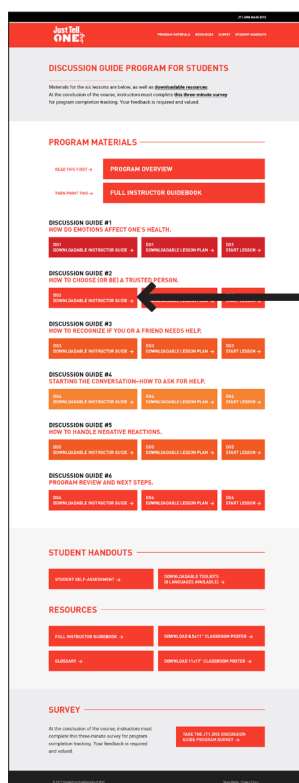




DISCUSSION GUIDE #2 LESSON PLAN

HOW TO CHOOSE (OR BE) A TRUSTED PERSON.

Subject	JustTellOne (JT1) Discussion Guide 2
Location	Classroom/Group Setting
Grade Level	9–12
Time Duration	35 Minutes
NYS Learning Standards for Health, PE, Family and Consumer Sciences	2, 3
National Health Education Standards	1, 2, 3, 4, 5, 6, 7, 8



➤ **Purpose of Activity:** For students to learn how to choose (or be) a trusted person.

Instructional Guidance

The Instructor Guide for this lesson should be printed out in advance. It is available on the Just Tell One Discussion Guide Program homepage in the “Program Materials” section

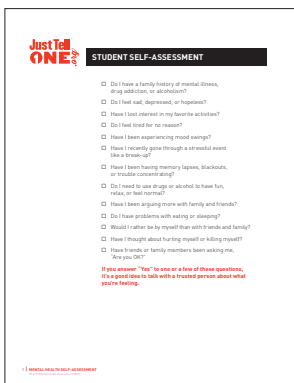
- Discussion Guide 2 (DG2) will be taught using a classroom projection monitor and will be an instructor-led progression through the online program (students do NOT have access to the online instructional platform)
- Student handouts for DG2 are provided on the Just Tell One Discussion Guide Program homepage in the “Student Handouts” section and are to be printed by the instructor for distribution (see Materials Needed, next page)
- When discussing program content, be aware of nonverbal communication of yourself and the students
- Remember be approachable and mindful of your body language
- Create an environment that feels safe
- Be sure that the message is being delivered using age-appropriate language that young people will hear and use

Expectations/Outcomes

- ☐ Students will learn how to choose a trusted person
- ☐ Students will learn about the role a trusted person plays in someone's recovery journey
- ☐ Students will learn how to be a trusted person for a friend or family member, if needed
- ☐ Students will identify 1–5 individuals they would choose to be their trusted person

Materials Needed for DG2

- > Access to a computer or smart device that has internet connection, projection, and sound
- > Prior exploration of **JustTellOne.org** and online Just Tell One Discussion Guide program **jt1program.org**
- > Instructor login credentials (ID and password) for online program
- > Pencils or pens
- > Downloadable PDF Instructor Guide



Just Tell ONE STUDENT SELF-ASSESSMENT

☐ Do I have a family history of mental illness, drug addiction, or alcoholism?

☐ Do I feel sad, depressed, or hopeless?

☐ Have I lost interest in my favorite activities?

☐ Do I feel sad for no reason?

☐ Have I been experiencing mood swings?

☐ Have I recently gone through a stressful event like a break-up?

☐ Have I been having memory lapses, blackouts, or trouble concentrating?

☐ Do I need to use drugs or alcohol to have fun, relax, or feel normal?

☐ Have I been arguing more with family and friends?

☐ Do I have problems with eating or sleeping?

☐ Would I rather be by myself than with friends and family?

☐ Have I thought about hurting myself or killing myself?

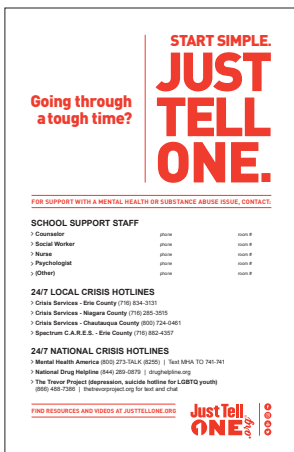
☐ Have friends or family members been asking me, "Are you OK?"

If you answer "yes" to one or a few of these questions, it's a good idea to talk with a trusted person about what you're feeling.

© 2019 MHA/Just Tell One Discussion Guide



Student handout: Self-assessment questionnaire on the Just Tell One Discussion Guide Program homepage in the "Student Handouts" section



Going through a tough time?

START SIMPLE. JUST TELL ONE.

