

# Mind Reading

## Suicide Thoughts

## Lesson Plan

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Note to leader:

This is a difficult subject to discuss. Recent events in CAP have clearly indicated the need for cadets to be aware of this issue and to have a basic understanding of how to respond. This case study attempts to facilitate a discussion of suicide from the perspective of the person considering suicide. The lesson will require more teaching than is usual for Moral Leadership lessons and the material that needs to be shared is as follows:

### Warning Signs of Suicide

1. Suicide thoughts
2. Previous suicide attempts
3. Alcohol and drug abuse
4. Statements revealing a desire to die
5. Sudden changes in behavior
6. Prolonged depression
7. Making final arrangements
8. Giving away prized possessions
9. Purchasing a gun or stockpiling pills

### Recommended Response: QPR<sup>3</sup>

1. Question the person about suicide
2. Persuade the person to get help
3. Refer for help

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<sup>3</sup> Taken from the QPR Institute for Suicide Prevention

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<b>OBJECTIVE</b>	The objective of this lesson is to help cadets confront how common thoughts of suicide are, and to affirm that every human life is important.
<b>ATTENTION STEP</b>	Ask the students if they would like the ability to read (or hear) other people's thoughts. Would it be a gift or a curse? How would it be a gift or a curse?
<b>MOTIVATION STEP</b>	Tonight we will try to read other people's minds. We will explore how many of us think about our own lives and the times we think of ending our life.
<b>OVERVIEW</b>	During this Moral Leadership session, we will: <ul style="list-style-type: none"><li>• Read a case study concerning thoughts of suicide</li><li>• Discuss the facts, assumptions, problems and solutions (FAPS) of the case</li><li>• Answer and discuss your responses to questions that relate to the case study</li><li>• Record what you've learned in your Flight Log</li></ul>
<b>BODY</b>	The case study, "Mind Reading" is located on the next page. See Part 1 for instructions on how to lead a case study.
<b>SUMMARY</b>	Thinking of suicide is common to most people. The danger increases when the person has a history of suicide in their family, they have developed a plan for their suicide, and they are feeling extreme pressure or disappointment.
<b>REMOTIVATION</b>	From the television series, <i>Joan of Arcadia</i> , "much of the destruction we do is because of a failure of imagination."
<b>CLOSING</b>	"Live all you can. It is a mistake not to." - Henry James "He that thinks amiss, concludes worse." - Herbert "Help your brother's boat across, and your own will reach the shore." - Hindu Proverb