



Discussion Guide



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This **Discussion Guide** is for educators to use to create discussion after each short video.

The COPE videos have been divided into 4 lessons, each with 2-3 parts.

Lesson 1:

- Communication
- Worries, Fear, and Anxiety
- How do I communicate with myself?

Lesson 2:

- Why all feelings matter
- Communicating my struggles with others
- How to keep from “Flipping our Lids”

Lesson 3

- Negative communication from others
- Communication Online

Lesson 4

- Other options for communication and reaching out
- Affirmations
- The COPE pact

This Discussion Guide has been created to correspond with each of the 4 lessons. Please feel free to pick and choose questions that you believe would best promote discussion with your group.

Lesson 1, Video 1

Discussion Questions...

1. Do you remember what the word COPE means?
2. What do you think it means to strengthen our coping muscles?
3. Do you remember what the C in COPE stands for?
4. Why do you think it's important to Communicate with ourselves in positive ways?
5. Do you remember what the O in COPE stands for? What's another word for Options? (choices)
6. What do you think it means to have choices?
7. The P in COPE stands for Perspective, what do you think perspective means?
8. When you think of the idea of people being like ice bergs, how do you think this relates to perspective?
9. Who has a pet? Does your pet help you COPE when you're stressed or worried? (some students might share that their pet has died – this is good time to validate how difficult that can be – to model a safe space to share difficult feelings).

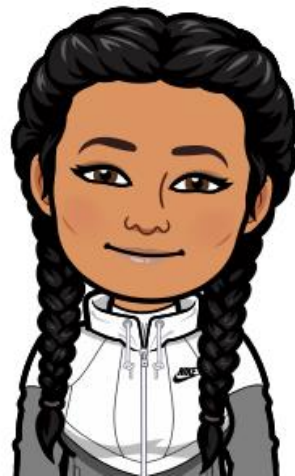


Lesson 1, Video 2

Discussion Questions...

1. Sometimes it takes courage to COPE through life's challenges. If courage was a colour, what do you think it would be? (follow up question: why did you choose that colour?)
2. Have you ever had a situation like Meena where you were terrified to do something but you did it anyway? What was it? What did you do? How did you find your courage? How did you feel afterward?
3. What kinds of fears and worries keep people from doing the things they want to do?
4. What do you think it means to have CONFIDENCE?
5. If confidence was a colour, what do you think it would be? Why did you choose that colour?
6. How can we support confidence in others?
7. What kinds of things can we do to build confidence in ourselves?
8. Why do you think it's important to communicate with ourselves in positive ways?
9. Why do you think it's important to communicate with others in positive ways?

you matter.



Lesson 1, Video 3

1. Show of hands, who has had Automatic Thoughts or AT's like what they talked about in the video?
 - a. The first kind of Automatic Thought we saw in the last video was called "Mind Reading" or "Assuming" – can you think of a time in your life when you have thought for sure someone was thinking one way and then you found out later you were wrong? (encourage any discussion around this)
 - b. What about "Shoulds, Musts, and Oughts" – do ever expect too much of yourself and then become hard on yourself when you don't live up to the expectations you've set? What can you do to be your own best friend in situations like this?
 - c. Do you remember the Fairy Tale Fantasy? This is when we create an unrealistic idea of what our life "should" be like? Like maybe we see the tip of the iceberg of someone else's life on social media and it looks really amazing and then we get hard on ourselves because we don't think our life is as good as theirs. Why do you think this kind of thinking isn't very helpful?
 - d. The final AT I'd like to ask you about is "catastrophizing." This is when we take something small and turn it into a full-scale emergency. Can anyone think of an example of this either in something you've done or something you've noticed in others?



