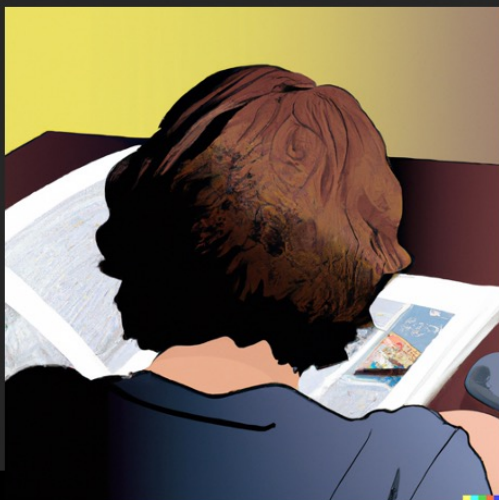
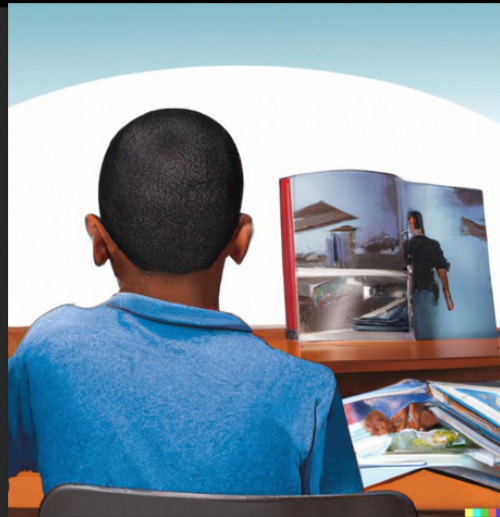


True Stories, Articles & Videos Preview

True Stories + Articles for Teens



Health Education Today



Why purchase this resource?:



1 Teens LOVE true stories!

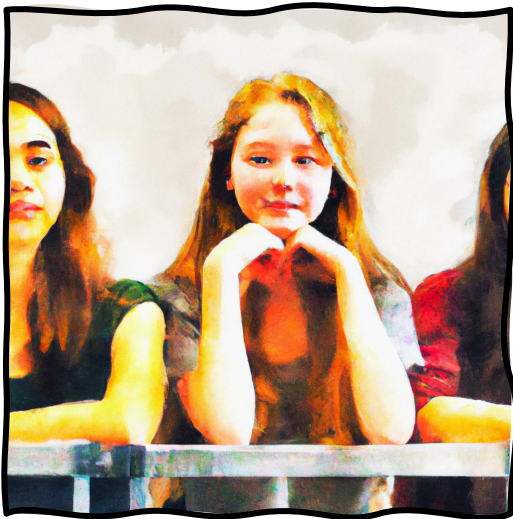
2 To caution your students

3 To inspire your students

4 To help them learn from others' mistakes!

**Here are some
samples from the
program:**

True Stories for Teens



On these 12 topics:

True Stories for Teens

12 Teen Topics

On GOOGLE Drive or Print!

Self-Esteem

Empathy, Bullying

Values + Overcoming Hardships

**Prejudisms, Racism,
and Diversity**

Depression, Suicide

Drug Use

Violence

Alcohol

Tobacco and Vaping

**Sex Ed: Dating +
Relationships**

Nutrition

**Dangerous
Decisions**

Health Education Today



Topics Include:



1. Self-Esteem

- How do you define yourself?
- 5 Important Rules of Living
- Olympian stories

2. Values and Overcoming Hardships

- How to be happy
- Inspiring young artists
- Giving back!

3. Empathy, Bullying, and Social Media

- Empathy Survey
- The homecoming queen gave away her crown to comfort a grieving family
- Social media impact
- Bullying
- Cyber bullying
- One person can make a difference!

4. Prejudisms, Racism, and Diversity

- Talking to kids about race
- Racism at school
- Empowering websites
- Tolerance

5. Violence

- Leading causes of death for teens
- Peaceful message

6. Depression/Cutting/Suicide

- What to know about teen suicide
- Depression Survey
- How to deal with depression
- Why people cut
- What is the difference between depression and sadness?
- Kindness matters!

