



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:
www.cdc.gov/healthyschools/sher/standards/index.htm

Lately, your friend has been acting irritable and moody. Your friend also seems withdrawn and never wants to hang out with you and your friends. These are signs that your friend may be depressed. These and activities will help your students learn what depression is, recognize its signs, and know what to do about it.

Related KidsHealth Links

Articles for Teens:

Depression

KidsHealth.org/en/teens/depression.html

Why Do People Get Depressed?

KidsHealth.org/en/teens/why-depressed.html

5 Ways to Fight Depression

KidsHealth.org/en/teens/depression-tips.html

Can I Get Over Depression Without Taking Medicine?

KidsHealth.org/en/teens/no-meds.html

Talking to Parents About Depression

KidsHealth.org/en/teens/talk-depression.html

Can Depression Be Inherited?

KidsHealth.org/en/teens/expert-depression.html

When Depression Is Severe

KidsHealth.org/en/teens/severe-depression.html

Suicide

KidsHealth.org/en/teens/suicide.html

Seasonal Affective Disorder

KidsHealth.org/en/teens/sad.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. How is depression different from feeling sad?
2. Do you know someone who has been depressed? What are some ways to tell if someone is feeling depressed?
3. Why is it so important for people with depression to get help? Who should they talk to? What's talk therapy? What might happen if they didn't get help?
4. What kinds of things can you do to avoid depression?
5. What should you do if your friend is depressed, but asked you not to tell anyone?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Signs of Depression

Objectives:

Students will:

- Create a public awareness poster that describes symptoms of depression

Materials:

- Markers, posterboard, magazines, scissors
- Computer with Internet access
- “Signs of Depression” handout
- “Depression” KidsHealth article

Class Time:

- 2 hours

Activity:

To help students in our school understand depression, get together in small groups and create an eye-catching poster that shows the signs and symptoms of depression. We’ll hang the posters we create in classrooms and hallways. To get the information you need to create your posters, use the “Signs of Depression” handout as a guide to take notes. Be sure to include this statement at the bottom of your poster: **“If you are experiencing five or more of these symptoms, it’s time to reach out for help or support.”** Use pictures from magazines, clip art, or original drawings to decorate the poster. Now it’s time to get the word out!

Extensions:

1. Think about how depression is portrayed in films, TV shows, and advertising. What symptoms are usually associated with depression? Do any characters from books, films, or TV come to mind when you think about depression?
2. Write a brief description of depressed person. Give your character a name and be sure to use at least five symptoms when describing your character.



You Can Beat It!

Objectives:

Students will:

- Identify ways teens can fight depression
- Develop a public service announcement with tips about how to fight depression

Materials:

- KidsHealth articles: “5 Ways to Fight Depression” and “Can I Get Over Depression Without Taking Medication?”
- Paper
- Pencil or pen

Class Time:

- 1 hour

Activity:

Write an announcement that can be read over the public address system each morning to help teens fight depression. After reading the KidsHealth articles, write an announcement that’s no longer than 90 seconds. Make sure to give tips on what teens can do if they think they’re depressed. Be sure to say that the tips are “in addition to getting help from a doctor or therapist.”

Extension:

You realize your friend has been sad for weeks, and is probably depressed and needs help. With a partner, role-play a conversation in which you talk about ways your friend can help herself, as well as how you can support her.

Reproducible Materials

Handout: Signs of Depression

KidsHealth.org/classroom/9to12/problems/emotions/depression_handout1.pdf

Quiz: Depression

KidsHealth.org/classroom/9to12/problems/emotions/depression_quiz.pdf

Answer Key: Depression

KidsHealth.org/classroom/9to12/problems/emotions/depression_quiz_answers.pdf



Names: _____

Date: _____

Signs of Depression

Instructions: Read the KidsHealth article “Depression” then list at least 10 signs or symptoms of depression. Have one member from your team collect the information you need to create a poster about depression.



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____



Name: _____

Date: _____

Quiz

True or false. Write T or F next to each statement:

1. _____ Depression is always inherited.
2. _____ Anyone can become depressed.
3. _____ Depression can last for years if it's not treated.
4. _____ Depression can cause physical symptoms like stomachaches and headaches.
5. _____ The only treatment for depression is medication.

Fill in the blanks:

6. Depression can affect your _____, causing you to lose or gain weight.
7. If you've been feeling sad, hopeless, or discouraged for weeks, you may be _____.
8. _____ is a good way to share your feelings and get some understanding of your sadness.
9. Circle or underline the things that might help lift your mood if you're depressed:

Exercise

Thinking about things you're grateful for

Dwelling on your problems

Drinking alcohol

Talking to someone you trust

Going for a walk

Doing something you enjoy

Eating a box of doughnuts

Thinking about all your faults

Playing with your pet



Quiz Answer Key

True or false. Write T or F next to each statement:

1. F Depression is always inherited.
2. T Anyone can become depressed.
3. T Depression can last for years if it's not treated.
4. T Depression can cause physical symptoms like stomachaches and headaches.
5. F The only treatment for depression is medication.

Fill in the blanks:

6. Depression can affect your _____ *appetite* _____, causing you to lose or gain weight.
7. If you've been feeling sad, hopeless, or discouraged for weeks, you may be _____ *depressed* _____.
8. _____ *Talking* _____ is a good way to share your feelings and get some understanding of your sadness.
9. Circle or underline the things that might help lift your mood if you're depressed:

Exercise

Thinking about things you're grateful for

Dwelling on your problems

Drinking alcohol

Talking to someone you trust

Going for a walk

Doing something you enjoy

Eating a box of doughnuts

Thinking about all your faults

Playing with your pet