The YouthLine

We are the Oregon YouthLine (est. 2000) a service of Lines for Life. YouthLine is a free, confidential crisis hotline that operates 24/7 for youth. Youth volunteers answer the calls, texts, chats, and emails of their peers from 4-10pm every day. We provide support about a variety of crises that range from a bad day at school or fighting with friends, to depression, self-harm, and suicide. No problem is too big or too small for the YouthLine. Staff and volunteers from the YouthLine also provide classroom outreach to help teens tackle common life stressors.

YouthLine has been an absolutely wonderful resource for my Health 1 classes! Their class presentations provide a safe place for my students to learn.

Beaverton School District Teacher

Lines for Life is a regional nonprofit dedicated to preventing substance abuse and suicide. We offer help and hope to individuals and communities, and promote mental health for all. Our work addresses a spectrum of needs that include prevention, advocacy, and intervention. We educate, train, and advocate to prevent issues of substance abuse, mental illness, and thoughts of suicide from reaching crisis levels. But when a crisis arises or support is needed, we are available 24/7/365 to intervene with personalized help.

5100 SW Macadam Avenue, Suite 400
Portland, Oregon 97239-3854
503.244-5211 | info@linesforlife.org
www.linesforlife.org

Oregon YouthLine
We listen. We support. We keep it to ourselves.

Need Help?
OregonYouthLine.org
877.968.3491
Text teen2teen to 839863

@oregonyouthline  @or_youthline

Outreach
www.oregonyouthline.org
Connecting in the Classroom

YouthLine offers classroom outreach across Oregon to help teens tackle common life stressors.

Our 45- to 90-minute lessons are tailored to your classroom and designed to:
- Normalize getting help instead of struggling alone
- Destigmatize mental health and substance use issues
- Identify a personalized safety net of adults and community services

Get started! Contact us today at YouthL@linesforlife.org

About our lessons:
- Interactive co-facilitation keeps students engaged
- Teen volunteers help initiate and lead discussions that normalize subject matter

―Thank you for making the lesson interactive, it really helped me learn about others and how to help my friends.‖
- Portland Metro Student

Our Lessons

• COPING WITH STRESS
Learning to manage stress fosters resiliency and boosts capacity to develop independence | Grades 6-12
Classes build their own definitions of stress, identify what causes them stress, and discuss how people cope with stress in both helpful and unhelpful ways. Through brainstorming activities, teens learn to identify the stressors in their lives. Students identify a trusted adult and begin evaluating their own behavior for helpful and unhelpful coping strategies.

✓ Skill Building: recognize stressors, distinguish between healthy and unhealthy coping mechanisms, identify appropriate resources, increase help-seeking behaviors

―By the end [of the presentation], I didn’t feel as awkward and felt more confident in talking about these issues.‖
- Eastern Oregon High School Student

• SUICIDE PREVENTION
Moving past stigma improves life-saving ability to recognize and address the signs of suicide | Grades 9-12
This lesson combats the stigma around suicidal ideation and depression and gives students a chance to talk about these uncomfortable topics. Teens learn to recognize the signs of suicidal ideation, gauge their personal comfort level with the topic, and identify how to help a friend in crisis.

✓ Skill Building: recognize the prevalence of suicide in Oregon, learn warning signs and symptoms of both suicidal thoughts and depression, identify help-seeking behaviors

• UNDER PRESSURE
Recognizing peer pressure when it happens helps teens stay true to themselves | Grades 6-8
Students learn to sort through the complicated nuances of peer pressure and distinguish between positive and negative pressures. Students become better equipped to recognize peer pressure when it happens and learn how to manage and deal with it when it happens.

✓ Skill Building: practice refusal skills, encourage critical thinking behind decisions and what influences them, identify trusted adults for help

• UNDERSTANDING BULLYING
Knowing the dynamics and socio-emotional impacts of bullying increases empathy | Grades 6-8
Classes learn to identify different types of bullying and cyber bullying and analyze the three main roles that exist in bullying situations: the bully, the bullied, and the bystander. Students work to recognize power dynamics and the social-emotional consequences of each role.

✓ Skill Building: understand school policies protecting students, encourage students to speak up as bystanders, identify and define all the roles in a bully situation, identify a trusted adult for help

• TEEN DECISION MAKING
Understanding brain science helps put risky behavior in perspective | Grades 9-12
Classes focus on how teens make decisions and why. Using interactive brain models and a risk continuum, students develop an understanding of how risky decisions might play out in their personal life.

✓ Skill Building: understand teen brain development, determine realistic ways to avoid risk, increase help seeking behaviors, identify resources for when things don’t go as planned

Lessons meet Oregon Department of Education Health Standards for Analyzing Influences, Accessing Information, Self-Management, Advocacy, Decision Making, Goal Setting, Interpersonal Communication

For more information or to find out how your organization can benefit from our lessons: OregonYouthLine.org | YouthL@linesforlife.org | 971.244.1378