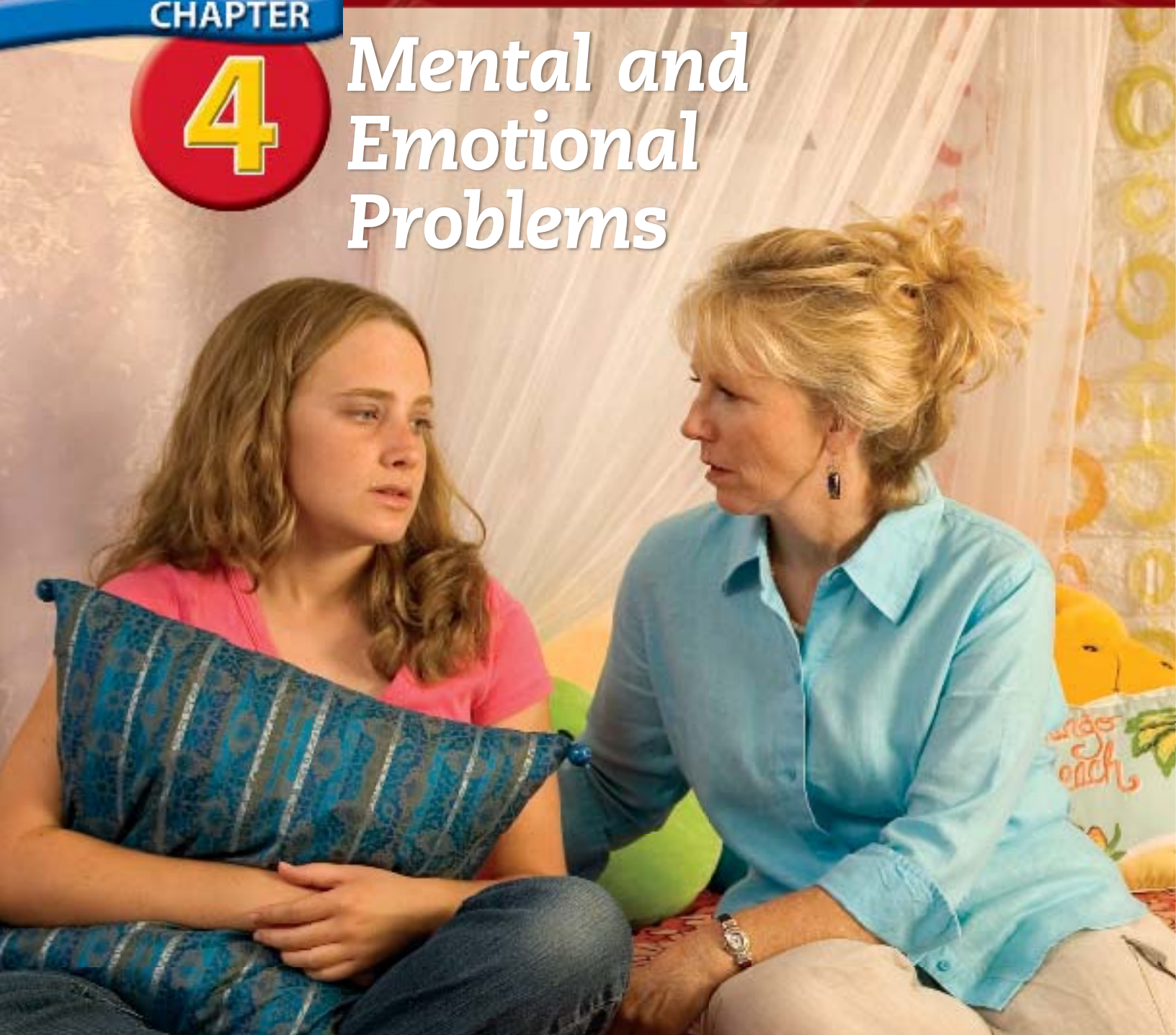




# 4

# Mental and Emotional Problems



## Chapter Preview

<b>Lesson 1</b>	<b>Mental and Emotional Disorders</b> .....	80	<b>Building Health Skills</b> .....	94
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### ▲ Working with the Photo

People with mental or emotional problems sometimes feel very alone. They can feel this way even in a room full of people. **What comes to your mind when you hear the term mental/emotional problem?**

# Start-Up Activities

## Before You Read

Do you handle mental and emotional problems in healthful ways? Find out by taking the short health inventory on this page. Keep a record of your answers.

