

**Tackling The Tough Topics:**  
**Suicide Awareness/Substance Abuse/  
Effectively Processing Emotions in a Positive Fashion**  
**Presented by: Steve Mason**

Student Presentation Overview

Average Total Time Required: 60 Minutes. It is imperative that you add additional time for seating and exiting as required for the size of your audience. Presentation can be tailored down to 40 minutes or if organization would like an open forum Q & A to follow, it could potentially fill a 75-90 minute time slot.

Brief introduction on me and the short film, EIGHT by an administrator or PTA member. I will provide a script/bio.

To set the tone appropriately, I start off by saying, "I am a survivor of suicide. The film EIGHT is my story.... My intention today is to let you know you have choices in life, and our identifiable moments in life do not have to become our identity."

My technology needs from the school are a projector, screen, sound system and a Blu-ray player.

After the film, I will then reappear on stage to tell my story. My computer will be running a power point highlighting some pertinent information as I lead the lecture.

The story is engaging and appropriate for grades <5-12>. Included in the story is what happened to me after my fathers' suicide, and how suicide affects the people left behind. I will share with the kids the very dark places it took me, and how I was able to turn my life around following my dreams of being an actor & a stunt performer on many of the television shows that they might watch (Gotham/Daredevil/Bluebloods/The Blacklist/Power/The Affair/Happy, etc.).

Toward the end of the presentation, the students will be given a chance to stand and stretch and take the opportunity to take a breather from the tough topics just discussed. It would be at this time I would close the presentation. Either with encouragement to talk about the presentation with their teachers, their families and their peers or first with an open forum Q&A (if desired).

Takeaways from Lecture: Warning signs to look for, and how to get help (suicide awareness). The many ways that people choose to neglect or deflect emotions (bullying awareness). Why that could lead to negative and destructive behavior (substance abuse awareness). And finally, positive coping mechanisms through fitness, nutrition and simple communication.

If you have any concerns or questions, please do not hesitate to contact me at:

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