



Classroom Discussion Guide

Thank you for attending the LivingWorks Youth Summit. We hope you feel inspired to help create a network of safety in your classroom, school and community. Let's reflect on what was discussed at the Summit and how you can use what you learned in your everyday life.

Mental Health and Self-care - the intent of this discussion is to make sure the students know it's ok to talk about their mental health and reach out if they're struggling. Also, encourage them to help themselves by following self-care practices and discovering their unique strengths and attributes.

- What did you think about the Summit?
- Was there anything that surprised you?
- Would you say you've ever struggled with your mental health?
- What makes you feel stressed, anxious or depressed?
- How do different cultures deal with mental health issues?
- These feelings are normal; what can you do to make yourself feel better?
 - Reading, meditating, spending time outside
 - Playing music
 - Exercise
 - Limit media consumption
 - Reach out to friends, family, loved ones
- What are you passionate about?
- What are your special gifts?

Suicide prevention - Following the Summit, we encourage students to request their Start license to gain the skills necessary to identify and protect someone from suicide. This discussion focuses on recognizing warning signs and the importance of connecting the person to another adult for help. It's also important to realize that suicide is not the norm. Most people do not have thoughts of suicide. Of those that do, most recover and never attempt suicide or die by suicide. Recovery is the norm! For those that do experience suicidal thoughts, it is not a life sentence. You can get better.

- How did you feel about Emma's story?
- What do you think are the warning signs of suicide?
 - Talking about or making plans for suicide

- Expressing hopelessness about the future
- Displaying severe/overwhelming emotional pain or distress
- Showing worrisome behavioral cues or marked changes in behavior, especially in the presence of warning signs above:
 - Withdrawal from or changing in social connections/situations
 - Changes in sleep (increased or decreased)
 - Anger or hostility that seems out of character or out of context
 - Recent increased agitation or irritability
- Allowing people to talk about their pain can help them cope. What is a good way to start a conversation with someone who is struggling?
- Why do you think it's important for people to be trained in suicide prevention?
- Do you think you could help a friend?
- Threats of suicide are always serious and you should tell an adult. List three local services where you could refer a friend:
 - National Suicide Prevention Lifeline 1-800-273-TALK (8255)
 - Teen Text Line - text the word "teen" to 839863
 - The Trevor Project - call 1-866-488-7386 or text Start to 678-678

Resilience - the intent of this discussion is to talk about coping strategies and knowing how to deal with situations in spite of setbacks, barriers or limited resources.

- What does the word "resilience" mean to you?
- How are Emma and some of the other speakers showing resilience in their life?
- How are you practicing resilience during the COVID-19 pandemic?
- How can you show peers that they are not alone?
- How can we build solidarity in our school - NAMI clubs, GSA clubs, etc.

Hope - we are making progress in the fight to end suicide, but more can be done. Encourage the students to share and discuss positive steps being taken by government and different organizations. What can they do at a community, school and individual level to make a change?

- Do you think what the California government is doing provides hope to young people?
- What are some other things you think the government could do to promote mental wellness?
- What can we do at our school to promote mental wellness?
- September was Suicide Prevention Awareness month - what did you do to mark this occasion?
- How can we make it easier to talk about mental health?

- Are there other celebrities or other personalities you're aware of who talk openly about mental health struggles?
- Does it help "regular people" when celebrities open up about their mental health struggles? Why or why not?

Network of Safety - we can achieve much more together than we can alone. Discuss ways the students and school community can look out for one another.

- How can we build a network of safety in our school?
- What does that mean?
- It is ok to ask someone directly if they're thinking about suicide. Would you feel comfortable doing that?
- Name three adults you would feel comfortable talking to about a friend who you think may be having thoughts of suicide.
- Name three positive and caring friends you feel comfortable sharing your thoughts and feelings with.

Thank you for participating in this discussion. It's important to know there are people and services who can help you or a friend if you're struggling with stress, depression or suicidal thoughts.

National Suicide Prevention Lifeline 1-800-273-8255

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You can access your LivingWorks Start training by texting the word "start" to 888-707-0780.