

# Out of the Loop

## Suicide Discovery

## 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 aware of this issue and have a basic understanding of how to respond. The case study attempts to begin a discussion of suicide from the observer's perspective. This lesson will require more teaching than is usual for moral leadership lesson and the material that needs to be shared is as follows:*

### *Warning Signs of Suicide*

- 1. Suicide threats*
- 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*

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

*Use this information in this lesson, as you deem appropriate.*

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<b>OBJECTIVE</b>	The objective of this lesson is to help cadets explore how they feel about suicide and affirm the supreme value of human life.
<b>ATTENTION STEP</b>	Ask the cadets if they have known of anyone who has committed suicide.
<b>MOTIVATION STEP</b>	Suicide is a frightening subject to discuss and an experience that most will have to face in their lifetime. Civil Air Patrol has not been exempt from suicide and may not be in the future. This discussion will help clarify thoughts that the cadets have concerning this act.
<b>OVERVIEW</b>	<p>During this Moral Leadership session, we will:</p> <ul style="list-style-type: none"><li>• <b>Read</b> a case study concerning our perceptions of suicide.</li><li>• <b>Discuss</b> the facts, assumptions, problems and solutions (FAPS) of the case</li><li>• <b>Answer</b> and discuss your responses to questions that relate to the case study.</li><li>• <b>Record</b> what you've learned in your Flight Log</li></ul>
<b>BODY</b>	The case study, "Out of the Loop" is located on the next page. See Part I for instructions on how to lead a case study.
<b>SUMMARY</b>	Hearing of a suicide creates many different feelings in us. These feelings can lead to confusion as to what to say and what to do. Sometimes these feelings can be frightening.
<b>REMOTIVATION</b>	Never underestimate the amount of pain that a person can be feeling. People that you see, work with and go to school with every day can be struggling with their lives.
<b>CLOSING</b>	<p>"God gives burdens, also shoulders" - Jewish Proverb</p> <p>"For I am fearfully and wonderfully made." - Psalm 139:14; Hebrew Scriptures</p> <p>"Whoever rescues a single life earns as much merit as though he had rescued the entire world." - The Talmud, Mishna Sanhedrin</p>

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## Student Handout

### CASE STUDY

Marcus pulled into his normal parking place at school. The place next to him was empty. Marcus found this odd. Peter's Mustang was always in its place when Marcus arrived. Peter was just that type of a person. He was smart, conscientious, athletic, and popular.

Peter's father owned the local textile factory, and Peter was expected to follow in his father's footsteps. Marcus gathered his books and headed for homeroom. Along the way he saw groups of people whispering to each other and acting unusually sad. Stephanie met him in the hall. She was crying quietly and had difficulty talking. "I can't believe he's gone," was all she could say.

Steve was already in homeroom when Marcus arrived. "Who died?" asked Marcus trying to sound more cool than nervous. Steve just looked at him and said nothing. Marcus looked around the room. Was he the only one who did not know what was going on? "I don't get it," Latarsha said. "He had everything. Why kill yourself now? He was about to graduate, go to college and have a great life. What could have been so bad?" Marcus wondered the same thing.

### SOLO PILOT

1. What are some of the ways you hear about bad things happening to young people?
2. What could have been so bad for Peter?
3. What are feelings that you believe could lead to a young person committing suicide?

### PILOT

1. What can you say to someone whose friend has committed suicide?
2. What can you say to someone whose family member had committed suicide?

### TEST PILOT

1. How do you feel when you hear a young person has committed suicide?