

## Lesson Plan: Understanding Therapy and Seeking Support

### Objective:

Students will explore the concept of therapy, understand who uses it, why it's essential, and learn about alternative forms of support like AI tools (e.g., ChatGPT) for managing challenging situations.

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### 1. Introduction (5-10 minutes)

- **Explain the Purpose of Therapy:** Begin by defining therapy as a source of mental and emotional support that can be helpful for people of all ages. Discuss that therapy helps individuals work through emotions, especially when these feelings become difficult to handle alone.
  - **Types of Emotions and Stressors:** Highlight common emotions (e.g., sadness, anxiety) and scenarios that may lead people to seek therapy, such as high-stress jobs or experiencing trauma.
  - **Student Discussion Prompt:** "Have you ever heard of therapy before? Can you think of situations where talking to someone might help a person feel better?"
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### 2. Video Segment (5-10 minutes)

- **Watch the Interactive Video:** Guide students to [www.discoverlifefskills.com](http://www.discoverlifefskills.com) to watch the interactive video that covers the basics of therapy, its purpose, and its benefits.
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### 3. Group Activity: Exploring Therapy in Different Contexts (10-15 minutes)

- **Divide into Small Groups:** Assign each group a scenario, such as:
    - A child or teenager facing pressure from friends.
    - A professional experiencing workplace stress.
    - Someone dealing with survivor guilt.
  - **Discussion Questions for Groups:**
    - How might therapy help in this scenario?
    - What specific feelings might someone in this situation experience?
    - Could there be other forms of support, such as talking to a trusted adult or using an AI tool for advice?
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#### 4. Introducing AI as a Support Tool (5-10 minutes)

- **Explain AI Support (e.g., ChatGPT):** Discuss how AI tools like ChatGPT can provide information and help guide young people through tricky situations when therapy or adult support isn't immediately accessible.
  - **Demonstrate a Sample Question:** Use an example from the transcript, such as:  
"Imagine you're 13 and feeling pressured by friends to vape. You can type something like, 'My friends vape, but I'm unsure. What should I do?' AI can provide advice, real facts, and help you think through the situation."
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#### 5. Individual Activity: Practice Using AI Support (10-15 minutes)

- **Exercise with ChatGPT:** Provide a handout with a prompt, encouraging students to type a scenario into ChatGPT. Example:  
"I am a teenager, and my friends are pressuring me to try something risky. I want to say no but feel scared they won't accept me if I refuse."
  - **Reflection Questions for Students:**
    - What advice did ChatGPT give?
    - Did it help you see other ways to handle the situation?
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#### 6. Class Discussion on Decision-Making and Peer Pressure (5 minutes)

- **Key Points:** Emphasize that informed choices and trusting one's instincts are crucial for navigating peer pressure. Encourage students to consider how standing by their decisions can lead to positive outcomes.
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#### 7. Wrap-Up and Key Takeaways (5 minutes)

- **Summarize Main Points:** Reiterate that therapy is one path to support, but resources like trusted adults and tools like ChatGPT can provide immediate help.
- **Encourage Sharing Discover Life Skills:** Suggest students tell friends or family about [www.discoverlifefskills.com](http://www.discoverlifefskills.com) as a valuable resource.

**Homework Assignment:**

Write a short reflection on how using AI support felt and what they learned about standing up to peer pressure. Encourage students to watch or rewatch the video on Discover Life Skills to reinforce what they've learned.

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This lesson plan engages students with the core concepts of therapy, offers practical application through AI tools, and builds awareness of healthy decision-making in peer-pressure situations.