

Video Short: Teen Depression Reflection Sheet for Students

1. The film tells us that nearly 50% of teens suffer from some form of depression or anxiety. What does this statistic tell you?
2. The teens at the beginning of the video use the following words and phrases to describe their feelings:
“...depressed all the time...”
“...everything’s all on your shoulders...”
“...gloom was like hanging over my head...”
“devastated...worse than my heart could ever imagine...”

Draw a literal image of each phrase. How do the words and your image convey their depression? Do the words of the teens in the video or any of the images created by you and/or your classmates feel familiar? Explain.

3. The narrator tells us that symptoms of depression are different for everyone, using the following words:
lethargic
withdrawn
agitation
frustration
aggression
What does each word mean? What are the behaviors associated with each word? Why is it important to understand and recognize these symptoms of depression?
4. The video encourages parents to “check their child’s emotional pulse” and continues saying that it might only take a few minutes each day. How does one check an “emotional pulse”? Create questions you might want your parents to use to check your “emotional pulse.”
5. Review the advice and information found under “What You Need to Know.” Which points of information are the most useful for you? Why?