



Grade 8 Lesson Plan: Life Saver

Objectives/Goals

1. Students will be able to Identify protective factors, risk factors and warning signs of a person who is struggling with thoughts of suicide.
2. Students will identify strategies of how to help a peer/ individual seek help through resources available.

Materials

- Myths Facts worksheet
- Classroom set of the “Everyone Teach One Facts”
- I jumped off of the Golden Gate Bridge Worksheet with [video](#)
- 13 Reasons Why You Matter
- 13 Reasons Why Not?

Procedure

Step 1

- Have students read and discuss the suicide myths/facts worksheet and then answer the questions

Step 2

- Each One Teach One
 - Prior to the class, take the “Every One Teach One Facts” handout and cut it into individual fact strips. Distribute them among members of the class or group. Repeat facts for larger groups. Instruct the group to do the following:
 - You have received a strip of paper with a fact relating to suicide. Read and become familiar with your fact.
 - When I say “go,” stand up from your seat and find other people to individually share your fact with. Take time to listen carefully to the fact that they have to share with you.

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- Only share your fact with one person at a time, not with a group. Move carefully through the group trying to reach as many people individually as possible with your fact.
- When you see my hand raised in the air, please raise yours as well and stop where you are in sharing your fact. Then quietly return to your seat

Step 3

- Show the [video](#) about Kevin Hines surviving his suicide attempt by jumping off of the Golden Gate Bridge
- Answer the questions

Step 4

- Complete the 13 Reasons Why I Matter Worksheet

Step 5

- Complete the 13 Reasons Why Not worksheet

Step 6

- Discuss the way to be a lifesaver is to **ACT**
 - Acknowledge
 - Care
 - Treatment

Assessment Idea

Students will create a list of 13 reasons why suicide is not a valid option

References

- Melanie Lynch, 2016 SHAPE America National Health Teacher of the Year
- http://nationalsave.org/pdf/SAVE_Manual_SuicidePrevention.pdf
- <https://mentalhealthdaily.com/2014/07/23/15-common-causes-of-suicide-why-do-people-kill-themselves>
- <https://www.youtube.com/watch?v=WcSUs9iZv-g>
- <https://www.suicideinfo.ca/wp-content/uploads/2017/04/13RW-Lesson-Plan-and-Teacher-Resources-1.pdf>

Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

Myths and Facts About Suicide

Directions: With your group, read and discuss each myth and fact then answer the questions below.

1. Myth Talking about suicide will give my friend the idea to attempt suicide.

Fact Talking about suicide does not cause people to think about killing themselves. Asking about suicide gives them the opportunity to speak openly about what's going on and shows your friend that you care about them!

What's your opinion?

2. Myth People who are suicidal want to die.

Fact Most people who die by suicide do not want to die. They simply want the pain of living to stop.

3. Myth If my friend is suicidal now, they will be suicidal forever.

Fact No, your friend's suicidal thoughts may be related to a temporary situation that is causing them great stress or emotional pain. These feelings will pass especially if they have help working through them.

5. Myth My friend will be angry if I try to help them.

Fact Your friend might become angry or defensive because of embarrassment or shame or feeling that they do not need help. Even if your friend doesn't accept help, you need to tell an adult you trust that your friend is suicidal.

6. Myth My friend seems to be feeling better so they are no longer at risk.

Fact Unfortunately, this is not necessarily true. Sometimes when people act like everything is okay, or they act happy after a long period of sadness, they are still struggling. They may appear suddenly calm after a period of anxiety and agitation. This may indicate they have decided to take their life and are resigned with the decision. Make sure that an adult knows that your friend is/was struggling with thoughts of suicide.

