Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Block: \_\_\_\_\_\_\_\_

**SELF ESTEEM, BODY IMAGE, MENTAL HEALTH PACKET**

(Pages 50-99 in Lifetime Health)

Preventing Suicide ---------------------------------------------------------------------- 5 pts

S.O.S. Video: Suicide Prevention------------------------------------------------------- 5 pts

Building Your Self-Esteem -------------------------------------------------------------- 5 pts

Mental and Emotional Health ------------------------------------------------------------ 5 pts

Understanding Mental Disorders -------------------------------------------------------- 5 pts

Total - / 25 points

Preventing Suicide (pages 93-97) 5 points

Define Suicide:

List four facts about Suicide:

1.

2.

3.

4.

List at least seven warning signs of suicide (2 pts):

What four things can you do if a friend has talked about suicide?

1.

2.

3.

4.

SOS Video (5 points)

What does ACT stand for and please briefly explain each in your own words

A-

C-

T-

Scenario #1- SAT scores

What indicators of depression and suicide risk did you see in his words and behavior?

Explain what the friend did correctly to use the ACT technique

Scenario #2- Lily’s Break-up

What makes her reactions so concerning?

Explain what the friend did correctly to use the ACT technique

Scenario #3- Jason’s potential for violence

What are some things that tell you Jason may be at risk to do harm?

Explain what the friend did correctly to use the ACT technique

Scenario #4- Michael stopped interacting with friends

What has been happening to make Michael’s friend concerned and worried about him?

Explain what the friend did correctly to use the ACT technique

Building your Self-Esteem (pages 50-54) 1 point each

Define Self-Esteem:

What are four benefits of High Self-Esteem?

1.

2.

3.

4.

What are nine risks of Low Self-Esteem?

1.

2.

3.

4.

5.

6.

7.

8.

9.

What are two ways Self-Esteem is developed?

Name four ways you can improve you Self-Esteem-

1.

2.

3.

4.

Mental and Emotional Health (pages 61-67) 5 points

Define Mental Health:

What four characteristics do people who are mentally and emotionally healthy share?

Complete the diagram of Maslow’s Hierarchy of Needs (2pts):

Choose one Defense Mechanism from the table on page 66 and give an example of how you have used the technique:

Mechanism:

My example:

Understanding Mental Disorders (pages 68-73) 5 pts.

Define Depression:

List five symptoms of depression:

1.

2.

3.

4.

5.

Choose three disorders that *most interest you* from the table on page 71 and describe them below (3 pts):

1. Disorder:

Description:

2. Disorder:

Description:

3. Disorder:

Description: