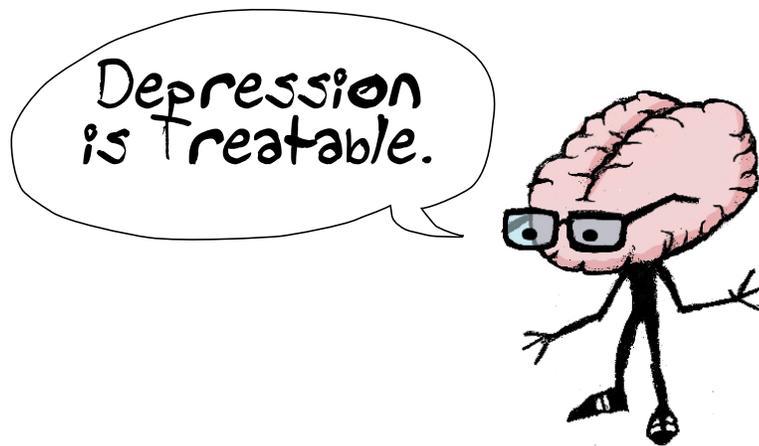


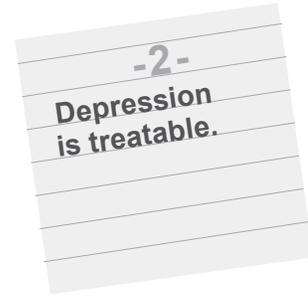


# Erika's Lighthouse

## Facilitator Guide Lesson 2



# Facilitator Notes



## | OBJECTIVE |

**To effectively communicate with friends in need.**

## | OVERVIEW |

In Lesson 2, students will learn about treatment for depression, how to access help and how to help a friend.

The remainder of this lesson will include the Lesson 2 Exercise which reinforces to students how to ask for help and how to intervene with a friend.

## | LEARNING OBJECTIVES |

Students will...

- describe that depression is treatable.
- define what treatment options there are for depression.
- demonstrate how to help a friend who is experiencing depression.
- effectively communicate to a friend in need that I care and can share who to talk to (reliable trusted adult at school).

NATIONAL  
HEALTH  
EDUCATION  
STANDARDS  
ALIGNMENT

**STANDARD #3** Students will demonstrate the ability to **access valid information** and products, and services to enhance health.

**STANDARD #4** Students will demonstrate the ability to **use interpersonal communication skills** to enhance health and avoid or reduce health risks.

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## | TEACHER PREPARATION |

**REVIEW** | Review the introduction.

**MATERIALS** | Lesson 2 slideshow.

Chart paper posted around room (stations for small groups) with markers.

**EXERCISE** | For both scripted role-plays in this lesson, print two copies each and pre-select students to do role play with you.

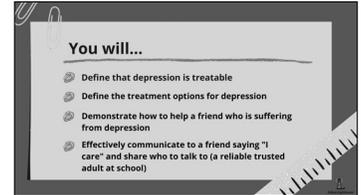
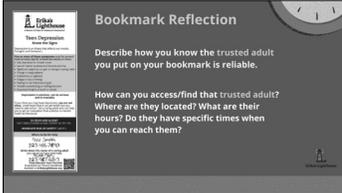
In the first role-play, the teacher plays "Teen" and a student plays "Mom."

For the second role play, the teacher plays "Friend" and a student plays "Sam."

# Depression is Treatable

**INTRODUCTION**  
**SLIDE 2 & 3**  
**5 MINUTES**

Ask students to open their workbooks and refer to the last two questions they answered in Lesson 1 regarding their bookmarks. Discuss their answers as a class.



**Questions related to Bookmark activity:**

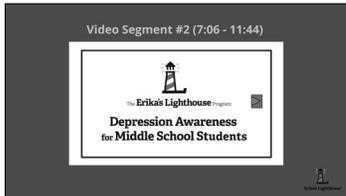
1. Describe how you know the trusted adult you put on your bookmark is valid and reliable.
2. How can you access/find that trusted adult? Where are they located? What are their hours? Do they have specific times when you can reach them?

**KEEP IN MIND:** *"If anything shared today prompts a feeling that you need to talk to someone, make sure to go to a trusted adult or visit the mental health workers office here at school which is located \_\_\_\_\_.*

*Please feel free to ask questions at any time."*

**VIDEO SEGMENT**  
**5 MINUTES**

Explain that you will be showing a 5 minute video clip. Refer the students to their workbooks.



Say, *"In a moment, I will play the video. Please answer these two questions in your workbook related to the content in the video:*

1. What are two possible treatment options?
2. Where can you find professional help in your school or community?"

Say, *"Please be prepared to participate in the discussion and share what you have learned."*

Show the the video.

**SLIDE 5**  
**DISCUSSION**  
**12 MINUTES**

Place students into groups (enough for each group to be stationed at a chart paper posted around the room.)



You may choose to compile these among groups and classes and keep posted for students to reference.

Say, *"In groups, find a station with chart paper. List as many trusted adults and resources you know about in your school and community."*

In about 6 minutes, go around the room and have groups share.