## HEALTH INVENTORY

- I deal with my problems in healthful ways.  
(a) always            (b) sometimes            (c) never
- I ask for help when a problem arises.  
(a) always            (b) sometimes            (c) never
- I am able to help a friend with an emotional problem.  
(a) always            (b) sometimes            (c) never

## FOLDABLES® Study Organizer

### As You Read

Make this Foldable® to help you learn about mental and emotional problems. Begin with a plain sheet of 11" × 17" paper.

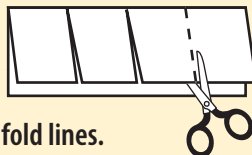
**1** Fold the sheet of paper along the long axis. Leave a 1/2" tab along the side.



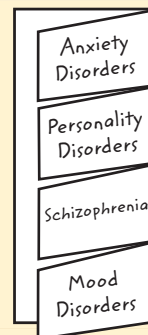
**2** Turn the paper. Fold in half, then fold again.



**3** Unfold and cut the top layer along the three fold lines. This makes four tabs.



**4** Turn the paper vertically and label the tabs as shown. Write down the definitions of each type of mental and emotional disorder. Also, list characteristics of each type of mental and emotional disorder under the appropriate tab.



Go Online

Visit [glencoe.com](http://glencoe.com) and use the eFlashcards to preview Chapter 4 vocabulary terms.



# Lesson 1

## Mental and Emotional Disorders

### Guide to Reading

#### ● Building Vocabulary

As you read this lesson, write each new highlighted term and its definition in your notebook.

- disorder (p. 80)
- anxiety disorder (p. 81)
- phobia (p. 81)
- personality disorder (p. 82)
- mood disorder (p. 83)
- major depression (p. 83)
- schizophrenia (p. 85)

#### ● Focusing on the Main Ideas

In this lesson, you will learn to

- **identify** types of anxiety disorders.
- **describe** two mood disorders.
- **identify** signs of major depression.

#### ● Reading Strategy

**Comparing and Contrasting** Create a diagram that shows similarities and differences among mental and emotional health disorders described in the lesson.

**FOLDABLES** Study Organizer Use the Foldable® on p. 79 as you read this lesson.

### Quick Write

Think about a time when you were very sad. Tell what you did to overcome your sadness.



### Kinds of Mental and Emotional Disorders

Many myths surround the subject of mental and emotional problems. One myth is that these conditions are not true illnesses, like heart disease or diabetes. Another myth is that people can just “snap out of” these problems if they try hard enough.

The truth is that mental and emotional problems are as real as physical problems. They can affect people of any age. Studies released by the National Mental Health Information Center show that mental disorders affect at least one in five children and adolescents. Like other diseases, mental and emotional disorders can be treated. Treatment can include medication, counseling, or both. Ignoring your problems won't make them go away.

A **disorder** is a disturbance in the normal function of a part of the body. In this lesson you will learn about several common mental and emotional disorders.

- ◀ Some anxiety is normal.  
**When does being anxious suggest a larger problem?**





# Anxiety Disorders

Everyone feels anxious at one time or another. For example, you might be worried the night before a big test. Problems at home or at school can also be a source of anxiety. It is normal to feel this way when you are faced with a challenge. Some people, however, become frequently and unreasonably worried. They might have an **anxiety disorder**. This is a disorder in which intense anxiety or fear keeps a person from functioning normally. The five types of anxiety disorders and their symptoms are listed in **Figure 4.1**.

One type of anxiety disorder is a **phobia**, or an exaggerated fear of a specific situation or object. You have probably heard of certain phobias, such as fear of flying or of spiders. **Figure 4.2** on the next page shows some common phobias. Some fears are not only normal, but necessary. For example, concern over walking down a dark, deserted street in an unsafe neighborhood is an understandable fear. It shows that you have a healthy awareness of risk, not that you have a phobia.