Myths and Facts About Suicide

1. What surprises you the most?

2. What is something new you learned?

3. What did you already know?

4. How is this different from what we brainstormed at the beginning of class?

5. Write one question you would like to ask about suicide?

Each One Teach One Activity:

1. Adolescent suicide is an increasing problem in the U.S.
2. Females attempt suicide more frequently than males (3:1); however, males complete suicide more frequently than females (4:1)
3. Most teens who are experiencing active suicidal ideation will admit their plans to someone who is concerned and asks about their distress.
4. Suicidal threats, preoccupation or behavior must always be taken seriously.
5. Adolescent suicide is a threat to young people of every race, ethnicity, and socioeconomic status.
6. Over 90% of suicidal adolescents give clues to others prior to their attempt.
7. Studies have shown that, among parents of children found to have suicidal ideation; up to 86% of parents were unaware of their child's suicidal risk.
8. For every completed youth suicide, it is estimated 100-200 attempts are made.
9. Each day there are approximately 12 youth suicides. A person under the age of 25 dies by suicide every 2 hours, 11 minutes.
10. It is likely that three students (one boy and two girls) within a typical high school classroom have made a suicide attempt in the past year.
11. Research has shown that most adolescent suicides occur after school hours, in the teen's home.
12. Adolescent suicide is a major health problem however, a great deal is known about the risk factors and underlying causes which can guide prevention efforts.
13. Suicide ranks third as a cause of death among young (15-24) Americans. Only accidents and homicides occur more frequently.
14. Mental health diagnoses are generally associated with a higher rate of suicide.
15. Socially isolated individuals are generally found to be at a higher risk for suicide.
16. Research has shown that the access to and the availability of firearms influences significant increases in rates of youth suicide.
17. One in 12 college students has made a suicide plan.

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18. Not all adolescent attempters may admit their intent. Therefore, any deliberate self-harming behaviors should be considered serious and in need of further evaluation.
19. Most adolescent suicide attempts are triggered by interpersonal conflicts. The intent of the behavior appears to be to effect change in the behaviors or attitudes of others.
20. Suicide is preventable. Most suicidal individuals desperately want to live; they are just unable to see alternatives to their problems.
21. Most suicidal individuals give definite warnings of their suicidal intentions, but others are either unaware of the significance of these warnings or do not know how to respond to them.
22. Talking about suicide does not cause someone to be suicidal.
23. Approximately 32,000 Americans kill themselves every year. The number of suicide attempts is much greater and often results in serious injury
24. Nearly everyone at some time in his or her life thinks about suicide. Most everyone decides to live because they realize that the crisis is temporary, but death is not.
25. If you know someone who is talking about suicide, take them seriously. Ask them if they are thinking about suicide and be willing to listen to their response. Know that there are resources where you can seek help and take action to get help for this person.
26. Don't promise someone who may be talking about suicide that you will keep their intentions secret; you must seek support for them.
27. Surviving family members not only suffer the trauma of losing a loved one to suicide, but they may also be at higher risk for suicide and emotional problems.
28. Some people who don't know how to cope may engage in self-injury. One type of self-injury is called cutting or injuring yourself on purpose by making scratches or cuts on your body with a sharp object.
29. If you are struggling with problems, make sure you tell someone you trust what's going on so you can get help figuring out what to do about the problems you are facing. Surround yourself with people who are caring and positive.
30. Don't be afraid to seek professional help if you are getting down and depressed, if you don't have a strong support network, or feel you can't cope.
31. Friends are often in a good position to recognize teens at-risk of suicide and must involve others when trying to help prevent a suicide.

1 Jumped off the Golden Gate Bridge: Kevin Hines

List three things you found interesting about the video.

1. _____

2. _____

3. _____

How did Kevin's experience affect his life, and the others around him? What is his outlook on life now?

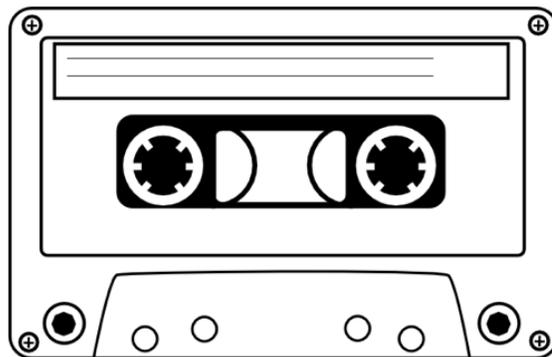
List two VIPs from the video: [Video](#)

1. _____

2. _____

13 REASONS WHY I MATTER...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____





13 Reasons



Why Not

