

Name:

Period:

Depression Video Clip Reflection

_____/15 pts

Choice #1: Write about any direct experience you have had with depression and/or suicide. This could be about yourself, friends, relatives etc. **You can choose to include information on the video clips in here as well.**

Choice #2: Write about an indirect experience with depression and/or suicide that a friend or relative has shared with you. **You can include information in the video clips here as well.**

Choice #3: Write about the video clips you just watched. What video stands out most in your mind? What content in these videos stood out to you? What are some of the most important causes of depression? What suggestions do have for reducing the risk of suicide in our school?

There is room here for you to type/write 1 ½ pages. You are required to write at LEAST 1 full page to get full credit.

Shared with Erika's Lighthouse by Shannon Hutton, Health Educator at Fairpoint High School in Fairpoint, New York. 2025