



by *Fostens*[®]

CRITICAL THINKING S.A.V.E.

Use the following critical thinking questions to help foster an open, student-led discussion on the theme(s) discussed in this episode of The Harbor.

- 1. RECALL MAX'S STORY OF THE ACTIONS HE TOOK TO HELP SAVE HIS FRIEND'S LIFE AND HOW HE BELIEVES THAT, "BREAKING SOMEONE'S TRUST IS A LOT EASIER THAN LOSING A FRIEND."**

If you were put in a similar situation, would you make the same choice Max did? Why or why not?

What would you say if your friend accused you of betraying their trust in doing so?

- 2. THERE ARE TWO KEY WARNING SIGNS THAT SOMEONE MAY BE CONSIDERING SUICIDE: TALKING OR WRITING ABOUT SUICIDE, OR LOOKING FOR WAYS TO DIE; AND HAVING FEELINGS OF UNBEARABLE PAIN OR ANGUISH.**

If someone in your school exhibited one or both of these warning signs, how would you react?

Would you try to approach them directly or would you seek outside help? Explain your reasoning.

- 3. THERE ARE SEVERAL RESOURCES AND EXAMPLES DR. DAN LISTS TO HELP THOSE WHO MAY BE STRUGGLING WITH SELF-HARM OR SUICIDE.**

If you or someone you know is dealing with these issues, who or where can you turn to for help?

Would you prefer to seek in-person, phone, or online help? Why?

- 4. RESEARCH SHOWS THAT ASKING SOMEONE IF THEY'RE AT-RISK OF SUICIDE WILL NOT HURT THEM OR CAUSE THEM TO ACT ON THEIR INTENTIONS. WHAT'S IMPORTANT IS TELLING THIS PERSON THAT YOU CARE ABOUT THEM AND WANT TO HELP THEM.**

Think of someone in your life who would benefit from knowing that you care about them.

How and when can you show them that you care?

Why is it important to reiterate that you care about someone?





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