7. Dangerous Decisions

- Dangerous selfies
- Taking bets and dares
- The choking game and "Tik Tok Choking Challenge"
- High speed driving
- Gun safety
- Healthy decision-making model

8. Tobacco +

- Chewing Tobacco
- Vaping
- Jule
- Quitting
- Skin Cancer

9. Alcohol

- Drinking games dangers
- Prevention website

10. Drug Use

- Fentanyl dangers
- Shocking before and after drug use photos
- Vaping Marijuana
- Naloxone
- Marijuana and the teen brain
- Inhalants hazards

11. Nutrition

- Healthy eating
- Healthy body image
- Exercise
- Junk food
- Eating disorders
- Energy drink dangers
- 50 ways to improve health

12. Sex Ed:

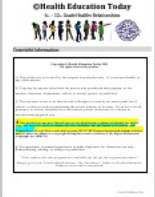
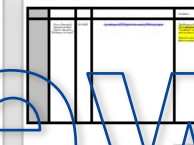
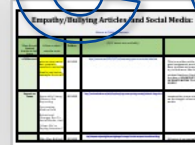
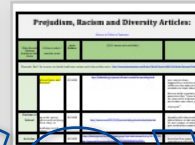
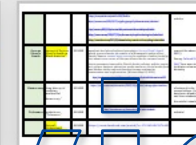
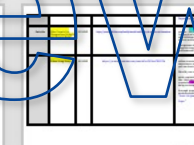
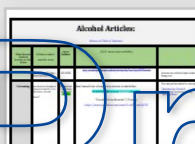
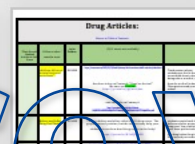
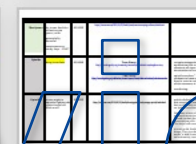
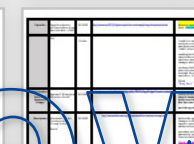
- Dating
- Healthy relationships
- Abusive relationships
- Sexual harassment
- Consent
- Abstinence
- Domestic violence
- HPV vaccines
- Gender identity
- Sexting
- Internet safety

☒ **EXTRA!: Supplemental editable docs ready to print:**

*These are all on **Google Drive** with Fill-in boxes for students*

1. Empathy Survey
2. Empathy Homework and Key
3. "Blind, Paralyzed or in Prison for Life" Writing Assignment
4. Decisions Task Cards activity
5. Self-Esteem Cube Art
6. Cyber Bullying Video and Worksheet
7. Depression Survey
8. A Carrot, an Egg, or Coffee Worksheet

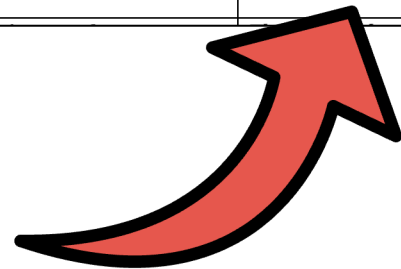
The of the resource is the 49-page spreadsheet:

Spreadsheet close-up

True Stories for Teens

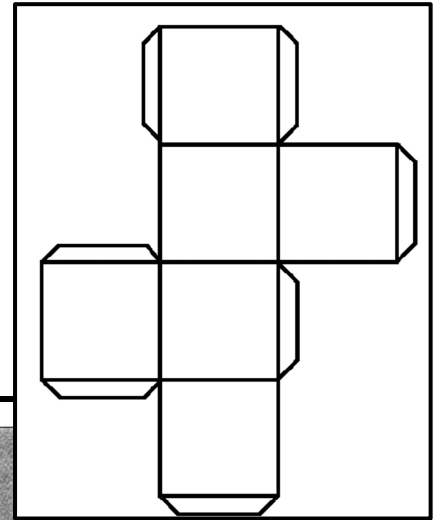
Topic: <i>*Most Recently Updated Articles in Light Green</i>	Article Title: <i>Yellow is what I consider most important!</i>	If Article is in Folder:	Link: <i>(N/A means not available)</i>	Suggestions for use:
Self-Esteem	"How do you define yourself?"	SEE ONLINE	A young woman with a rare disease talks about having a positive attitude. Very motivating! (13 min.) https://www.youtube.com/watch?v=QzPbY9ufnQY	Have students write down anything that she did that to define herself in a positive way and have a good attitude during the video.
Self-Esteem and Bullying and the Importance of Showing You Care!	"Are You O.K.?" (9 min.) Video	SEE ONLINE	This is such a great video for teens who may be the one being picked on or bullied, and it's such a good reminder to reach out if you see someone hurting! https://www.youtube.com/watch?v=tJsGGsPNakw	A good follow-up to this video might be to have your students come up with ways to get the "Are You O.K.?" message of caring about others out at your school. It could be handing out flyers, or making posters, or starting a club, or designating a safe place to go at your school!



