



## LILIE, LLC Course Information

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### Title of Course (*45 hours*): Dangerous Trends in Adolescent Behavior

**Course Description:** This course will provide educators with insights into ways children and adolescents engage in self-destructive behaviors. Teachers will be educated on current trends such as the choking game, extreme eating disorders, secret cutting and behaviors associated with OCD. Ultimately teachers will be versed in identifying warning signs and the various supports available to help their students who suffer due to self-destructive behavior.

#### Overall Course Objective and Expectation(s):

- To understand reckless behaviors that go along with children wanting to spread their wings
- To investigate “Friends with Benefits” and how it affects our children
- To explore cutting/self-injury and how it enables a youngster to feel less pain
- To understand “The Choking Game”
- To discuss OCD
- To evaluate eating disorders and when they become an illness

#### Course Instructional Materials:

All courses maintain a fully developed and dynamic webpage that houses all resources, reference material and various other required informational texts, videos and alike that is both active and relevant to course objectives and content. Course web pages are routinely updated to reflect most current research and available readings therefore instructional materials used to teach course objectives are subject to change.

#### Instructor Consultation and Interaction:

Real time consultation and instruction is provided through the LILIE, LLC discussion boards for each course/classroom on a daily basis.

#### Suggested Readings (*subject to change*):

- OCD Newsletter
- The Thought that Counts: A Firsthand Account of One Teenager's Experience with Obsessive-Compulsive Disorder by Jared Kant, Martin Franklin, and Linda Wasmer Andrews
- Helping Your Troubled Teen: Learn to Recognize, Understand, and Address the Destructive Behavior of Today's Teens and Preteens by Cynthia S Kaplan, Blaise Aguirre, and Michael Rater
- The Choking Game. (Behavioral Consult)(incidence of deaths and brain injuries from fainting games): An article from: Pediatric News by Michael S. Jellinek

#### Proof of Course Completion:

LILIE, LLC is committed to assuring that enrollees fully participate in and receive the educational benefits contemplated by the course. Enrollees must demonstrate participation by making detailed postings designed to foster dialogue among colleagues and instructors. These enrollee postings must be made four times each week in separate sessions. Enrollees will be required to submit a detailed log documenting at least 45 hours of course work, including discussion board posts, and will be required to apply information and strategies acquired from the course content to weekly classroom instruction. Attempts to falsify logs or discussion board entries will result in denial of credit and a report to the enrollee's employer.



## Scope & Sequence/Weekly Topics and Objectives

### *Week 1*

#### **Topic(s):**

- Overview of what Dangerous Trends are
- “Friends with Benefits”
- “Road to Forgiveness”
- Cutting and Eating Disorders
- “The Choking Game”
- Self-Injury
- Pressures and demands that face our children today

#### **Objectives:**

For teachers to have an introduction and gain understanding of the topics that will be explored in this class.

#### **Impact on Classroom Instruction:**

- Explains how children want to “spread their wings” and in doing so encounter reckless moments
- Be able to understand “Friends with Benefits” and how it affects the child emotionally
- Evaluate Cutting behaviors and Eating disorders
- Understand a dangerous game that our children are playing
- Reviews the pressures and demands that face our children each day and they bring into the classroom

#### **Learner Outcomes:**

- Familiarization with possible, basic indicators of these behaviors
- Have a general definition of these dangerous trends that are impacting your students
- Start to be able to identify these behaviors and key phrases

#### **Assessment of Understanding and Learning/ Weekly Assignments (*including but not limited to posting requirements set forth by LILIE, LLC*):**

- Discussion of your own reckless moments and those that have been shared by your students
- Post your reaction to having friends with benefits
- Reflect upon a betrayal that has affected your life
- Share difficulties/stories you have had with your students in the areas of cutting and eating disorders
- Discuss your familiarity with the “Choking Game”
- Reflect and share a story on a youngster who has engaged in self-injury if you have one
- Compare the stressors you had as a teenager to what the children have today



## *Week II*

### Topic(s):

- Cutting and Self Injury

### Objectives:

- To identify cutting
- To learn how to deal with these hidden emotional dangers
- To understand what happens when a child resists the urge to cut
- How to help a teenager who asks for help for themselves or a friend

### Impact on Classroom Instruction:

For teachers to gain knowledge on cutting and self-injury and its impact on students personally, physiologically, academically and socially as well as the impact on their families and friends.

### Learner Outcomes:

- The teacher will be able to identify what cutting is
- The teacher will understand why children cut
- The teacher will know what to do to help a child resist cutting or to help a friend of a cutter

### Assessment of Understanding and Learning/ Weekly Assignments (*including but not limited to posting requirements set forth by LILIE, LLC*):

- Share which “tips” you feel would be the best tips to use when a child feels the urge to cut. Discuss which ones you would recommend to a student and which ones you would not share and why
- Read the article “How Can I Help a Friend Who Cuts” and share any dealings you have had with this type of situation
- After reading the articles for the week, reflect and discuss your feelings on this issue as well as provide summary of warning signs and impact of such self-destructive behaviors.



### *Week III*

**Topic(s):** The “Choking Game” and other aliases

**Objectives:** To identify the warning signs and comprehend this dangerous trend that is growing within teen circles.

#### **Impact on Classroom Instruction:**

- Understanding the dangerousness of this game
- Increasing awareness of educators
- Provide educators with resources for support services

#### **Learner Outcomes:**

Teachers will be able

- to understand this dangerous game and the attraction to it by youth
- Teachers will have an increased awareness and listen for the different names the game is called
- Teachers will have a site to refer to – GASP
- Teachers will learn the dangers of the game, statistics, real life stories and first attempts
- View the videos and post your reactions

**Assessment of Understanding and Learning/ Weekly Assignments (*including but not limited to posting requirements set forth by LILIE, LLC*):**

- Review the article, “Deadly Games Children Play” and post your thoughts
- Review the GASP website and share your comments about the “Choking Game”.
- Watch the videos and share your thoughts and views on them
- As a reflective exercise, teachers will consider the learned information and summarize the dangers of such games, the impact it has on children’s well-being both physically, socially and academically as well as offer suggestions on how they would now handle knowledge of such a situation



### *Week IV*

#### **Topic(s):**

- Eating Disorders
- Suicide
- OCD

**Objectives:** The further the knowledge of what dangerous trends are out there for our students and what we can do to help them

#### **Impact on Classroom Instruction:**

- For teachers to learn the different types of eating disorders and how it impacts the student
- To educate staff on Obsessive Compulsive Disorder
- Heightened awareness regarding the danger signs of a child in distress and suggested support

#### **Learner Outcomes:**

- Develop an understanding of the different type of eating disorders
- Have an understanding of OCD and how it impacts the classroom
- Educate teachers about “Friends with Benefits”

#### **Assessment of Understanding and Learning/ Weekly Assignments (*including but not limited to posting requirements set forth by LILIE, LLC*):**

- Read and comment on the provided articles
- Evaluate the resources regarding eating disorders
- Review of whether you are at risk for an eating disorder or are you dying to be thin
- Share your story if you know a child with an eating disorder and provide feedback regarding the situation
- Review the OCD newsletter and comment on your findings
- Do a case study on a youngster with OCD. Discuss the signs that you have noted and steps used to identify this child
- Share if you have heard any of you students speaking about Friends with Benefits. What have you heard?