

## ***Introduction***

Many teens are under stress: school, dating, home life, social stress, it can be overwhelming! Too much stress can get in the way of enjoying life, being productive, and making good choices. It's well known that stress can lead to health problems and psychological harm.

This program is designed to help teens through the big issue of stress. Students learn they are not alone — all teens face stress. Viewers identify the common causes of stress in a teen's life and they learn about social stress and what to do about it. Solutions are presented to the challenge of academic stress and teens learn about a common source of stress - home life. They learn what to do if serious problems exist and if they feel they are at risk. Students learn stress management techniques and discover who to turn to for help.

This program is part of a solution to a challenging issue - teen stress.

## ***Learning Objectives***

After completing the program the student will have a better understanding of stress and learn how to make healthy and positive choices.

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

- 1) What are some sources of stress?
- 2) What can a teen do to reduce academic stress?
- 3) Why does procrastination cause stress?
- 4) How can pressure to fit in cause stress?
- 5) Why is it important to accept yourself?
- 6) How can establishing your beliefs reduce dating stress?
- 7) How can you reduce dating stress?
- 8) What should you do if there is a serious problem at home?
- 9) What are some solutions to stress?

## **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

## Stress

### **TEACHER'S GUIDE**

Q351

---

---

For a free complete catalog  
of educational videos contact:



### **TMW MEDIA GROUP**

2321 Abbot Kinney Blvd., Venice, CA 90291

(310) 577-8581 Fax (310) 574-0886

Email: [info@tmwmedia.com](mailto:info@tmwmedia.com)

Web: [www.tmwmedia.com](http://www.tmwmedia.com)

Producers & Distributors of Quality Educational Media

©2002 TMW Media Group

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