With teaching suggestions

+8 worksheets, art projects + activities to print

True Stories for Teens



Depression Self-Rating Test

Nearly 20 million Americans experience depression,¹ but many will never seek treatment. The Depression Self-Rating Test is a simple 16-question quiz that can help identify common symptoms of depression and their severity. Remember—depression is more than just feeling down—it is a real medical condition that can be effectively treated.

Please complete the following questionnaire and return it to your healthcare provider.

Name: _____ Date of Birth: _____ Today's Date: _____

Instructions: Please circle the one response to each item that best describes you for the past seven days.

1. Falling asleep:

- 0 I never take longer than 30 minutes to fall asleep.
- 1 I take at least 30 minutes to fall asleep, less than half the time.
- 2 I take at least 30 minutes to fall asleep, more than half the time.
- 3 I take more than 60 minutes to fall asleep, more than half the time.

5. Feeling sad:

- 0 I do not feel sad.
- 1 I feel sad less than half the time.
- 2 I feel sad more than half the time.
- 3 I feel sad nearly all of the time.

6. Decreased appetite:

- 0 There is no change in my usual appetite.
- 1 I eat somewhat less often or lesser amounts of

Article Example:

True Stories for Teens

When Depression Turns Deadly

When depression turns deadly

37% of teens surveyed have a friend who has considered suicide. Joshua Burton, 15, was one of them — until he got help. BY STEVE RHODES

JOSHUA BURTON had never been particularly upbeat or outgoing. His grades were average. He never got into trouble.

But over the past three years, Dan and Kitty Burton watched their son become increasingly quiet and moody. "He was somber, not happy with life," Dan Burton says. "I was constantly asking him, 'What's wrong? What's wrong?' And he'd say, 'Nothing.' He just wasn't able to put his finger on it."

Last year, Joshua started getting

"The good news is depression is highly treatable. The bad news is most depression goes undiagnosed."

— Philip Gold, National Institutes of Health

Tinto trouble. He was caught smoking cigarettes and sneaking out at night to see his girlfriend. His parents

Where to get help

■ **Covenant House NINELINE.** Crisis intervention, referral and information services for troubled teens and families. 1-800-999-9999

■ **Mental Health Net.** General guide to online mental health topics. www.cmhc.com

■ **Youth Crisis Hotline.** Counseling and referrals for teens in crisis. 1-800-448-4663

■ **Families Anonymous.** Support for family members and friends concerned about a loved one's drug or alcohol abuse. 1-800-736-9805

■ **Teen Help Adolescent Resources.** Refers struggling teens to long-term residential programs. 1-800-400-0900

■ **National Clearinghouse for Alcohol and Drug Information.** Alcohol and drug information and referrals. 1-800-729-6686; www.health.org

■ **National Runaway Switchboard.** 24-hour hot line for runaway and homeless youth and their families. 1-800-621-4000

Articles are online:

Cutting & Suicide

Teen suicide: Hidden pain leads to tragic action

<http://www.americanownews.com/story/15497537/teen-suicide-hidden-pain-tragic-action-part-3>

Imagine coming home from work, greeting the dog, and walking upstairs to find your son or daughter dead by their own hands.

The suicide of a child is a very sensitive and sometimes divisive subject for families.

But suicide is a growing concern. Suicide leaves a wake of victims.

Not long ago, 14-year-old Sydney S. killed herself. Her mother found her.

For Sydney's mom and sister, the range of emotions is raw. They can't bear even to go back to their home. They shared their story so other families can avoid the pain they are experiencing.