Anxiety disorders may first become **apparent** during the teen years or young adulthood. Treatments are available that can help people with these disorders lead full, productive lives.



### Reading Check

**Define** What is an anxiety disorder?

**FIGURE 4.1**

## TYPES OF ANXIETY DISORDERS

Anxiety disorders are grouped into the five categories shown here.

**What are the symptoms of obsessive-compulsive disorder?**

Disorder	Symptoms
<b>Generalized Anxiety Disorder</b>	Restlessness, tiredness, difficulty concentrating, irritability, muscle tension, sleep disturbances
<b>Panic Disorder</b>	Pounding heart, sweating, trembling, shortness of breath, nausea, fear of losing control
<b>Phobia</b>	An intense or exaggerated fear of a specific situation or object
<b>Obsessive-Compulsive Disorder</b>	A need to perform behaviors over and over again, such as handwashing, counting, hoarding, or arranging possessions
<b>Post-Traumatic Stress Disorder</b>	Withdrawal or depression after a distressing experience such as sexual abuse, a natural disaster, an accident, or witnessing violence



DEVELOPING

Good Character

### Compassion

People with mental and emotional problems need the help and support of those around them. One way of demonstrating support is by showing compassion. This means being sympathetic to the problems others are dealing with. By showing compassion, you let others know that you care about them.

**What are some actions you could take to show compassion?**

### Academic Vocabulary

**apparent** (uh PAIR uhnt) (adjective) clear or easily understood. *Elliot was worried about his dental appointment for no apparent reason.*



▼ FIGURE 4.2

## SOME COMMON PHOBIAS FROM A TO Z

The table lists several different types of phobias. **What is acrophobia?**

Some Common Phobias from A to Z	
Acrophobia	Fear of heights
Agoraphobia	Fear of crowded places or open areas
Astraphobia	Fear of thunder and lightning
Claustrophobia	Fear of enclosed spaces
Ecophobia	Fear of home
Glossophobia	Fear of public speaking
Hydrophobia	Fear of water
Kenophobia	Fear of empty spaces
Noctiphobia	Fear of night
Socialphobia	Fear of people
Tachophobia	Fear of speed
Zoophobia	Fear of animals

- ▼ Arachnophobia, a fear of spiders, is a common phobia. **What are some other phobias that you have heard of?**



## Personality Disorders

People have a basic need to belong and be accepted by others. Some people, however, have a lot of trouble relating to others. They may suffer from a personality disorder. A **personality disorder** is a *psychological condition that affects a person's ability to interact normally with others.*

One example is *passive-aggressive personality disorder*. People with this disorder can have a hard time cooperating with others. They do not like being told what to do, and can become very angry when they feel like they do not have control over a situation. In these cases, they show their anger in unhealthy and inappropriate ways. For example, in a group activity if a passive-aggressive person becomes angry, he or she might respond passively—by not participating at all. He or she may also respond aggressively—by yelling or being mean to others in the group.

Another personality disorder is *borderline personality disorder*. People with this disorder have trouble in close relationships with others. This is because when they are involved in a close relationship with someone, they tend to idealize that person. If they become disappointed in that person, they might lash out in anger or even violence. People with this disorder also tend to engage in high-risk behaviors, have poor self-esteem, and have an intense fear of abandonment.



## Mood Disorders

People who feel sad over a long period of time and for no explainable reason may have a **mood disorder**. This is *a disorder in which a person undergoes changes in mood that seem inappropriate or extreme*. Being overly happy, giddy, or energetic for no apparent reason can also be a sign of a mood disorder.

One mood disorder, previously known as manic-depressive disorder, is *bipolar disorder*. This illness is known for its mood “cycles.” A person with bipolar disorder may experience alternating high and low periods. During the high—or *manic*—periods, the person can have increased energy. In the low—or *depressive*—periods, energy slows down drastically. Sometimes these mood cycles are rapid, but most often they are gradual.

