

Presenting the Program:

To prepare a lesson plan for each program, please review the suggested outline below.

1) Before Students View the Program:

If appropriate, assign a brief essay on the student's view of the subject. Have available as many recommended books as possible to help generate class interest and participation. Discuss as a group what each student's advice would be on the subject to other teens. Preview each program and become familiar with the concepts presented. Opinions will vary and no answer should be considered wrong.

2) Students View The Program:

The first class viewing of the program should be uninterrupted.

3) After the First Viewing:

Students should be prompted to discuss the views of the teens featured in the program. The students may be asked whom they agreed with most and who they disagreed with most.

4) Second Viewing:

The second viewing will enforce and help the children remember the subjects that they have just discussed. Students may point out which featured teens opinion they agreed or disagreed with. This viewing may be interrupted as needed to facilitate discussion. Teacher or students may prompt the pausing of the program. The concept of solutions regarding the issues brought up by the students and the featured teens is important to this discussion.

5) Post Activities and Discussion:

If appropriate - second brief essay may be assigned to compare the difference in the students opinion before and after the viewing and discussion. Discussion questions may be used to stimulate interest in solutions, reinforce concepts and evaluate student comprehension.

Introduction

Teen self destruction can come in many forms. Physical injury to ones self, eating disorders, improperly expressing anger as in violence and addictions. At school campuses everywhere self destruction is a known problem. Cutting ones self being the most well known. Teachers can be an important facilitator to a student who wouldn't otherwise find help. Anger and frustration that is repressed can be another cause of self destruction. Insufficient feelings of self-worth, lack of attention and family problems can lead to acting out in a destructive manner. Our goal is to facilitate discussion to stop the problem before it happens. If a student is in need of help, they will realize that they are not alone and feel comfortable enough to seek help.

Students will learn how to express helplessness, feeling out of control or anger in more positive ways. Discussions include why bottling up painful feelings can be dangerous and how to deal with negative emotions in positive way for life.

Learning Objectives

After completing the program the student will have an understanding of teen self destruction, its causes and solutions. Students will discover how to recognize friends in need and discuss the best way to help.

Discussion Topics/Questions

- 1) What is self destruction?
- 2) How many forms of self destruction are there?
- 3) What does it mean to "bottle up" feelings?
- 4) What are the "right" ways to express frustration and anger?
- 5) How do you know when to help?
- 6) Who would you turn to if you or a friend needed help?

- 7) Are friends an important support mechanism?
- 8) How can a teen with many pressures keep a positive attitude?

The
Real Life
Teens
Series

Self Destruction

Q359DVD



TMW MEDIA GROUP

2321 Abbot Kinney Blvd., Venice, CA 90291

(310) 577-8581 Fax (310) 574-0886

Email: sale@tmwmedia.com

Web: www.tmwmedia.com

This Program is designed for a general High School audience, grades 8- 12.

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