

Video Short: Teen Depression

Reflection Sheet for Parents and Teachers

1. The film tells us that nearly 50% of teens suffer from some form of depression or anxiety. Does this statistic surprise or concern you? Why or why not? What can you infer from this statistic?
2. The narrator tells us that symptoms of depression are different for everyone, using the following words:
 - lethargic
 - withdrawn
 - agitation
 - frustration
 - aggressionWhat does each word mean? What are the behaviors associated with each word? Why is it important to understand and recognize these symptoms of depression? How can understanding these symptoms help you have a conversation about depression with your child?
3. Psychologist Sunaina Jain, Ph.D., says, "Rather than thinking of children's misbehaviors as discipline problems or misbehaviors as deliberate, it is important to see them as communications from the child." How do Dr. Jain's words fit with your interpretation of your child's behaviors? How do you know when a child is acting deliberately and when they are communicating something deeper?
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 a checklist of questions or conversation starters you might use to check your child's emotional pulse.
5. Review the advice and information found under "What You Need to Know." Which points of information are the most useful for your family? Why?