



SUICIDE PREVENTION ACTIVITIES

Activity 8.3 Scenarios

Objective:

- Participants will explore scenarios and identify red flags and how they could help.

Steps:

1. Hand out the printed scenarios and divide among the group.
2. Participants will discuss the scenarios, identify the red flags, and discuss how to help.
3. Discuss each of the three scenarios with the whole group.

Scenarios:

Scenario 1: Julia hasn't been the same since her mom died. It's been especially tough because she doesn't get along with her dad. For months, she's been saying that if it weren't for her boyfriend, Arturo, she wouldn't have anyone who cares about her. But Art just broke up with her, and Julia is devastated. She talks about needing to end her pain and just last night told you where her diary was in case anyone wants to read it "afterward."

RED FLAGS?

HOW I COULD HELP?

Scenario 2: Francis hates school. He speaks with an accent and gets bullied a lot. Francis used to spend a lot of time playing video games with his older brother, Roberto. But Rob joined the Army, and now Francis spends most of his time alone. He tells you that he'd like to talk more with his mom, but she's exhausted when she gets home from her job. He says he'd probably be doing her a favor if she didn't have to worry about him anymore.

RED FLAGS?

HOW I COULD HELP?

Scenario 3: Benjamin is one of the most talented soccer players in his team, but he hasn't shown up for practice all week and hasn't told anyone why. One day, you see him sitting on the bleachers. When you ask him what's going on, he confides that he recently had a fight with one of the members of the crew. They told him to get out of the house. He's staying with his friend for now, and he just found out she keeps a gun in her nightstand. He says he bets his crew wouldn't even miss him if he were gone.

RED FLAGS?

HOW I COULD HELP?