**Specific Learning Outcomes**

11.MH.1Identify and apply positive health strategies to deal with issues such as stress, anxiety, depression, and eating disorders.

11.MH.2Examine media influences on self-image and behavior.

11.MH.3Investigate the impact and importance of active healthy lifestyle practices on mental-emotional health issues.

11.MH.4Examine the signs and symptoms of mental-emotional health issues related to stress, anxiety, depression, and eating disorders.

11.MH.5Identify community service agencies that support individuals concerned about mental-emotional health issues.

11.MH.6Apply problem-solving and decision-making strategies in case scenarios related to selected mental-emotional health issues.

**PART 1:**

**Essential Questions to Answer in Paragraph Form: (Typed on Computer)**

1. What are important signs and symptoms of anxiety and depression?
2. How does an active healthy lifestyle support positive mental-emotional health?
3. What health agencies support issues of mental-emotional health in your community?

**PART 2:**

**Myth or Fact**

The following statements are a mixture of Myth or Fact surrounding Mental Illness. Identify each statement as either a Myth or Fact and explain why.

1. Kids can’t get depression or anxiety, only adults can. **MYTH or FACT**

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1. Kids only get mental illness because they have bad parents. **MYTH or FACT**

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1. Kids can develop a mental illness, like depression and anxiety disorders. This can happen to anyone at any age. **MYTH or FACT**

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1. Mental illness is not caused by doing something wrong. Also, you can’t cause someone to have a mental illness. Doctors think that mental illness is caused by a mix of what’s going on in your body and what’s happening around you. **MYTH or FACT**

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1. Mental illness has nothing to do with how smart you are. A mental disability is a cognitive disability, which means it’s a different journey with different challenges. It’s still important to treat all people with respect, because you don’t know what life is like in their shoes. **MYTH or FACT**

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1. Having a mental illness means you’re a wimp who can’t handle life. **MYTH or FACT**

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1. Your personality or ability to handle your feelings does not cause mental illness. Mental illness is not just “in your head” or something that goes away if you try hard. The right combination of what helps is different for each person. Once they find something that helps them, most people with mental illness live healthy, full lives. **MYTH or FACT**

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1. People with mental health challenges do not have to take special tests to get into college, get a house, or get a job. They can work, learn, and do all the things that people without mental health challenges can do. **MYTH or FACT**

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1. People with mental illnesses have trouble handling schoolwork, a job, and daily tasks. **MYTH or FACT**

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1. It is common for all people to sometimes have trouble at school, at home, at jobs and feel sometimes like they don’t know what to do. No matter what, it’s good to talk to others and learn what works best for you. What helps you calm down? What makes you happy and what makes you sad? Knowing these things will help you find a way to do well in school and life. **MYTH or FACT**

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1. If you have a mental illness, it will be harder to get an apartment or house once you grow up and you won't be able to live on your own. **MYTH or FACT**

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1. When people have mental illnesses, they will never get better. **MYTH or FACT**

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1. People diagnosed with mental illnesses can get better. Every illness is different. Some people feel better when they talk to someone, like a friend or a doctor, or take medication. Most people need help from friends and family to talk and figure out how to live with their illness. Not all people have to take medicine or see a therapist for the rest of their lives. **MYTH or FACT**

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1. Talking about your mental health challenges is a waste of time. It’s better to just take medicine. **MYTH or FACT**

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1. People with mental health illness are dangerous and violent. **MYTH or FACT**

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1. I can’t help someone with a mental illness, only a doctor can. **MYTH or FACT**

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**PART 3:**

**Video Assignment:**

Make a short video demonstrating their knowledge of what to do when helping someone who is thinking about suicide.

**(Minimum 3 min in length)**

**PART 4: Resiliency**

Think of a time where you were facing a struggle, one in which you had two choices; to give up, or to keep going.

Describe the situation, explain your mental health, and discuss how you persevered through it.

(Minimum 500 words)

**PART 5: Body Image**

**Essential Questions to Answer in Paragraph Form and Typed**

1. Who is your role model and why?
2. What is one thing that you want to change about yourself and why?
3. Describe how media has impacted you and your body image. (200 words min.)
4. Find an example of a magazine article or advertisement that may have a negative or positive impact on today’s youth concerning body image. Explain why you think it has a positive or negative impact. (150 words min.)
5. If you know people who are always comparing themselves to others in terms of appearance, what could you do or say to help? (150 words min.)

**PART 6: Signs and Symptoms of Mental Health Issues**

Think about the signs and symptoms of Mental Health disorders. Complete the T-Chart what each disorder “looks like” and “feels like” as it relates to the signs and symptoms.

|  |  |  |
| --- | --- | --- |
| **Signs and Symptoms of Mental Issues** | | |
| **Disorder** | **Looks Like** | **Feels Like** |
| **Anxiety** |  |  |
| **Depression** |  |  |
| **Dysthymia** |  |  |
| **Adjustment Disorder** |  |  |
| **Bipolar Disorder** |  |  |
| **Seasonal Affective-Disorder** |  |  |

**PART 7 -TEST:**

**Let’s Ace This Test! Questions**

**Complete the following Test (Use the Bubble Sheet to Record your answers)**

1. What is not considered a mental health challenge?

a. Anxiety

b. Anger

c. Depression

d. Eating Disorder

2. What is an example of someone trying to get better from a mental health challenge in a healthy way:

a. Ignoring the symptoms

b. Buying headache medicine

c. Seeing a mental health professional

d. Joining a gym to get plenty of exercise

3. When someone is often nervous and experiences panic attacks, it is called:

a. An eating disorder

b. Depression

c. Anxiety

d. Autism

4. When someone feels very sad all of the time it could be:

a. Autism

b. Attention Deficit Hyperactivity Disorder

c. Depression

d. Extreme Sadness Disorder

5. When someone finds it hard to finish things and finds it hard to sit still and focus his or her thoughts it could be:

a. Attention Deficit Hyperactivity Disorder (ADHD)

b. Nervous Leg Syndrome

c. Eating Disorder

d. Attention Deficit Syndrome

6. A term that could describe the mental health challenge of someone who finds it hard to know what is real and what is not real is:

a. Schizophrenia

b. Post Traumatic Stress Disorder

c. Anxiety

d. Dream Anxiety

7. When someone sees or lives through something very scary and they keep being afraid even after the event is over it is called?

a. Post Trauma Fear Disorder

b. Post Traumatic Stress Disorder

c. Depression

d. Autism

8. Which is not a symptom of Bipolar Disorder?

a. Over eating

b. Extreme happiness

c. Extreme Sadness

d. Not thinking clearly

9. True or false: Medication and therapy can be helpful in dealing with a mental health challenge.

a. True

b. False

10. True or False: Children are too young to develop a mental health illness, like depression or anxiety.

a. True

b. False

11. Having a mental illness is the same as being mentally disabled (sometimes called mental retardation).

a. True

b. False

12. People with mental health challenges have to take a special test to get a job or buy a house.

a. True

b. False

13. You cannot cause someone to get a mental illness.

a. True

b. False