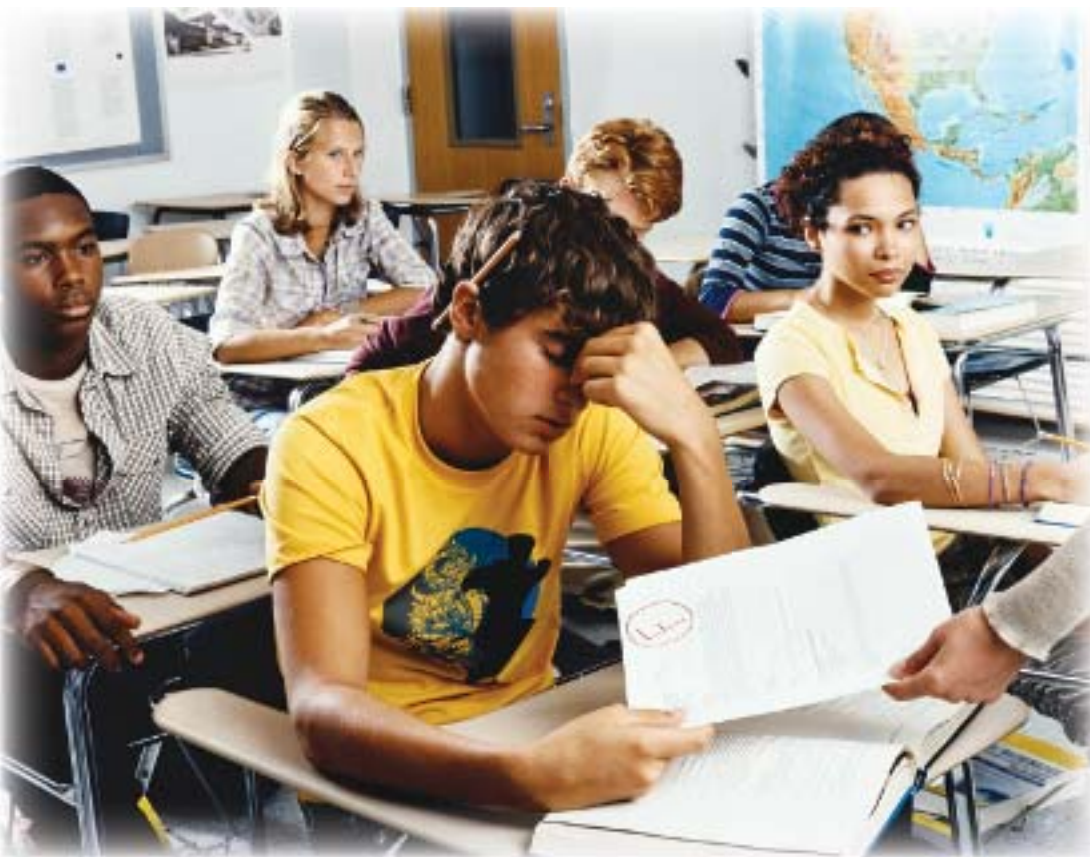
The symptoms that come with the depressive side of bipolar disorder also occur in **major depression**. This is *a very serious mood disorder in which people lose interest in life and can no longer find enjoyment in anything*.

Everyone feels sad from time to time. Having occasional brief periods of sadness does not mean you have a mental or emotional disorder. Sharing your feelings with a parent, trusted adult, or friend can help.



### Reading Check

**Define** What is a mood disorder?



◀ Receiving bad news can make you feel down. **How is this type of sadness different from major depression?**



Go Online

### Topic: Handling Depression

Visit [glencoe.com](http://glencoe.com) for Student Web Activities to learn about the signs of depression and what can be done to treat it.

**Activity:** Using the information provided at the link above, create a poster listing the warning signs of depression. Include information on where teens who are concerned about depression can get help.

## Depression Among Teens

The teen years can be a difficult time in life. Friendships may suddenly seem more complicated. Your relationship with your parents and other family members are changing. During this time of life, some teens become depressed.

Some studies suggest that as many as 20 percent of teens suffer from major depression. Teens who are depressed may appear moody, angry, hostile, aggressive, and irritable. Depressed teens may turn to alcohol or other drugs. Other common signs of depression are shown in **Figure 4.3**.

