

BEHIND HAPPY FACES

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LEARNING OBJECTIVES: These outcomes show what knowledge and skills participants should gain from the lesson. It is crucial you review the goals of the lesson with the members so they know what they will learn.



HANDOUT: It is time to distribute a handout/materials to participants. These can be found at the end of each lesson if it includes a handout. Make copies in advance!



WRITE ON FLIP CHART: The main points are included in PowerPoint presentations. In the event you do not have access to a computer/projector, write examples and instructions on flip chart paper in the front of the room.



GROUP DISCUSSION: It is time to prompt participants with questions or dialogue for group discussion.



INTERACTIVE ACTIVITY: It is time for an activity, like scenarios or a game. These activities help participants feel more connected to the information.



INSTRUCTIONS: Read information or directions aloud to the groups.



WATCH THE VIDEO: Each lesson includes videos to help introduce the topic and engage viewers to take part in the lessons. It is important to make sure you test them in advance to make sure the video and audio work on your technology—either DVD player or computer and speakers.

Lesson 4: Talk to a Brother

The Talk to a Brother lesson helps members learn more about how to approach a brother who needs help. This lesson is important in helping members be better prepared to assist their brothers. One of the most common dynamics in brotherhood is seeing that someone needs help, but not necessarily knowing what to do or say. The goal of this lesson is to give members tools to make seeking help more approachable for their brothers.

Facilitator

To facilitate this lesson effectively, it is helpful to have experience or training as a facilitator in others areas of campus life. If you have a member who is or has been a resident assistant, student organization leader, peer advocate, or is studying to be a teacher, he could be an excellent facilitator for this program.

Time needed:

23 minutes



Objectives:

- Demonstrate what actions are helpful to approach a friend, family member, or partner, who needs help.
- Differentiate the differences between what a friend can do and what can only be done by a mental health professional.

Setting:

- Choose a room that offers a lot of open space for small groups to be able to spread out and not be distracted by others. Members will need to be able to either sit and gather on the floor or move chairs around into small groups.
- You will be playing a PowerPoint presentation and videos during the lesson, so you will need a computer connected to a projector and screen.

Group size:

- Ideal groups should be 7 members or no larger than 10 to make sure connections and conversations remain personal.
- If your chapter has more than 200 men, we recommend you use more than one room with different facilitators for all of the small group work.

Materials Needed:



- For each small group: Talk to a Brother handout
- For each person: One notecard
- Projector and Screen
- “Talk to a Brother” PowerPoint
- “Talk to a Brother” Video



FACILITATOR NOTES:

As members enter the room, assign them to small groups. Give each member a notecard and each group 2 copies of the Talk to a Brother handout.

EXERCISE 1 (10 MINUTES)

INTRODUCTION:



- We're going to do a lesson about mental health. This is a serious topic that affects all of us and can be really sensitive for members. Being honest, open and non-judgmental of each others during these exercises will help us learn more about mental health and each others. **CHANGE PPT SLIDE**
- Sixty-seven percent of college students first disclose suicidal thoughts or mental health challenges to a friend. That means you are all on the front lines of mental health. **CHANGE PPT SLIDE**
- The goal of this lesson is to make it easier for brothers to talk about mental health and get the help they need. **CHANGE PPT SLIDE**
- In this small group activity, you will share a time you intervened in a friend's life because you were concerned about him.
- You will do this completely anonymously, but it requires trust and a willingness to share. **CHANGE PPT SLIDE**
- I'm going to read the instructions and then you can get started.

INSTRUCTIONS:

- On your notecard, write down what your friend was doing that led you to feel you needed to intervene. For example, it could be after a break up, when someone wasn't doing well in school, or another situation. If you have never helped a friend in this situation, write about a time while you think you could have.
- Next, write down if your attempts to help that friend worked or didn't work.
- Pass all of the cards to one person in the group.
- That person will shuffle the cards and pass one to each member.
- Then read the cards aloud to the group.
- Go around the group again and have each member say one word or theme that stuck with them about helping a friend. **CHANGE PPT SLIDE**

SHARE:

Let's have several groups share some themes they heard as they did this exercise. **CHANGE PPT SLIDE**

SUMMARIZE:



- We did this exercise to show how common it is to intervene in a friend's life. While we want to help we're not always successful in doing this.
- There are a lot of reasons why we may or may not be successful. The next exercise is designed to help us better understand how to approach a friend. **CHANGE PPT SLIDE**

EXERCISE 2 (10 MINUTES)

INSTRUCTIONS:



- This next exercise will help us understand how to approach a person experiencing a mental health challenge.
- This could mean talking to a friend who has anxiety or depression, went through a break-up, got rejected, is drinking or abusing drugs, or other similar situations.
- These exercises are not intended for someone who you think is suicidal. **CHANGE PPT SLIDE**
- In your groups, think about the following scenario. You notice a change in your friend's behavior that causes you concern. He's not eating regularly. He is constantly stressed. You feel like he's hiding his emotions.