Debrief by reiterating the following, *"Reliable, dependable adults and resources in our school and community can help someone with depression."*

**SLIDE 6**  
**15 MINUTES**

*"What everyone needs to know about depression is that it is not someone's fault, a sign of weakness, or a character flaw. It is a very common and treatable illness."*



# What to Say to a Trusted Adult

SLIDE 7 |



*"So, we have been talking a lot about the importance of telling someone if you think you have depression. But, how do you do that?"*

*Asking for help can be challenging. You might feel nervous because you're unsure of how to start the conversation or because you're afraid of what the other person will think of you.*

*However, asking for help for something like depression is the first step to getting better and, believe it or not, many of us have already had success with similar conversations in the past. Think about a time when you have been sick with the flu and had to ask for help. Usually, it involved talking to a parent about your symptoms, stating what you have already tried to do to feel better, how long the symptoms have been going on and asking for medicine or to see a doctor. Asking for help for depression is really no different.*

*Using these same ideas, we can be effective in getting others to understand what we need in order to move on to a healthy, happy and productive life - something we all deserve.*

*If you are worried about yourself, first explain to a trusted adult the changes you feel, what you have tried to make it better and what they can do to help you take action towards seeking professional help."*

CONVERSATION |

*"Here's a conversation between a teen and his mom that will give you a better idea of what it might sound like to ask for help for yourself. I've asked \_\_\_\_\_ to help me with this role play."*

**YOU** Hey, Mom, can we talk?

**MOM** Sure. What's going on?

**YOU** Lately, I haven't been feeling like myself. I feel sad and angry all the time. I'm constantly tired, and I can't focus in school.

**MOM** I've gone through periods like this when I was your age. Hang in there and I'm sure things will get better with a little time.

**YOU** Well, usually when I'm down I feel better if I go for a run or talk to someone. This time I can't seem to shake it. It's been like this for a few weeks now. I even took a depression test online and it reported that I should see a doctor to get it checked out.

**MOM** Really?

**YOU** Yeah, I think I need to talk to someone. Can you help me set up an appointment with my doctor?

**MOM** Sure. I think that's a great idea.

*"When asking for help from an adult, some may not understand depression or know what to do. The good news is that there are many other helpful adults out there. It may just take talking to few to find the right one."*

# What to Say to a Friend

SLIDE 8 |



***But, what if it's a friend you are concerned about?*** Friends often see changes in friends before parents and other adults do, so it is important to know how to handle a situation with a friend who may be depressed.

*The best approach is to communicate to your friend the changes you have noticed, that you care for them and ask how you can help them take action towards talking to a trusted adult.*

*Here's a conversation between a teen and his friend that will give you a better idea of what it might sound like to talk to a friend you are worried about.*

*I've asked \_\_\_\_\_ to help me with this role play."*

**SAM** Hey, can we talk? Over the past few weeks, I've noticed you've been hanging back a lot – not calling or texting me much anymore and skipping out on me and our friends. Recently, you have even missed quite a few play practices. In general, you seem down. This isn't like you. What's going on?

**FRIEND** I'm sorry; I've been feeling weird lately.

**SAM** I can tell something is different. I'm worried about you and I care.

**FRIEND** You don't have to worry. I'm sure I'll snap out of it, eventually.

**SAM** You deserve to feel better now and, who knows, it could be something serious like depression. Have you told an adult yet?

**FRIEND** No.

**SAM** An adult should know so they can help you find a professional to check it out. Who do you feel comfortable talking to?

**FRIEND** I guess, Mr. Clark.

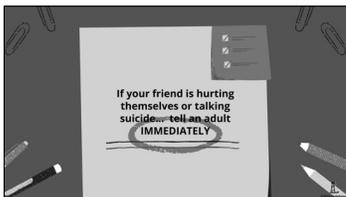
**SAM** I think he's a great choice. Would you like me to come with you? It might make you more comfortable.

**FRIEND** Uh sure. Yeah, I'd like that.

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*"Keep in mind that each situation with a friend is different and may require a slightly different approach and different action steps.*

SLIDE 9 |



***Finally, if a friend tells you that they are thinking of suicide or hurting themselves, an adult must be notified immediately. A friend may ask you to keep this information a secret, but when it comes to matters of safety, keeping a secret can cost a life."***

# What to Say to a Friend

SLIDE 10 |



**"One word of caution.** It is important to take care of yourself and understand there are limits to the kind of support a friend can provide to a friend with depression. Often, a person can take on too much responsibility for helping a friend and this can begin to cause stress and bring that person down.

*Remember, a friend's job is to listen, show compassion and help a friend to find professional help."*

SLIDE 11 |



*"We hope you have a better idea of what finding help and treatment may look like, and more importantly, feel confident about taking action steps towards treatment if you or a friend may need it.*

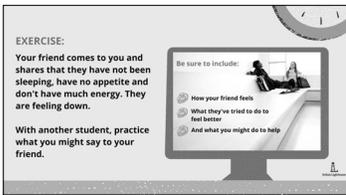
*For more information on teen depression, check out our Teen Toolbox on [erikaslighthouse.org](http://erikaslighthouse.org)."*

SLIDE 12 |  
CLOSURE  
ACTIVITY  
8 MINUTES

Practice interpersonal communication

Scenario on slide:

A friend comes to you and shares that they haven't been sleeping, have no appetite and don't have much energy. They are feeling down.



With another student or two, practice what you might say to your friend. Be sure to include: how your friend feels, what they've tried to do to feel better, and what you might do to help.

*Say, "Then, once written down, practice saying the script to each other. Be prepared to share what you wrote, or model your role play in the next lesson!"*