MCMS Wellness

8th Grade

**Unit: Suicide**

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**Long Term Learning Target:**  I will know the risk factors, warning signs, and resources for suicide prevention.

**Lesson: Suicide**

I will be a respectful audience member for our guest speaker

I will listen to the presentation on risk factors, warning signs, and resources for suicide prevention

I will watch the video on mental health

I will read the choices magazine I had depression.

I will write out thoughtful answers on the reading guide

I will ask thoughtful questions during the lesson

**Lesson Activities:**

Guest speaker Mrs. Jolly powerpoint on suicide

Watch a buzzfeed video on having a mental health disorder

Read and respond to the Choices Magazine article I Had Depression