



## Topic: Relationships-Peer

### Key Question:

**How can you recognize when a friend is in emotional trouble?**

This scenario was contributed by Deidra Lee.

### Scenario:

Beth tells her best friend, Mary, that she had a bad weekend dealing with everything. She had contemplated ending the emotional pain that she's dealt with for the last few years.

Mary finds out that Beth may be in danger of killing herself. Mary knows that Beth struggles with depression and refuses to tell her parents about it.

### Discussion questions:

1. What should Mary do to help Beth?
2. Describe the signs of depression. What may a person do or say if they are at risk of hurting themselves?
3. How can you relate the dangers of weapons and/or drugs to someone in an altered emotional state and the finality of the situation? (permanent solution to a temporary problem)

### Correlated TEKS:

ELPS: 1A, 2H, 3G, 3H, 5F, 5G

ELAR: 25B, 25A, 18C, 23B

CCRS, E/LAS IV Listening A

Health 2E, 5C, 5K, 7A, 7B, 10A, 10B, 10D, 11A, 11B, 11C, 11D, 11F, 12F

Physical Education 7B, 7E

Social Studies (7<sup>th</sup> grade) 17B, 23A, 23B

Social Studies (8<sup>th</sup> grade) 20C, 21B