suicide.
6. Watch video.
7. Ask students if they questioned any of the “wrong” moments in the video. In the video the characters were supportive and kind, but they didn’t do a big part of ACT. Which one? (tell an adult)
8. Ask: How many of you would tell your friends things you wouldn’t tell your parents? This means you are on the front lines to learn if someone is depressed.
9. Depression is a medical condition. I wouldn’t have one of you operate on my heart if I had a heart condition. Would I? No, I would go to a specialist to treat it. The same goes for depression.
10. Explain the “if you need to speak with someone” sheet, pass it out, and collect.
11. Have students count off and get into new groups. Give each group the SOS study guide and have them work on it. When they are finished go over the answers and if there is time, have students work on the SOS newsletter.

Causes of Depression Cards

Social Factors:

|  |  |
| --- | --- |
| Recent loss | Too much responsibility |
| Lack of family support | Lack of friends |
| Lack of money | Being bullied |

Mental-Emotional:

|  |  |
| --- | --- |
| Experiencing rejection | Being a perfectionist |
| Suffering anxiety | Lack of self esteem |
| Feeling lonely | Lack of hope |

Physical Factor:

|  |  |
| --- | --- |
| Having an illness | Drinking excessive amounts of alcohol |
| History of depression in the family | Having undergone serious surgery |
| Poor diet | Drug abuse |

Based on the SOS: GET INTO THE ACT PROGRAM, I FEEL…

\_\_\_I need to talk to someone about myself of a friend

\_\_\_I do not need to talk to someone about myself or a friend.

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_If you wish to speak with someone, you will be contacted within the week. If you need to speak with someone sooner, please ask for help immediately.

Based on the SOS: GET INTO THE ACT PROGRAM, I FEEL…

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Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_If you wish to speak with someone, you will be contacted within the week. If you need to speak with someone sooner, please ask for help immediately.

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SOS Study Guide – 7th Grade Health

Names\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. True/False Counselors, psychologists, and social workers an all be resources to help with mental health issues

2. Happy, mad, ashamed are all examples of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

3. What does ACT stand for? A\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

C\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

T\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. What does SOS stand for? S\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

O\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. List three warning signs of suicide. 1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. List 3 potential signs of depression. 1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. A depressed student’s school performance may \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

8. Cleaning one’s bedroom “for the last time” is a sign of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

9. What is a negative coping skill that people resort to when dealing with problems?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10. True or False When someone talks about hurting themselves, you need to be sure they mean it before telling an adult.

11. True or False When a friend is telling you about sad feelings always try to cheer them up.

12. List three things you should NOT DO when helping with suicidal thoughts.

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13. What are some things a person who is thinking about suicide might say?

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14. True or False It is not normal to get sad from time to time.

15. What actions should you take if you are cyberbullied?

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