

# Teen Self-Injury: Working Toward Healthy Coping Skills

## Teen Self-Injury: Working Toward Healthy Coping Skills Group Discussion Materials Introduction

Families for Depression Awareness offers our Teen Depression Webinar series so caring adults have the information they need to recognize signs of depression and provide constructive support and teens ultimately get the help they deserve. The free **Teen Self-Injury: Working Toward Healthy Coping Skills** webinar teaches caring adults why teens self-injure, how to recognize the signs, and how to help adolescents develop healthy coping mechanisms to manage their pain. Before watching this webinar as a group, we recommend that you provide participants with a link to watch the **Understanding Teen Depression** webinar or consider hosting a group viewing.

Please use the discussion questions provided here in addition to the Understanding Teen Group Viewing Guide (<http://bit.ly/TDGroupGuide>). In the Group Viewing Guide, we provide suggestions for equipment, creating a safe space, facilitating, and role-play scenarios for communicating with teens and young adults.

### Discussion Questions

1. What new or interesting information did you learn about self-injury in the webinar? Did anything surprise you?
2. Does understanding why teens may self-injure change your reaction or feelings toward the behavior? How so?
3. How can parents and caring adults help teens who are self-injuring?
4. What are some resources in our community that could be healthy coping options for youth? (e.g. local park, youth center, parks and recreation department, YMCA, etc.)
5. If you were talking to a young person who had signs of self-injury, how would you start the conversation?
6. Has anyone had successful conversations with youth? What worked?
7. Would your approach be different if the teen in your life was engaging in a different unhealthy coping skill such as substance use? Why or why not?
8. If you are planning to address self-injury with a teen in your life, do you anticipate any barriers to the teen's involvement? Does the group have any advice for navigating these barriers? \*Remind participants about the Family Action Plan available at [familyaware.org/actionplan](http://familyaware.org/actionplan).
9. How will you follow up on this webinar? What steps are you committing to take? (They might write this down for themselves rather than saying out loud.)

### Thank you

We extend our grateful thanks to our generous funders for their support of the Teen Depression Program. Our current funders are listed on the Teen Depression Webinar page on our website at [www.familyaware.org/training](http://www.familyaware.org/training).