

## HEALTHY MINDS, HEALTHY YOUTH: A SPEAK UP LESSON ACTIVITY

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### Student Assignment Handout

Name : \_\_\_\_\_ Date: \_\_\_\_\_

**Mental Health Problem Assigned** (Place a checkmark beside the mental health problem your group will be covering)

Anxiety     Depression     Stress     Psychosis     Social Anxiety

Body Image & Eating     Alcohol Use Problems     Drug Use Problems

There are three main sections that need to be covered. Decide as a group who will be covering which section. Place a checkmark beside the section you will be responsible for researching and presenting.

**It's a good idea to review all of the information for the condition you are researching (not just your section) so you have a good idea of what the mental health condition and topics that are covered.**

Use the questions provided below as a guide in researching and developing your presentation.

### Section 1. Mental Health Problem

#### Questions:

1. Click on the character on the homepage that is dealing with the mental health problem you have been assigned to research. Watch the video. What is troubling the person in the story?
2. What are some of the things they are experiencing? Go to the "What to look for" page to find out about some of the other symptoms a person might experience.
3. What other information is provided about this mental health problem (Look at the additional pages in this section.)

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**Section 2. Quiz – Self screening Tool** (Go the quiz page and take the quiz a couple of times – answering in the low range and then in the high range.)

**Questions:**

1. What is the purpose of the quiz? (Hint: Read the instructions for the quiz)
2. Give some examples of the types of questions that are asked in the quiz.
3. Take the quiz twice answering differently for each. What are the different types of recommendations offered for your two different results?

**Section 3. Self Care, Community Resources**

**Questions:**

1. Research the Self-care Resources section and describe briefly the types of self care resources that are listed for the mental health problem.
2. Try out one of the self-care resources and describe how it works and what types of skills can be gained from using it.
3. Go to the “Mental Health Services” page in the “Get Support” section and find the name of an organization in your community that offers services for young people. (Hint: Click on HealthLinkBC to search).

**Suggestions for Presenting**

If you do a powerpoint presentation, consider adding images to make it more visually interesting.

Build in some questions you can ask the class so they can participate.