



The goal of this Study Guide is to facilitate for students of teenage years a better understanding of issues such as, Addiction, LGBTQ Community , First Nation Issues, Mental Illness such as anxiety, depression, self-harm, and suicide. The Unit is comprised of 13 short videos depicting a reenactment of real life experiences intended to help reduce stigma surrounding these topics and continue to promote an environment of greater understanding, support and acceptance in our society today.



Teens 101 Study Guide

Episode 10 – Depression and Self-Harm – Brittany’s Story

Episode #10 – “Depression and Self Harm” (Brittany’s Story)

At the age 14, following a quarrel with a friend of hers from school, Brittany turned to her mother for comfort. Instead, her mother lashed at her calling her selfish. From that day on, Brittany began to internalize her feelings. Her insecurities grew and eventually she turned to drugs and alcohol. At a party with friends from school, her excessive drinking led to sexual abuse. This made things worse. She began to engage in self-harm practice, cutting her arms regularly. The more depressed she got, the worse the self-inflicted harm became until she was hospitalized for it.

Learning Goals:

After taking the quiz entitled " How much do you know about Self-Harm" and after viewing Episode # 10 and discussing his/her responses with the class and the teacher, the student will understand how self-harm can occur, know how self -harm physically, mentally and emotionally affects the individual suffering from self-harm and be able to provide strategies to deal with self-harm for a successful outcome.

Prior Learning:

Prior to the viewing of Episode # 10, the student will potentially have an understanding of self-harm through different forms of media, through possible personal experiences and his/her own opinions and perceptions of self-harm.

Minds On:

Before the viewing of Episode # 10, the students will have taken the quiz entitled "How much do you know about self-Harm (See worksheet # 10a) and have discussed with other students and the teacher some facts and misunderstandings about self-harm.



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Episode 10 – Depression and Self-Harm – Brittany's Story

Action:

The students will be given questions on Episode #10 (See Worksheet #10b). Discuss with the students that they will have to respond to the questions as they are watching the Episode and be prepared to discuss their responses following the episode.

Following the discussion of the Episode questions, bring the students' attention to the section of the Episode where Dr. K discusses how some young adults turn to self-harm as a negative coping mechanism because the parts of the brain that are responsible for evaluating risk and making rational decisions are not yet fully developed until an individual's mid 20's. The biological fact is that when a teenage brain is stressed it may not be making the best decisions.

Dr. K gives some examples of positive coping mechanisms to help reduce stress and in turn help the teenage brain make better decisions. For example, Dr. K lists:

1. Meditation
2. Yoga
3. Any form of exercise like jogging
4. Any activity that the student may enjoy like dancing

Choose one of the above coping mechanisms and have an expert come into the class and do a guided meditation or have a yoga instructor come in and guide the student in some deep breathing activities or simple yoga stretches that help induce the relaxation process to help the teenage brain better deal with stress and make better decisions.

Consolidation and Connection:

Same day or next day, have the students discuss with the teacher their assessment and how well the relaxation technique may have or have not worked.

Make the students aware that Self-Harm and coping strategies will be one of the topics that they will have a choice of completing an assignment on after all of the thirteen episodes of "Teens 101" have been viewed.



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Episode 10 – Depression and Self-Harm – Brittany's Story

Answer Sheet

How much do you know about Self-Harm?
Worksheet 10a

1. If someone is self-harming it means that they want to die. **T/F (False-Self-harming is often used to cope with feelings and does not mean that the person wants to die.)**
2. Self-harming only affects girls. **T/F (False- Self-harming affects both males and females with Male self-harming cases on the rise.)**
3. A friend tells you that they are self-harming. You should keep your word and not mention it to anyone. **T/F (False- It is imperative that you inform the proper people such as parents or teachers that you know that someone is self-harming.)**
4. Self-harm helps the sufferer with the unbearable pain they are feeling. **T/F (True)**
5. Injuries and scars give the sufferer something physical to show for their emotional pain. **T/F (True)**
6. Some people who self-harm do so to ground themselves and bring them back to reality. **T/F (True)**
7. Some of the reasons why people self-harm include difficulties at home, school pressures, bullying, depression, anxiety and drug and alcohol use. **T/F (True).**
8. Self-harm only happens in sub cultures such as “goth” or “emo” **T/F (False) Although there is some connection to this subculture, self-harm can be experienced by anyone suffering with emotional pain.**



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Quiz 10a - How much do you know about Self-Harm?

1. If someone is self-harming it means that they want to die.

True	False
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2. Self-harming only affects girls.

True	False
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3. A friend tells you that they are self-harming. You should keep your word and not mention it to anyone.

True	False
------	-------
4. Self-harm helps the sufferer with the unbearable pain they are feeling.

True	False
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5. Injuries and scars give the sufferer something physical to show for their emotional pain.

True	False
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6. Some people who self-harm do so to ground themselves and bring them back to reality.

True	False
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7. Some of the reasons why people self-harm include difficulties at home, school pressures, bullying, depression, anxiety and drug and alcohol use.

True	False
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8. Self-harm only happens in sub cultures such as “goth” or “emo”.

True	False
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Episode 10 – Depression and Self-Harm – Brittany’s Story

Episode #10 Questions- Brittany’s Story **Worksheet 10b**

1. How did Brittany’s begin self-harming and why?
2. How did her mother place extra pressure on Brittany? Why did Brittany feel the need to be perfect as a result?
3. How did her friend provide the support that Brittany needed?
4. What does Brittany say about “perspective” and how it helped her?
5. What reasons does Dr. K. give as to why people self-harm?
6. What is the brain searching for when an individual decides to self-harm?
7. What are some of the healthy coping mechanisms Dr. K. suggests when you are feeling upset ?
8. What are some of the “safe” places that Dr. K. lists in order for you to express your thoughts feelings without judgement?