

**2009-2010
WHRO Classroom Preview**

Series Title: Teen Depression – Signs, Symptoms & Getting Help

Curriculum Area: Health/Guidance

Grades: 7-12

of Programs/Length: 1/19 minute program

This program, targeted at teenage viewers, emphasizes the message that depression is a medical illness, not a sign of weakness or a flaw in character. Real teens from diverse backgrounds talk about their struggles with depression and their strategies for recovery. Students learn the warning signs of depression; that resorting to alcohol and drugs only makes depression worse; that seeking help is an act of strength, not weakness. The program describes different kinds of depression and explains that depression can result from a variety of genetic, biological, and social causes. It stresses the difference between normal feelings of sadness and clinical depression. The video explains to students how to recognize the signs of depression in themselves, their friends or classmates, and what they can do to seek help. Depression is treatable and should not be suffered in silence.