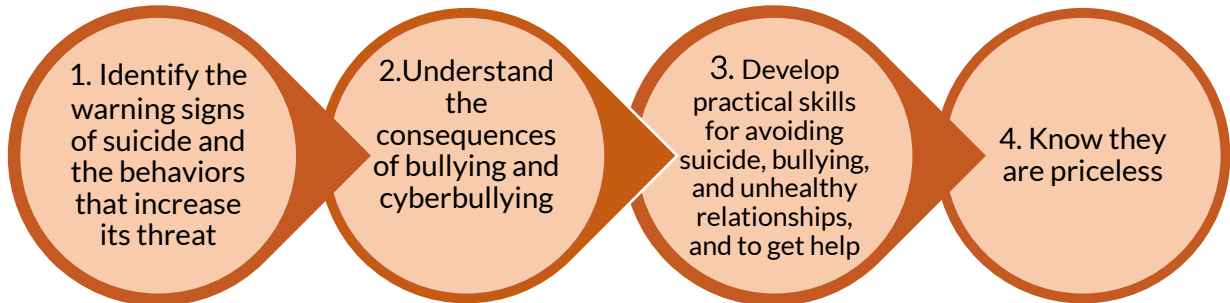## WELCOME
Your life matters and can change the world. You get to be the author of your story. You get to choose to live a life that has meaning and purpose. The things from your past do not define you.

OBJECTIVES
Students will be able to:

1. Identify the warning signs of suicide and the behaviors that increase its threat

2. Understand the consequences of bullying and cyberbullying

3. Develop practical skills for avoiding suicide, bullying, and unhealthy relationships, and to get help

4. Know they are priceless

🕐 TIME: 20 minutes from start to finish WITHOUT class discussion.

RESOURCES
- Student Worksheet (in-person delivery)

ONLINE DELIVERY

Students take the course independently online. Activities, Knowledge Checks, and evaluations are completed online inside of the modules.

1. Students go to the link you provided.
2. Once students have completed the module, it is recommended facilitator follows-up with discussion questions provided.
3. Students do not need the Student Worksheet for this delivery method.

IN-PERSON DELIVERY

A facilitator delivers the video version of the module in-person to students. Activities, Knowledge Checks, and evaluations are completed in class on the Student Worksheet.

1. Pass out Student Worksheet.
2. Login to your POP account and navigate to the video version.
3. Press play. (The video will pause & prompt students to complete activities, Knowledge Checks, & evaluation questions on their Student Worksheet.)
4. Upon conclusion, it is recommended facilitator follows up with the discussion questions provided.

Press play to start *Your Life Matters*.

ACTIVITY 1: **A kind word can save a life.**
Students will use their own words to stop the lies bullies tell.

CONTINUE

ACTIVITY 2: **Irrational verses truth.**
Students will replace each irrational thought with truth from the column on the right.

CONTINUE

KNOWLEDGE CHECK
Students will select answers according to what they've learned.

1. Bullied teens are 11 times more likely to attempt suicide.	2. True or false: Cyberbullying is wrong, but it isn't really a crime and doesn't happen very often.	3. True or false: Suicide is not a major cause of death for teens.

CONTINUE

ACTIVITY 3: **Remember the Truth.**
Students will fill in the blanks that will be a reminder to what they deserve to be.

CONTINUE

EVALUATION QUESTIONS

1. What was something that you learned that you did not know before?
2. What steps will you take as a result of what you learned today?

CONTINUE

CONCLUSION
Provide student resources and collect Student Worksheets.

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DISCUSSION QUESTIONS
Suggested questions to prompt further conversation.

1. Describe a time you felt powerless.
2. What caused you to feel that way?
3. What are some steps you can take to regain control?
4. How would you help someone who is expressing hopelessness?

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GO DEEPER

The lesson doesn't have to end when the video stops! Here are some suggested activities facilitators can do with students for greater impact and comprehension.

