# Skill-Building Challenge Worksheet: Healthy Communication

Name: Blank Class: Blank Date: Blank

Finding out that someone is self-harming or suspecting that someone might be suicidal is a stressful experience. Oftentimes friends and loved ones feel paralyzed with not knowing what to say or do. It is helpful to consider how you would respond before such a situation occurs. By practicing your communication now, you will be better able to support someone in the future. Remember to use *I* messages when talking to a person about a potentially sensitive topic. Start by expressing your own emotions and how you are feeling.

**Scenario 1:** You noticed what appeared to be recent scars on a friend’s arm that could be from self-harming behavior. During his parents’ divorce, the friend has been going through a hard time and doesn’t seem like himself.

**1.** How would you share your concerns, and what would you say to your friend?

**2.** How else might you support your friend?

**Scenario 2:** You noticed a friend was posting statements like “I just want to die,” “Time to check out,” “I want to kill myself,” and “I’ve had enough of this stupid existence” on her social media. It isn’t like her, and you’ve also noticed that she seems quieter and more withdrawn.

**1.** How would you respond on social media?

**2.** What would you say to the friend in person?

**3.** How would you communicate your concerns with a trusted adult?