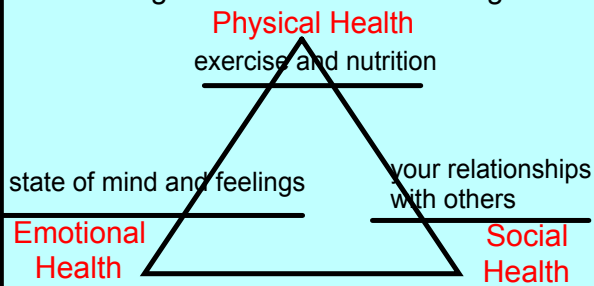


OBJECTIVE:

- 1.01 Recognize the signs and symptoms of people who are in danger of hurting themselves or others.
1.02 Summarize feelings and emotions associated with loss and grief and identify positive coping skills and resources for help.

Bellringer: Draw the health triangle.



Exit Ticket:

How can you use something you learned today?

Name _____

September 23, 2010

Period _____

NOTES:

Definition of self-destruction or self-abuse:

**deliberate, repetitive,
impulsive, non-lethal harm
to one's body**

Examples of self-destructive behaviors:

cutting self
injuring self until
bleeding
burning
bruising
head banging
breaking bones
scratching
Excessive body
piercing/tattooing

Why people self-mutilate:

bullying / teasing
dealing with emotions
unable to express feelings
A way to cope
fear of intimate
relationships
loneliness/helplessness
An attempt to feel in
control

Info about how and from whom to get help:

Guidance Counselor	Talk to teacher
Psychologist/Psychiatrist	Talk to a friend
Parents	Look up resources

Self-Mutilation

- ◆ Self inflicting pain and injury to one's self.
 - Repetitive
 - Deliberate
 - Non-lethal

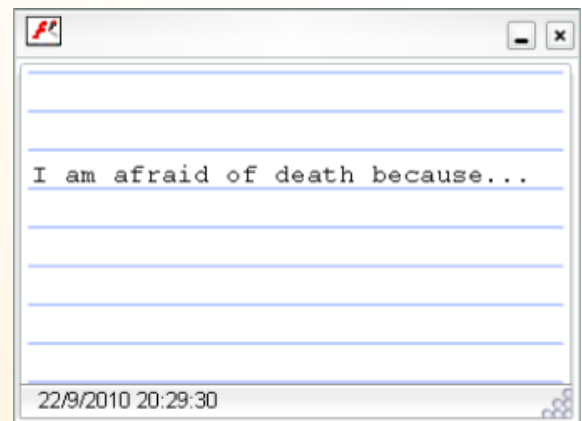


Finish the following statements.



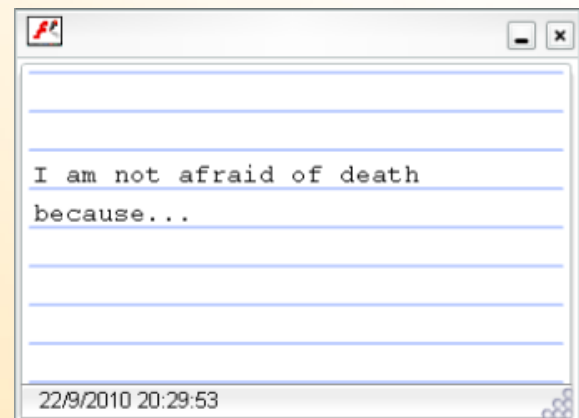
Loss is....

22/9/2010 20:28:22



I am afraid of death because...

22/9/2010 20:29:30



I am not afraid of death because...

22/9/2010 20:29:53



Denial

1

- numbness
- time of yearning
- period of despair
- Reorientation
- Reorganization

Kubler-Ross 5 Stages

- Denial
- Anger
- Bargaining
- Depression
- Acceptance