THE LAWS OF CYBERBULLYING

1. Direct students to stopbullying.gov
2. Use the resources on this site to research cyberbullying laws for your state
3. Have students explain how the law works in your state (ex. Felony or misdemeanor? Consequences?)

COMMUNITY SOLUTIONS TO STOP BULLYING

1. Place 3 pieces of chart paper around the room
   a. Label them: Students – Parents – Adults at School
2. Divide students into 3 groups
3. Ask them to consider ways to stop bullying at your school
4. Each group will start at one chart paper. In 2 minutes have students write down as many answers as they can to the following question:
   a. What can students do to help?
   b. What can parents do to help?
   c. What can adults at school do to help?
5. At the end of 2 minutes, have students rotate to the next paper and add answers that are not already there.
6. Continue until rotation is complete.

CONTINUE THE DISCUSSION

For further discussion to develop advocacy skills, here are some suggested questions:

1. How big of an issue is in-person and cyberbullying at your school?
2. How would you help someone who is being bullied?
3. How do you feel your school handles bullying?
4. Why do you think cyberbullying is a crime?

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WHEN A CHILD DISCLSES ABUSE

- If you are a mandatory reporter (teachers, clergy, healthcare providers, counselors, childcare providers), you are required to follow your state's mandatory reporting procedures. In many states, **ANY ADULT WHO SUSPECTS CHILD ABUSE OR NEGLECT IS REQUIRED TO REPORT.** All adults are encouraged to voluntarily report. <u>Please check your state's reporting laws.</u>

EFFECTIVE RESPONSE TECHIQUES

STAY CALM & BE COMPASSIONATE.

- Thank them for trusting you and telling you something that was not easy to say.

- Listen well and repeat back what you heard them say, using their own words when possible.

- Validate them by naming it as abuse, assuring them it was not their fault.

- Determine what action needs to be taken and communicate what steps the child needs to take and what steps you are going to take.

ADDTITIONAL RESOURCES

- For help and specific hotline or contact information, PLEASE VISIT PowerOverPredators.org

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The Suicide Epidemic

CDC, "Trends in the Prevalence of Suicide-Related Behaviors, National YRBS: 1991-2017, https://www.cdc.gov/healthyyouth/data/yrbs/pdf/trends/2017_suicide_trend_yrbs.pdf

Risk Factors

Ioannis Angelakis, Emma Gillespie, & Maria Panagioti, "Childhood Maltreatment and Adult Suicidality: A Comprehensive Systematic Review with Meta-Analysis." *Psychological Medicine* 49,7 (2019): 1057–78, https://doi.org/10.1017/S0033291718003823

National Center on Sexual Exploitation, "Sexting & Pornography: The New Social Media Norm for Adolescents?: Youth & Sexting," University of Alabama at Birmingham (n.d.), https://endsexualexploitation.org/articles/sexting-and-pornography

Bullying and Suicide

Sameer Hinduja & Justin W. Patchin, "Connecting Adolescent Suicide to the Severity of Bullying & Cyberbullying," *Journal of School Violence*, 18,3 (2019): 333-346, https://doi.org/10.1080/15388220.2018.1492417

How Big is the Problem?

Monica Anderson, "A Majority of Teens Have Experienced Some Form of Cyberbullying," Pew Research Center: Internet & Technology (27 Sept 2018), https://www.pewresearch.org/internet/2018/09/27/a-majority-of-teens-have-experienced-some-form-of-cyberbullying/

Justin W. Patching, "2016 Cyberbullying Data," Cyberbullying Research Center, https://cyberbullying.org/2016-cyberbullying-data

Bullies are Predators

Cristina Rouvalis, "Sadie's Tree: A Plea for Kindness in Memory of a Bullied Teen," *Pittsburg Magazine* (13 June 2018), www.pittsburghmagazine.com/sadies-tree-a-plea-for-kindness-in-memory-of-a-bullied-teen/