Grade 8 Health Mental Health Unit Name\_\_\_\_\_\_\_\_

**Teenage Mental Health Video Questions**

**Watch this Video and complete the questions.**

Although this video is made in Britain (as you can tell by the accents) the issues are the same in Canada.

**1. Teenagers are asked to share their viewpoint about “Mental Health”.** What are 5 teen responses you have heard when asked about Mental Health?

**2. Social Media** is seen as both part of the problem and solution in dealing with Mental Health.

Give three Positive and three Negative examples of the effects of Social Media on Mental Health.

**Positive Negative**

**3.** Many of these teens have found successful ways t**o “Cope with Mental Health Issues”** share 3 recommendations.