When left untreated, depression can become worse. If you know someone who seems depressed, encourage that person to talk to a parent or other trusted adult. If he or she says that talking to someone will not help, you should tell a trusted adult about your concerns.



Reading Check

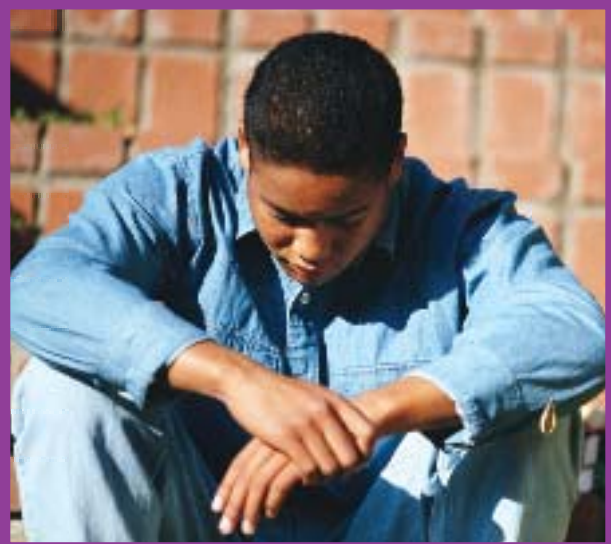
**Explain** How may depressed teens behave?

▼ **FIGURE 4.3**

## WARNING SIGNS OF DEPRESSION

A teen showing three or more of these warning signs for more than two weeks may be suffering from depression. **What can you do if you suspect someone you know is depressed?**

1. Irritability, anger, or anxiety
2. Lack of energy; feeling tired all the time
3. Significant change in sleep patterns; an inability to fall asleep, stay asleep, or get up in the morning
4. Inability to concentrate
5. Putting blame on other people for their problems, especially adults
6. Feelings of worthlessness or guilt
7. Indifference to things that used to bring pleasure
8. Pessimism
9. Physical problems, like stomachaches or headaches, that can't be explained
10. Thoughts of death or suicide



- ▶ One characteristic of schizophrenia is a withdrawal from others. **Why might a person who suffers from schizophrenia want to withdraw from interacting with others?**



## Schizophrenia

**Schizophrenia** (skit-zoh-FREE-nee-uh) is a severe mental disorder in which people lose contact with reality. They may have hallucinations in which they see or hear things that are not actually there. Schizophrenics are often unable to tell the difference between real events and ones they are imagining. For example, people in this state might think they are historical figures or that they have special powers.

One common aspect of schizophrenia is a withdrawal from others and from society. Schizophrenics tend to function in their own worlds, in which they develop a fear and mistrust of others.

Today, there is medication available to treat schizophrenia. Schizophrenics can lead relatively functional lives if they take these medicines properly.

**Go Online**

Visit [glencoe.com](http://glencoe.com) and complete the Interactive Study Guide for Lesson 1.

## Lesson 1 Review

### After You Read

Review this lesson for new terms, major headings, and Reading Checks.

### What I Learned

1. **Vocabulary** What is a *disorder*? Use this term in an original sentence.
2. **List** Name two mood disorders, and describe each.
3. **Recall** What are the five types of anxiety disorders?

### Thinking Critically

4. **Synthesize** Look back at the myths about mental illness that opened the lesson. What do you think is a negative consequence of spreading these myths?

5. **Evaluate** Carl had worked hard on his entry for the school science fair. He was sad when he did not win an award for his project. Do you think Carl was experiencing major depression? Explain your answer.

### Applying Health Skills

6. **Accessing Information** With a group, investigate one of the disorders described in the lesson. Use a variety of reliable sources. Make notes about the kinds of help available.



## Lesson 2

# Suicide Prevention

### Guide to Reading

#### ● Building Vocabulary

Find the term below where it appears highlighted in the lesson. Write the term and its definition in your notebook.

- suicide (p. 86)

#### ● Focusing on the Main Ideas

In this lesson, you will learn to

- **identify** causes of teen suicide.
- **identify** warning signs of suicide.
- **demonstrate** effective communication skills to help someone with mental and emotional problems.