Lesson 2, Video 1

1. Did you notice the shackles on the young girl in the “Only Human” video? What do you think those shackles meant or represented?
2. What kinds of thoughts did the girl have about herself that created shackles? What other things did you notice happening to her that brought on other shackles?
3. Can you see how we can get trapped into feeling badly about ourselves if we believe the things our inner bully tells us?
4. Can you see how we can get trapped into feeling badly about ourselves if we believe negative things other people might say about us?
5. What do you think it means to be “Only Human?”
6. Show of hands, have you ever put on a mask to hide your feelings or said you were fine when you weren’t fine?
7. Why do you think it’s important not to hide the way we feel all the time?

Lesson 2, Video 2

1. If you had some things to unpack, can you think of who you might go to?
2. What is a safe, trusted adult? What kinds of characteristics would they have?
3. Why would it be helpful to go to a safe, trusted adult if we needed to unpack?
4. One way to unpack is to talk about our worries, struggles, and the things that stress us out. What are some other ways you could unpack?
5. What are some things you could do right now to get through difficult or stressful situations?
6. Can you think of a few more things you could do to “strengthen your coping muscles?”

Lesson 2, Video 3

1. Why do you think unpacking our stress and worries can make it easier to let things go afterward?
2. What kinds of feelings do you think people have after they've had a chance to unpack?
3. Do you think unpacking can make it easier to let things go? Why?
4. Why do you think it's important to let things go?
5. Lyndsay talked about creating a "happy place" in your mind to go to when you need a break or when you need to let things go. Can you think of other things that could help let things go? What are they?



Lesson 3, Video 1

1. Show of hands, who here has flipped their lids? (teacher puts up hand too)
2. What kinds of things might cause us to flip our lids, or lose control of our emotions?
3. We all flip our lids sometimes, but if we can get good at being “mindful” – which means paying attention to our thoughts and feelings – we can actually stop ourselves from flipping our lids. So... what kinds of things might we notice in our bodies when our pots are beginning to boil?
4. What kinds of thoughts and feelings might we be having when our pots are beginning to boil?
5. What kinds of things could we do to try and bring our temperatures down before our pots start to boil?
6. What could we do for ourselves if we did flip our lids? How could we let it go, feel better, and enjoy life afterward?

Lesson 3, Video 2

1. Why do you think we don't always tell a safe trusted adult when someone is being mean to us either online or in person?
2. In the video, we saw that Brenda was having to cope with an online bully. What were some things she could have done earlier to prevent it from getting so out of control?
3. Remember our saying “People are like icebergs?” Why do you think this is important to remember when we're online?
4. What do you think it means to stay SMART online?

Lesson 3, Video 3

1. Have you ever flipped your lid while gaming? Are there things you can do in the future to avoid this happening?
2. If you noticed a friend or family member was struggling, stressed out, or worrying about something, what are some things that you could do to help them COPE?
3. Why do you think helping other people is one of the best ways to feel better ourselves?
4. Can you think of a time when someone did something nice for you that was unexpected? How did that make you feel?
5. Can you think of some ways you could help other people or show kindness to others in your day to day life?
6. How do you think that would make you feel?

Lesson 4, Video 1

1. Why do you think someone might call, chat, or text a crisis line?
2. Why do you think it takes courage to call a crisis line? What are some of the fears a person might have about reaching out?
3. What do you think a crisis line worker will do to help if you call?
4. Do you remember what happens if you ever got the crisis line's voice mail? (leave a message and we will call you back)
5. Do you remember how the crisis line can help you if you were worried about a friend or if you saw or read something scary online? What can the crisis line do in those situations if you call? (we can call out to that person to make sure they're safe)



Lesson 4, Video 1

1. The poem AFFIRMATION asks the question “How do I accept myself for who I am?” What do you think? Is it important to fit in with the crowd all the time, or is it okay to step out and do something different?
2. Why do you think it takes courage to step out and do that “different” thing?
3. What is an affirmation?
4. Can I use affirmations to encourage myself to do the things I really want to do or be the person I really want to be?
5. Let’s take the COPE challenge together...

I pledge to:

- Always remember I am important, unique, and worthwhile.
- Believe that no matter how hard life gets, there is always a way forward.
- Ask for help when I need it.
- Show support and kindness to those around me.