- You will take five minutes to discuss the questions on the Talk to a Brother Handout to help you better understand how to approach your friend.
- After your group has answered the questions, a representative from each group will report your answers to the large group. I'll let you know some positive answers. **CHANGE PPT SLIDE**
- *Give them 5 minutes to write on their handouts and discuss as a small group. Then come together as one large group to discuss their answers.*

FACILITATOR NOTES:

Share:

After everyone is done with the worksheet, ask several groups how they responded to each question.

Summarize:

Below we list the questions from the handout, along with positive answers to review with the chapter. After you facilitate sharing for each question, summarize the recommended responses/answers for the chapter.

Write down five ways you can express you're having this conversation because you care about your friend.

It's important to approach your friend by letting him know you care about him, because it can help someone feel more comfortable to talk about what is wrong and seek help. **CHANGE PPT SLIDE**

Acceptable answers to this question should include:

- "You're not doing the things you used to do, and I'm concerned about you."
- "I'm your friend and want to make sure you're OK."
- "I know you would do the same for me."
- "Sometimes people don't think these kinds of things can get better, but it's important to try."
- "I know it can be hard to talk about these things, but it's the only way that you can find a way to address this."

CHANGE PPT SLIDE

Write down five open-ended questions you could ask your friend to help him/his talk about what he/she is going through.

Open ended questions are helpful, because they allow your brother to talk to you about what is wrong. It's helpful to let him say everything he wants and listen to him. **CHANGE PPT SLIDE**

Acceptable answers to this question should include:

- “How are you?”
- “How have you been feeling?”
- “What have you been thinking about?”
- “Is there anything stressing you out right now?”
- “Do you feel like anything has changed in your life?”
- “Do you want to talk about anything?”
- “Is there anything I can do for you?” **CHANGE PPT SLIDE**

Write down five steps you can take if your friend refuses to get help and his/her situation gets worse.

Acceptable answers to this question should include:

- Talk to a counselor about steps you can take.
- Research the problem to see what might work for others people in a similar situation.
- Never give up.
- Let him know you care and your door is always open to him.
- Keep listening to anything they say.
- Don't judge them. **CHANGE PPT SLIDE**

Write down six things you can do to take care of yourself while your friend is in a mental health crisis.

As you are trying to help a brother you may not be able to sleep, because you're texting him all night. You stop doing normal things like eating, studying and working to be there for your brother. List steps you would take in this scenario to better care for your mental health while helping your brother. **CHANGE PPT SLIDE**

Acceptable answers to this question should include:

- Get sleep.
- Talk about how your friend is affecting your life.
- Exercise.
- Make time for yourself.
- Do something fun.
- Write about your emotions.
- See others friends or family.
- Practice yoga or meditation. **CHANGE PPT SLIDE**

SUMMARIZE:

- When reaching out to a brother, it is important to establish trust and a system to be able to help.
- Being aware of the person's feelings and learning how to effectively engage him leads to more success in getting him the help he needs.

WRAP-UP:

- Mental health challenges are extremely individualized. It can be hard to know exactly how to reach someone.
- If you're concerned about a friend or family member, one of the best things you can do is go to the counseling center and talk to a counselor about the person to find out more about your options. **CHANGE PPT SLIDE**

TALK TO A BROTHER

List 5 ways you can tell your friend you're having this conversation because you care about them.

1. _____
2. _____
3. _____
4. _____
5. _____

List 5 steps you can take if your friend refuses to get help and their situation gets worse.

1. _____
2. _____
3. _____
4. _____
5. _____



Write down 5 open ended questions to help your friend talk about what they are going through.

1. _____
2. _____
3. _____
4. _____
5. _____

List 6 things you can do to take care of yourself while your friend is dealing with a mental health crisis.

1. _____
2. _____
3. _____
4. _____
5. _____