



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 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

Let's say that you've been feeling sad for no reason at all, are more tired than usual, have difficulty concentrating, and don't feel like being with your friends and family. These are all signs that you might 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 Kids:

Why Am I So Sad?

KidsHealth.org/en/kids/sadness.html

Sadness and Depression

KidsHealth.org/en/kids/depression.html

Talking About Your Feelings

KidsHealth.org/en/kids/talk-feelings.html

Talking to Your Parents

KidsHealth.org/en/kids/talk-parents.html

School Counselors

KidsHealth.org/en/kids/school-counselors.html

Going to a Psychologist, Psychiatrist, or Therapist

KidsHealth.org/en/kids/going-to-therapist.html

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

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. Think about some times you felt sad. What did you do to make yourself feel better? How is depression different from feeling sad?
2. Anyone can get depressed. Do you know someone who's been depressed? What are some ways to tell that someone is feeling depressed?
3. Why is it so important for someone with depression to get help? What might happen if they don't get the help they need?
4. People who are depressed tend to withdraw from others. Why do you think this happens? How does this affect their depression?



Activities for Students

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

Recognizing Depression

Objectives:

Students will:

- Recognize the signs of depression
- Determine the causes of someone's depression
- Recommend strategies to help someone who is depressed

Materials:

- Computer with Internet access
- "Recognizing Depression" handout, pen or pencil

Class Time:

1 hour

Activity:

Take some time to think about how depression is portrayed around you. Select a character from a book, short story, TV show, or movie who you think is depressed, and use the "Recognizing Depression" handout to examine how his or her depression is depicted. Using the KidsHealth.org articles, identify the signs and symptoms of this character's depression. What does the character do that makes you think he or she is depressed? Does this person even realize he or she is depressed? Next list the cause of this character's depression. Did certain events lead up to it? Finally, discuss how the character is handling his or her depression. Develop a list of ways that a friend could support this character, as well as what kinds of help might be available.



Depression Factsheet for Students

Objectives:

Students will:

- Learn what depression is and why it occurs
- Identify signs and symptoms of depression
- Determine strategies to overcome depression

Materials:

- Computer with Internet access
- "Depression Factsheet for Students" handout, pen or pencil

Class Time:

1 hour

Activity:

Today we're going to create a resource for students that helps explain depression. First, we'll read the KidsHealth.org articles related to depression, then we'll fill out the "Depression Factsheet for Students" handout. After reading the factsheet, students should know what to do if they or a classmate or friend is feeling depressed.

Extensions:

1. Redesign the Depression Factsheet for Students into a poster for school hallways or the school nurses office.
2. Role-play a conversation with a classmate in which you talk to a or other trusted adult about your feelings and ask for help with this hypothetical situation: For the last few weeks you've been feeling more than sad. You're tired all the time, want to sleep a lot more than usual, and just don't feel like doing anything. As a result, your grades are starting to slip. Your friends, teachers, and family members are even starting to notice changes in you.

Reproducible Materials

Handout: Recognizing Depression

KidsHealth.org/classroom/6to8/problems/emotions/depression_handout1.pdf

Handout: Depression Factsheet for Students

KidsHealth.org/classroom/6to8/problems/emotions/depression_handout2.pdf

Quiz: Depression

KidsHealth.org/classroom/6to8/problems/emotions/depression_quiz.pdf

Answer Key: Depression

KidsHealth.org/classroom/6to8/problems/emotions/depression_quiz_answers.pdf



Name: _____

Date: _____

Recognizing Depression

Instructions: Select a character from a book, short story, TV show, or movie who you think is depressed. List the character's name and the title of the book, story, TV show, or movie. List the signs and symptoms of his or her depression. Next list the causes or events that have led to his or her depression. Finally, discuss how the character is handling his or her depression, what kinds of help might be available, and how a friend might be able to offer support.

Character's name:



Book, movie, or TV show title:



Depression signs and symptoms:



Depression cause:



Help and support:





Name: _____

Date: _____

Depression Factsheet for Students

Instructions: Read the KidsHealth.org articles related to depression, then complete this handout. After reading this handout, students should know what to do if they or a classmate or friend is feeling depressed.

What depression is and what can cause it:

Signs and symptoms of depression:

What to do if you or a classmate is feeling depressed:



Name: _____

Date: _____

Quiz

1. Someone who has been feeling sad, hopeless, or discouraged for weeks may be _____.
2. True or false: Anyone can become depressed.
3. True or false: Depression can last for years if it's not treated.
4. True or false: Depression can cause physical symptoms like stomachaches and headaches.
5. Underline the healthy things that might help improve your mood if you're depressed:
 - a) Exercising
 - b) Thinking about things you're grateful for
 - c) Dwelling on your problems
 - d) Drinking alcohol
 - e) Talking to someone you trust
 - f) Going for a walk
 - g) Doing something you enjoy
 - h) Eating a box of doughnuts
 - i) Being alone in your bedroom or basement



Quiz Answer Key

1. Someone who has been feeling sad, hopeless, or discouraged for weeks may be depressed.
2. True or false: Anyone can become depressed.
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 - a) Exercising
 - b) Thinking about things you're grateful for
 - c) Dwelling on your problems
 - d) Drinking alcohol
 - e) Talking to someone you trust
 - f) Going for a walk or run
 - g) Doing a creative activity you enjoy
 - h) Eating a box of doughnuts
 - i) Being alone in your bedroom or basement