



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 Your friend also seems withdrawn and never wants to hang out with you and your friends.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 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

TeensHealth.org/en/teens/depression.html

Why Do People Get Depressed?

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

5 Ways to Help Yourself Through Depression

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

Talking to Parents About Depression

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

Going to a Therapist

TeensHealth.org/en/teens/therapist.html

When Depression Is Severe

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

Suicide

TeensHealth.org/en/teens/suicide.html

Seasonal Affective Disorder

TeensHealth.org/en/teens/sad.html

Resources for Teachers:

Depression Special Needs Factsheet

KidsHealth.org/en/parents/depression-factsheet.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's 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? What might happen if they didn't get help? Who should they talk to? What's talk therapy?
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 or infographic that describes symptoms of depression

Materials:

- Markers, posterboard, magazines, scissors, or computer graphics software
- Computer with Internet access
- “Signs of Depression” handout
- “Depression” TeensHealth.org 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 or infographic that shows the signs and symptoms of depression. We’ll hang the posters we create in classrooms and hallways, and the infographics on social media. To get the information you need to create your posters or infographics, use the “Signs of Depression” handout as a guide to take notes. Be sure to include this statement at the bottom of your poster or infographic: **“If you’re experiencing five or more of these symptoms, it’s time to reach out for help or support.”** Use pictures from magazines or the Internet, clip art, or original drawings to decorate the poster or infographic.

Extension:

Think about how depression is portrayed in movies, 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?



You Can Beat It!

Objectives:

Students will:

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

Materials:

- TeensHealth.org articles: “5 Ways to Help Yourself Through Depression”
- Paper
- Pencil or pen

Class Time:

- 1 hour

Activity:

After reading the TeensHealth.org articles related to depression, write a public service message (PSA), no longer than 90 seconds, that can be read over the school public address system to help students get through depression. Make sure to give tips on what students 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.”

Extensions:

1. Turn your PSA into a podcast or video to share on social media
2. With a partner, role-play a conversation in which you talk about ways your friend, who has been feeling really sad for weeks, 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 TeensHealth.org article “Depression” then list at least 10 signs or symptoms of depression. Use these notes to create your poster or infographic. Be sure to include this statement at the bottom of your poster or infographic: “If you are experiencing five or more of these symptoms, it’s time to reach out for help or support.” Use pictures from magazines or the Internet, clip art, or original drawings to decorate the poster or infographic.



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. _____ People with depression may not realize they are depressed.
6. _____ People can get depressed due to problems with any of these things: genes, brain chemistry, seasons and daylight, life events, family and social environment, health conditions and hormonal changes.

Fill in the blanks:

7. Depression can affect your _____, causing you to lose or gain weight.
8. If you've been feeling sad, hopeless, or discouraged for weeks, you may be _____.
9. _____ is a good way to share your feelings and get some understanding of your sadness.

10. Circle or underline the things that might help lift your mood if you're depressed:

- | | |
|--------------------------------|-------------------------------------------|
| Exercising | 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. T People with depression may not realize they are depressed.
6. T People can get depressed due to problems with any of these things: genes, brain chemistry, seasons and daylight, life events, family and social environment, health conditions and hormonal changes.

Fill in the blanks:

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

Exercising

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