



## What can you remember from the article

# MENTAL HEALTH PROBLEMS *of the Young*

After having read the article about Mental Health Problem of the Young, check what you have learnt and how you can help yourself or friends in this matter. For each task, mark the box that best matches your ability.

- ✓✓ I understand and can explain it to a friend.
- ✓ I understand and can do it by myself.
- ? I understand but I am not sure.
- X I do not understand.

### Methodology tip:

Self-assessment (SA), an essential technique of a formative assessment, guides students towards self-reflection, how to be more autonomous and responsible for their own learning. When students assess themselves, the emotion (confrontation of what they think they have learnt – I can... and what they have really learnt – checking the results) from the results stays by themselves and they can decide what to do next to get better result or how to develop required knowledge. In other words, students set their goals and face the fulfilment of the task given.

I can ...	✓✓	✓	?	X
1 I can explain why the topic of mental health problems evokes highly dramatic pictures to many people.				
2 I can say/write what good mental health is.				
3 I can say/write how many young people are affected by mental health problems: about .... in 10.				
4 I can name at least four examples of mental health problems.				
5 I can say/write the common reason of mental health problems.				
6 I can name examples of at least six contributing factors to mental health problems.				
7 I can name three groups of people who can help with mental health problems.				
8 I can explain why parents can understand well difficult situations in young people's life.				
9 I can explain what the expression "a shoulder to cry on" means.				
10 I can name at least four tips for promoting good mental health.				
11 I can explain what a serotonin is.				
12 I can say/write where the serotonin is being produced.				
13 I can say/write how we can increase our strengths.				
14 I can explain why it is good to tell friends and loved ones what we love about them.				
15 I can explain why we say: "A healthy diet, a healthy mind."				

Now, check your answers with the key and compare the results with the self-assessment of your knowledge in the box. How many times were you right? Are you satisfied with the result? If not, go back to the article, read it again and find the answers while reading it.

### Tip for better learning:

Write down new words and information from the article on a Post-it and stick it somewhere visible, e.g. on a board in your room, on the fridge, on the cover of your notebook, inside of the cupboard and keep reading them over and over until you can give advice about the strong mental health and how to support it.

of self, developing productive habits, appreciating and uplifting (inspiring) people around you. If you mentioned 4 = ✓✓, 3 = ✓✓, 2 = ✓, 1 = ? 0 = X

11. Serotonin is a brain neurotransmitter, also known as the Happy Hormone. It contributes to feelings of happiness in the brain.

12. Serotonin is produced in the intestines (options: in the digestive system/stomach/daily).

13. We can increase our strengths by learning some new skills or strengthening existing ones.

14. Because it will make their day, and their joy will also make your day. (to make your day = to make you happy)

15. Because serotonin (Happy Hormone) is produced in the intestines and that is why a good and balanced diet is essential for a healthy body, and also for a healthy and happy mind.

(difficult or traumatic) events in young people's lives.

6. Traumatic events, the death of a loved one, the separation or divorce of parents, excessive consumption of social media, experiencing discrimination, moving homes, educational difficulties, the birth of a new sibling if you mentioned 8 or 6 = ✓✓✓, 5 or 2 = ✓, 1 = ? 0 = X

7. Parents, friends, loved ones, professionals (teachers, guidance counsellor or an educational psychologist). If you mentioned 3 = ✓✓✓, 2 = ✓✓, 1 = ? 0 = X

8. As adults, parents have been through the growing pains of childhood and teenage, therefore they can give you comfort and support through difficult situations.

9. "A shoulder to cry on" means that you have friends or loved ones who care about you, support you and listen to your problems.

10. A balanced diet, cultivating (educating) a strong sense

KEY:

1. Because of TV and movies (which usually don't show real health problems but they make this problematic more dramatic and less serious than they are in reality).

2. Good mental health means feeling positive about yourself in general, having productive daily habits, being able to cope with life and its challenges, and being able to form and maintain relationships. If you mentioned 4 underlined expressions = ✓✓✓, 3 or 2 = ✓✓, 1 = ? 0 = X

3. About 1 in 10 young people are affected by mental health problems.

4. Depression, anxiety, panic attacks, eating disorders, post-traumatic stress disorder (PTSD). If you mentioned 5 or 4 = ✓✓✓, 3 or 2 = ✓✓, 1 = ? 0 = X

5. Mental health problems happen usually because of