"It hurts and it's hard," said Sydney's mother, Laura. "But I was blessed to have her in my life for 14 years. And she would say to me, 'Mama, suck it up.'"

"Sucking it up" isn't so easy for a grieving mom.

Laura said that her daughter called her that day and



Driving at High Speeds

4 teens killed in crash

By Donna Kirker-Morgan

The Manheim Central High School in Lancaster County has started a memorial at the high school sign.

Some students have already started leaving items here as a tribute to their classmates.

The accident happened just before 11:30 Sunday morning in South Londonderry Township in Lebanon County.

Police say the vehicle **was traveling at a high rate of speed** on Mount Wilson Road. For an unknown reason, the car slid sideways and was hit by a car on.

the scene. The passed away

the Manheim town to their classmates.

ther vehicle were taken to the hospital, but have been released.



Count how many of the following you do:

- ✗ post personal information online (real last name, school, phone #, address)
- ✗ sending personal information in an email / IM
- ✗ trash talking, making rude, nasty comments about someone online
- ✗ harassing, embarrassing someone online
- ✗ meeting and chatting with people you don't know online
- ✗ have multiple people in buddy or friends lists who you have never met in person
- ✗ visiting x-rated websites (on purpose)
- ✗ talking about sex with someone known only online
- ✗ downloading or sharing images from file sharing program (peer to peer like music sharing)

**SEXUAL
PREDATORS**

Or many can be printed from an editable Word Doc:

Selfie epidemic': How Israeli teenager fell to his death in Yosemite *Article Highlights*

<http://www.dailynews.com/selfie-epidemic-how-israeli-teenager-fell-to-his-death-in-yosemite>

Nevada Fall in Yosemite National Park (Getty Images)
By [PAUL ROGERS](#) |

They warned him not to do it. But Tomer Frankfurter was just two months past his 18th birthday, an outgoing math student from Jerusalem who set off to tour America before starting his compulsory service with the Israeli army and had a taste for adventure.

On a warm September afternoon in Yosemite National Park, he joined a group of tourists bound for the Mist Trail, a popular but rigorous 5.4-mile route that takes hikers to the cliffs above the stunning, 594-foot-high Nevada Fall.

The group ate lunch and prepared to head back, but Frankfurter had something he wanted to do first. He took off his orange backpack and handed his phone to a young woman in the group, saying he wanted a memorable photo to take home. Then he began climbing over the cliff edge.

Other hikers shouted for him to stop, that it was too dangerous. But soon the young ... was dangling hundreds of feet above the rocks below.

For a few seconds, everything seemed fine. The woman taking pictures snapped away.

DN



NEWS > CALIFORNIA NEWS

'Selfie epidemic': How Israeli teenager fell to his death in Yosemite

18-year-old clung to rock outcropping at Nevada Fall, plunged 600 feet



Nevada Fall in Yosemite National Park (Getty Images)

Or fill in on Google Slides!

True Stories for Teens

2. You are at a school football game and your friend is going to drive you home. When you meet at the car after the game, your friend is acting normal, but you can really smell alcohol on their breath. Should you take a ride with them?

W X could X ? : X
W X do X ? : X
W X is X ? : X
W X do I X ? : X
H X to X ? : X

3. A friend is staying over at your house. Your parents are gone for the night. When your friend is sure that your parents are gone, they suggest you raid your parent's liquor cabinet and get drunk. They remind you it will be "safe" because you won't be drinking and driving.

W X could X ? : X
W X do X ? : X
W X is X ? : X
W X do I X ? : X
H X to X ? : X



Also includes video links

True Stories for Teens



To powerful teen topics!

Ways to use this program for teachers of ANY SUBJECT:

1

Class Openers + Closers

2

Conversation Starters

3

Send home as homework

4

Inspiring the Teens you
Work With!

Thank you for previewing:

True Stories for Teens

This Program's Creator is a
Qualified Teacher

◆ I am a National Board Certified Teacher
with a Masters of Education Degree and I
have experience teaching Elementary, Jr. High,
and High School P.E.; and High School Health.

Experience
is the best
teacher!



Music by Bensound