

## Lesson 5: Depression

Learning Objectives: (slide 1)

- Understand what depression is
- Compare medical depression to 'feeling down'

<p><u>Starter</u> 5 mins</p> <p>Show slide of Robbie Williams and Marian Keys quote. Ask students if they think that depression is 'just a very severe form of feeling low' or an entirely different type of illness?</p>	Skills:	Resources:
<p><u>Helpful and unhelpful things to say</u> 20 mins</p> <p>Ask students to raise their hands if they've ever said that they were 'depressed' after a bad day or test mark. In a typical class most will raise their hand. Ask them what the difference is between having a bad day and actually being depressed? Take responses without commenting then show them slides 5 and 6.</p> <p>Slide 7 Exercise: in small groups ask students to come up with as many ideas as possible as to why people might develop clinical depression. Groups take it in turns to feed back to entire class and when students come up with one from the teacher's guidance list (or any alternatives not on the list you feel suitable) get one member of the class to blow up a balloon and write the word/phrase on the balloon.</p> <p>Ask for a volunteer - they are going to hold as many of the balloons in their arms as possible. Give members of the class one of the cards from 'Unhelpful things to say to people with depression' and one at a time ask them to read it out to the person holding the balloons. Ask the balloon person after each card if the phrase helped . Why not?</p> <p>Go round the group and ask for positive ways you could support someone who is feeling depressed. Each time someone makes a useful suggestion take a balloon away/pop it until as many balloons as possible have been removed. Ask the student how they feel with less balloons - ideal responses are those offering support, understanding, encouragement, etc..</p>	Teamwork	20 balloons, white-board pens, <a href="#">'Unhelpful things to say...'</a> cards
<p><u>Symptoms of depression</u> 10 mins</p> <p>In small groups ask students to list some signs they would expect to see in someone suffering with depression. Use the slide 8 to check their responses. Students may be surprised that there are physical symptoms as well as psychological ones. Show slide 9 and give out Samaritans cards.</p>		<a href="#">Samaritans helpline cards</a>
<p><u>Giving support to friends</u> 10 mins</p> <p>Give students the handout 'Asking me'. Students should choose 3 or 4 of the quotes and provide a response, imagining this was a friend who had confided in them. It is up to them what kind of response they will make as long as it's supportive - it could be useful suggestions for things to try or simply a show of friendship.</p>	Reflection	<a href="#">'Asking me' handout</a>
<p>5 mins</p> <p>Students might ask if depression leads to suicide. Please read teacher's guidance notes. Show slide 10.</p>		
<p><u>Plenary</u> 5 mins</p> <p>Ask student to answer the following on a post it note: "Have I changed how I think about depression?"</p>	Reflection	Post it notes