#### ● Reading Strategy

**Finding the Main Idea** For each of the main headings in this lesson, write one sentence that states the main idea.

### Quick Write

Write a paragraph describing what you could do to help a friend who is talking about suicide.



## Suicide

When depression lasts for weeks or months, the emotional pain can be overwhelming. Life may begin to seem hopeless for some individuals. Some teens may begin having thoughts of **suicide**. This is *the intentional taking of one's own life*. It is important to recognize the warning signs of suicide and seek help if you or someone you know is suffering from severe depression.

### Causes of Teen Suicide

During the teen years, you will begin to accept new responsibilities and challenges within your family and at school. Accepting new challenges and responsibilities can cause stress. Life-changing events such as a family breakup or the death of someone close can feel overwhelming. Alcoholism or other drug dependencies within the family can cause a teen to become depressed. So can witnessing domestic violence or being a victim of physical or sexual abuse. In some instances, teens consider suicide because they cannot handle the pressures they face at home or at school. If a teen feels that his or her family is not supportive, he or she may become depressed. Being depressed can lead to thoughts of suicide.

Not all causes of teen suicide involve the home or family. Some teens consider suicide because they feel disconnected from

or rejected by peers. Because these teens may have few friends, their sadness can sometimes go unnoticed.

### Warning Signs of Suicide

Teens thinking about suicide often share their plans openly. Many drop hints through their words and actions. They may say things like, “I can’t take it anymore” or “No one cares if I live or die.” Comments like these are warning signs. Never **assume** that a person who makes these kinds of remarks does not really mean it. Talk to a trusted adult immediately about what you heard. You might try suggesting that a person who needs help use resources in home, school, and community that provide valid health information.

Other warning signs of suicide include:

- **A sudden fascination with the topic of death.** The person may talk about different ways of dying. He or she may start reading or writing poems and stories about death.
- **Dramatic changes in the person’s appearance.** The person may no longer take an interest in his or her appearance.
- **Self-destructive behavior.** The person may do reckless things. She or he may also suddenly decide to become sexually active or use drugs.
- **Withdrawal from friends, family, and regular activities.** Withdrawal is also a symptom of depression, and it shows that the person is letting go of things that were once important. He or she may also begin giving away valued possessions.
- **A sudden change in mood.** After weeks or months of being depressed, the person suddenly appears cheerful. This may look like a positive change, but sometimes it is not. Sometimes it means that the person has made up his or her mind to commit suicide.

**What Teens THINK**

**How can you help a friend who is feeling sad?**

I would talk to my friend and find out why she is sad. After that, I would take her somewhere like the movies, mall, or anywhere as long as she won't feel sad anymore. Also, I would hug my friend and cheer her up. I know this would work because friends know how to help each other.

Emmy H.  
Albertville, AL

**Academic Vocabulary**  
**assume** (uh SOOM)  
(verb) to accept without proof, to take for granted.  
*Pedro didn't go to the dermatologist because he assumed that his acne would clear up on its own.*

### Reading Check

**List** Name two causes of teen suicide.



# Health Skills Activity

## Communication Skills

### Giving “Emotional First Aid”

People who are severely depressed have an emotional injury. Eventually, they will need professional treatment for their “wounds.” Before they can get that help, they require “emotional first aid.” This can come from anyone with good communication skills, including you. Perhaps you can influence the person to make healthful choices. Here are some tips:

- Let the person speak and express his or her negative emotions.
- Don’t challenge or dare the person.
- Remind the person of past successes. Recall challenges that she or he overcame.
- Tell the person how important he or she is to you and others. Provide the person with reasons for living.

### With a Group

Make a pamphlet with suggestions for helping troubled teens. Pass out copies of your pamphlet.

## Providing Support

People who think about or attempt suicide usually do not want to die. Rather, their actions are a plea for help.

You can provide this help and support. If someone you know shows warning signs of suicide, talk to the person. Just showing interest in the person’s problem can be a positive first step. It shows the person that he or she is not alone. Do not be afraid to ask whether the individual is planning to harm him- or herself. Urge the person to share her or his feelings and thoughts with a trusted adult. Finally, never promise to keep suicide plans a secret. This is one secret a true friend will never agree to keep.



