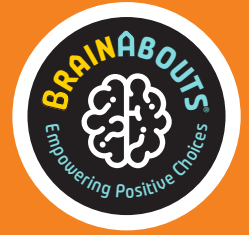


About Self-Harm - Level 1

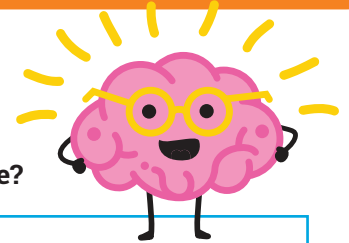
Activity Handout



Video Viewing Guide

Do Now: Write 1-2 sentences in the box below in response to the question -

What does the word "coping" mean to you? What are some coping skills you already have?



Fill In The Blank

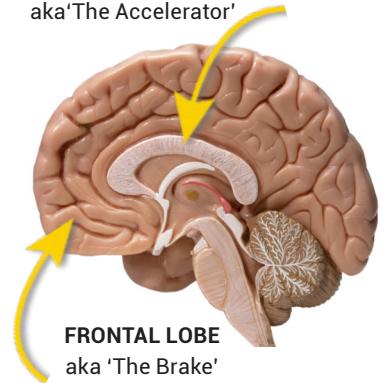
1. What are some of the feelings that cause people to self-harm?

- _____
- _____
- _____

2. Why is it important to share your feelings if you begin to feel this way?

3. Our coping skills plan should include ways to talk about our _____.

LIMBIC SYSTEM
aka 'The Accelerator'



FRONTAL LOBE
aka 'The Brake'

Stop and Think...

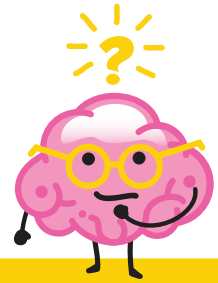
CFU #1 - What should you do IMMEDIATELY if you or someone you know begins to talk about self-harm or suicide?

Stop and Think...

CFU #2 - Why do you think it is important to never joke by saying things like "go kill yourself" to others?

Write About It Prompt

Directions: Write 5-10 sentences in response to the following question.
Use the box at the bottom to draw out your thoughts.



The positive coping skills plan includes positive self-talk. Why do you think it is important to utilize positive self-talk? Include 3-5 examples of positive self-talk.

Activity #1 - Independent Practice

Directions: Review the positive coping skills plan below. In the “At School” column, write who your safe person is and how you would go about finding them and talking to them should one of these things occur.

My Positive Coping Skills Plan:	At School:	At Home:
1. Tell an adult if you are ever feeling sad, depressed, or hopeless.		
2. Tell an adult if you feel like hurting yourself.		
3. Tell an adult if someone we know says they feel like hurting themselves		
4. Tell our friends we don't joke about self-harm or suicide.		
5. Ask for help.		
6. Use positive Self-Talk.		

Activity #2 - Group Activity

Remember, feelings like depression, anxiety, anger, and loneliness are not very fun feelings to feel but they are normal. But feelings are not facts!

Directions: As a class, come up with a list of things at school that may cause students to feel depression, anxiety, anger, or loneliness. Together, come up with a way that we can support each other as a classroom family to try to avoid negative thoughts like self-harm.



Activity #3 - Extended Learning

Directions: Take a few minutes to review your **"At School"** coping skills plan. Think about your home life and fill out the **"At Home"** column to reflect what your coping skills plan would look like at home. When you get home, ask your adults to look it over!

My Positive Coping Skills Plan:	At School:	At Home:
1. Tell an adult if you are ever feeling sad, depressed, or hopeless.		
2. Tell an adult if you feel like hurting yourself.		
3. Tell an adult if someone we know says they feel like hurting themselves		
4. Tell our friends we don't joke about self-harm or suicide.		
5. Ask for help.		
6. Use positive Self-Talk.		

Brain Quiz

- Feelings like anxiety, depression, anger, and loneliness....
 - Should never occur
 - Only happen to some people
 - Are completely normal
- Coping skills are ways to deal with tough or difficult _____ and _____.
- True or False:** Wanting to escape or avoid painful feelings or situations is normal.
- True or False:** It is OK to say things like **"Go kill yourself,"** as long as everyone knows you are joking.

