**I-SOS Learning Questions and Guided Discussion for Youth Suicide Prevention Videos**

Video 3: Catherine explains how she has healed from losing her brother.

1. Name 2 or 3 things Catherine has done that has helped her overcome the pain of losing her brother.
2. Can you name one other way to work on your feelings, aside from what Catherine mentioned?
3. Imagine you have a friend who tells you in privacy, they are thinking of killing themselves. What can you say to help?

Video 4: Catherine shares ideas with the viewers about how to overcome thoughts of suicide.

1. Describe what Catherine believes teenagers mistakenly think when they are considering ending their life.
2. If you are having suicidal thoughts, who is a good person to tell?
3. If you tell someone about your personal thoughts of suicide, what would you want them to do for you or say to you?