### Reading Check

**Explain** What are some ways to give emotional support to someone who is depressed?



Visit [glencoe.com](http://glencoe.com) and complete the Interactive Study Guide for Lesson 2.

## Dealing with Depression

Depression can feel like a heavy weight. Sometimes, people feel that they cannot get out from under it. This hopelessness is what leads some people to think about taking their own lives. However, you can assume responsibility for your personal health behaviors. If you ever find yourself thinking about suicide, remember:

- Suicide is *never* a solution to depression. Solutions do exist for every problem, but suicide is not one of them.
- Feelings of depression do not go on forever. Spend time with friends and family. This is a healthy defense mechanism that can help get you through a difficult time.
- You are not alone. There are people who love and want to help you. If you are feeling low, talk to someone close.



There are organizations you can contact that help teens deal with suicidal thoughts. One is SPAN USA. The letters in *SPAN* stand for “Suicide Prevention Action Network.” Another is the National Youth Violence Prevention Resource Center. Each of these organizations has a Web site and a telephone hot line.

▲ Group counseling is one way a person who is feeling depressed can receive emotional support. **What are some other ways someone who is experiencing depression can receive emotional support?**

## Lesson 2 Review

### After You Read

Review this lesson for new terms, major headings, and Reading Checks.

#### What I Learned

1. **Vocabulary** What is *suicide*? Use this term in an original sentence.
2. **Give Examples** Give two examples of actions or behaviors that suggest that a teen might be thinking about suicide.
3. **Recall** What are some causes of teen suicide?

#### Thinking Critically

4. **Synthesize** Barbara’s parents are getting divorced and selling the home she has lived in all her life. Barbara feels like her life is crumbling. What kind of support can you give Barbara?

5. **Apply** Larry’s friend Pete has been very down since his father’s death. Lately, Pete seems to be better. However, he has offered Larry his skateboard and his best jacket. Should Larry be concerned about his friend?

#### Applying Health Skills

6. **Communication Skills** With a partner, perform a role-play about a friend helping another who is feeling down. Use skills from the Health Skills Activity and the lesson as a whole.

## Lesson 3

# Help for Mental and Emotional Disorders

## Guide to Reading

### Building Vocabulary

Several of the terms below share a common word part. Look up this word part in a dictionary, and write its meaning.

- therapy (p. 91)
- family therapy (p. 92)
- psychologist (p. 93)
- clinical social worker (CSW) (p. 93)
- psychiatrist (p. 93)

### Focusing on the Main Ideas

In this lesson, you will learn to

- **determine** what to do if you or someone you know needs professional help.
- **describe** the kinds of therapies used to treat mental and emotional disorders.
- **identify** kinds of professionals who help people with mental health problems.

### Reading Strategy

**Comparing and Contrasting** Create a chart that lists the different types of mental health professionals and the treatments they provide.

## Quick Write

Create an outline on treatment options for people with emotional problems. Use the terms and headings from the lesson as a guide.



## What to Do If You Need Help

It is not always easy to determine whether a mental health problem is serious. However, there are certain symptoms you should be aware of as possible signs of a serious problem. If you have been experiencing any, they should not be ignored. Denying that a problem exists is a defense mechanism that can prevent you from getting help and feeling better.

- ▶ Admitting that help is needed is a first step in dealing with a mental or emotional disorder. **Why do some people avoid seeking the help they need?**





If you have been feeling sad or angry for two weeks or longer it is likely an indicator of a problem that will not disappear on its own. Wanting to spend all your time alone is another possible indicator. If your feelings begin to affect your sleep, eating habits, schoolwork, or relationships with family and peers, help is most likely needed. Other factors include feeling “out of control,” or feeling worried or nervous all the time.

If you feel that you need help, talk to a parent or guardian, the school nurse, a counselor at school, or other trusted adult. Tell someone what you are feeling and how long you have been experiencing those feelings. They may be able to provide the help you need or point you toward someone who can, such as a mental health professional.

