



Name: _____

Date: _____

Positive Ripples

Instructions: Using the TeensHealth.org articles to guide you, write what Chris could say to Ryan to help him.

Ryan used to be a happy, athletic teen with lots of friends. But after his dad died a year ago, that all changed. Ryan became depressed. His grades suffered and he quit soccer. He started hanging out with the wrong crowd. He even got in trouble for drinking beer and shoplifting.

Ryan and his mom always had problems getting along, but lately it's been much worse. Every conversation seems to end in an argument - over Ryan's friends and grades, chores at home, and how he was sleeping all the time. Ryan's mom said his dad would be disappointed to know his son was turning out this way. All Ryan could think was that he'd rather be with his dad.

He started to think about how he could make that happen. He had access to his dad's gun, so that would be an easy choice. He settled on a time - tomorrow night, while his mom was at work. He was in so much pain already, whatever he did couldn't make it any worse.

Before Ryan went to sleep, he wrote a note to his grandma telling her how much he loved her. He texted his best friend, Chris, saying that tomorrow would be his last day of school. He also said Chris could have his autographed baseball card collection.

The next morning, Chris was waiting for Ryan at his locker so they could talk. Chris knew that Ryan had been depressed for a while; Chris just hoped Ryan would snap out of it. But when Chris got that text last night, he knew something had changed for the worse.

Chris: “ _____

_____”