

## ***Introduction***

Depression can be a devastating condition for teens. It can interfere with school, social life, family life and virtually every aspect of a teen's life. Unfortunately, teen depression is common and can often be dangerous and debilitating. In this important program, teens learn about the real risks of teen depression. Students learn how to identify depression and why depression interferes with a teen's life.

This program discusses self-medication and the dangers of trying to solve chemical imbalances. Students learn about the warning signs of depression and why it's important to seek help. This program also covers the tragedy of teen suicide and what to do if you or a friend needs help. This is real advice for a dangerous and widespread condition among today's teens.

## ***Learning Objectives***

After completing the program the student will have a better understanding of the dangerous and debilitating effects of teen depression and how to identify the warning signs.

## ***Discussion Topics/Questions***

- 1) What is depression?
- 2) What are some warning signs of depression?
- 3) What are some roots of depression?
- 4) What part can home life have in depression?
- 5) What should a teen do if he/she is depressed?
- 6) What is self-medication?
- 7) Why should a teen get professional help with depression?
- 8) Where can a teen turn for help?

## ***Presenting the Program***

To prepare a lesson plan for the presentation of each program, review the suggested outline below.

### **1) Before Students View The Program:**

Collect as many recommended books as possible to help generate class interest and participation. Preview each program and become familiar with the concepts that are presented in it.

### **2) Students View The Program:**

The first viewing if possible should be uninterrupted.

### **3) After The First Viewing:**

Elicit discussion of what the students have seen and heard. The next viewing will be enriched by this general discussion.

### **4) Second Viewing:**

The program may be viewed again, this time with attention to detail. The teacher should feel free to stop and question students regarding:

- 1) What is happening in a visual?
- 2) The major concepts.

### **5) Post Activities and Discussion:**

Discussion questions for this program may be used to stimulate further interest, reinforce concepts and evaluate student comprehension.

# The Real Life Teens Series

## Teen Depression

### ***TEACHER'S GUIDE***

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This program is designed for a general high school audience, grades 8-12.