FOR SUPPORT WITH A MENTAL HEALTH OR SUBSTANCE ABUSE ISSUE, CONTACT:

SCHOOL SUPPORT STAFF

	phone	email
> Counselor		email #
> Social Worker		email #
> Nurse		email #
> Psychologist		email #
> (Other)		email #

24/7 LOCAL CRISIS HOTLINES

> Crisis Services - Erie County (716) 834-3333
> Crisis Services - Niagara County (716) 285-2855
> Crisis Services - Chautauque County (800) 724-2461
> Spectrum C.A.R.E.s - Erie County (716) 855-4267

24/7 NATIONAL CRISIS HOTLINES

> Mental Health America (800) 273-8255 | Text 8896, TTY 741-7471
> National Drug Helpline (844) 260-0879 | drughelpline.org
> The Trevor Project (LGBTQ+ youth) (866) 486-7369 | thetrevorproject.org for text and chat

FIND RESOURCES AND VIDEOS AT JUSTTELLONE.ORG

Just Tell ONE.org

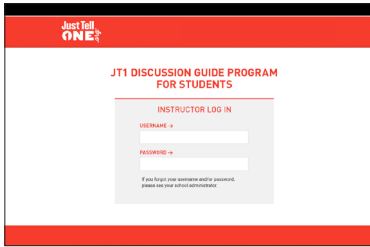


PDF printout of school resource information – if not already done so, please take a moment to fill out, print, and post the editable PDF document that displays phone and room numbers for school services like school support staff (social workers, psychologists, counselors, nurse, etc.) or other school specific information. You can access this poster on the Just Tell One Discussion Guide Program homepage in the "Resources" section.

Description of Activity

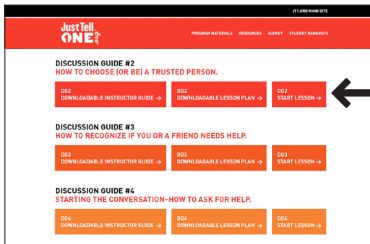
DG2 is an instructor-led and instructor-guided discussion.

Instructor



← Instructor please log into jt1program.org

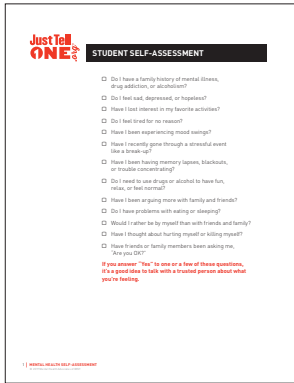
- > Enter school login ID and password
- > Refer to administrator's confirmation letter/email
- > Select "DG2 Start Lesson," under "How to Choose (or Be) a Trusted Person," from the program menu
- > Ensure that students have a clear view of presentation screen
- > Using the easy-to-follow instructions and script in the Instructor Guidebook, you will lead the class lesson and prompt guided discussions (note: embedded videos will play directly from within the online platform)



Student

- > Using program content and teacher facilitation, students should engage in instructor-guided peer-to-peer discussion that fosters mental and behavioral health prevention and early intervention strategies appropriate to DG2 content

Assignment



The image shows a screenshot of the 'Just Tell One' Student Self-Assessment questionnaire. It is a list of 15 questions, each preceded by a checkbox. The questions are: 1. Do I have a family history of mental illness, drug addiction, or alcoholism? 2. Do I feel sad, depressed, or hopeless? 3. Have I lost interest in my favorite activities? 4. Do I feel tired or no energy? 5. Have I been experiencing mood swings? 6. Have I recently gone through a stressful event like a break up? 7. Have I been having memory lapses, blackouts, or trouble concentrating? 8. Do I need to use drugs or alcohol to have fun, relax, or feel normal? 9. Have I been arguing more with family and friends? 10. Do I have problems with eating or sleeping? 11. Would I rather be by myself than with friends and family? 12. Have I thought about hurting myself or killing myself? 13. Have friends or family members been asking me, 'Are you OK? 14. If you answer "Yes" to one or a few of these questions, it's a good idea to talk with a trusted person about what you're feeling. At the bottom, it says '1 | MENTAL HEALTH SELF-ASSESSMENT'.

- Have students identify 1–5 individuals they would consider as a trusted person
- Students have the option to journal in a third-party online personal journal to record their answers, thoughts, and feelings. We recommend **Penzu.com**

Students should complete and/or review their answers to the self-assessment questionnaire from the previous assignment in preparation for the next discussion

Closure

- Remind students, “If you think you need help ask for it... come to me, the school support staff, your parent – someone you trust. Or call one of the crisis numbers on the poster.”
- Refer students to visit **JustTellOne.org** to learn more about being or choosing a trusted person
- Suggest they follow Just Tell One’s social media on Facebook, Twitter, Instagram, and YouTube for motivational and inspirational messaging
- Close class with a motivational quote:
“Once you choose hope, anything is possible.”
– Christopher Reeves

NOTE TO INSTRUCTORS

If a student reaches out to you as a trusted person, it is important to follow these simple guidelines:

- Create a safe place for the student to talk
- Inform the student you will maintain confidentiality with the following exceptions:
 - ☐ When youth is at risk to themselves or others
 - ☐ When you suspect child abuse/neglect*In these cases, follow school protocol*
- Don’t try to solve the problem all at once, this is the start of the process
- Have knowledge of community resources. Find a database of community resources at **justtellone.org/search**
- Ask what he or she wants to do next