### Reading Check

**Identify** What are some steps to take if you think you need help?



## Kinds of Help

Help for mental and emotional problems almost always includes some form of counseling. This is a process of talking through your problems with someone trained to listen. For teens, the first step in this process is talking with a trusted adult. A parent, a guardian, or even an older brother or sister can sometimes be a great source of comfort. So can a teacher or coach to whom you feel close.

Once the problem is out in the open, the emotional healing may begin. For many emotional problems, professional counseling, or therapy, is often needed. **Therapy** is *an approach that teaches you different ways of thinking or behaving*. Therapy gets to the root of your emotional and mental problems and helps you work to find a solution.



◀ When you have a problem, talking to a trusted adult can help. **Who are some people you could talk to if you had a problem?**



## Connect To... Science

### The Brain's Chemical Messengers

Have you ever banged an elbow or knee and then rubbed it to make it feel better? Scientists believe that rubbing a sore spot activates chemical messengers in the brain called neurotransmitters. Endorphins are neurotransmitters that reduce pain and affect your mood. Endorphins are released by the brain during extreme body stress.

**Using online or print resources, find information on neurotransmitters. Identify the name of another one and tell what it does.**



- ▶ Family therapy can help families cope with problems that threaten the health of the family. **How do therapists help?**



## Therapy Settings

Different settings for therapy are available, depending on the problem and the person's needs. Some possibilities include individual therapy, group therapy, and family therapy.

In *individual therapy*, the individual and therapist meet alone for sessions. This is the setting most often used with people entering therapy for the first time. The privacy of individual therapy allows some patients to open up more freely and talk about their problems.

In *group therapy*, the therapist meets with several people who all have the same or similar problems. Group members are taught to support and show empathy toward one another. It can be reassuring for patients to know they are not alone, and that others share the same difficulties.

A special form of group therapy is **family therapy**. This is *counseling that seeks to improve troubled family relationships*. The therapist does not act as a judge or say who is at fault. Instead, he or she helps the family to help itself. This often includes teaching family members to communicate better.



## Drug Treatment Therapy

In the last several decades, effective new medicines for treating emotional disorders have been produced. Many of these work at correcting chemical imbalances in the brain. These medicines can provide relief for depression and other mental disorders.

It is important to be aware that these medicines are not right for everyone. Also, they do not treat every mental and emotional problem. Finally, these medicines are not meant as a replacement for therapy. In fact, they are generally only given to patients who have received, or are currently in, therapy.



### Psychiatric Aide



Psychiatric aides care for mentally ill patients in hospitals or private care facilities. They help patients bathe, dress, and eat. They also socialize with patients and lead them in recreational activities. The need for psychiatric aides is on the rise because people with severe mental and emotional problems need personal care and attention. If you would like to be a psychiatric aide, you should take psychology classes and volunteer at your local hospital.

**What skills does a psychiatric aide need? Go to Career Corner at [glencoe.com](http://glencoe.com) to find out.**

## Mental Health Providers

Different types of mental health professionals provide therapy. All of these professionals have gone through special training to treat people with mental and emotional problems. Often, people with emotional problems will see a **psychologist** (sy-KAH·luh·jist). This is *a mental health professional who is trained and licensed by the state to perform therapy*. Psychologists have a doctoral degree and often specialize in a specific area, such as child psychology.

A **clinical social worker (CSW)** is *a licensed, certified mental health professional with a master's degree in social work*. CSWs can also provide therapy, but they are not usually as specialized as psychologists. Some schools have CSWs on their staff.

A third type of mental health professional is a **psychiatrist** (sy-KY·uh·trist). This is *a medical doctor with a specialty in the treatment of mental health problems*. In most states, a psychiatrist is the only mental health professional who can prescribe medications. Various mental health professionals often work as a team in treating a single patient in order to provide the patient with the best possible care.

### Reading Check

**List** Name three types of mental health professionals.



Visit [glencoe.com](http://glencoe.com) and complete the Interactive Study Guide for Lesson 3.

## Lesson 3 Review

### After You Read

**Review this lesson for new terms, major headings, and Reading Checks.**

#### What I Learned

1. **Vocabulary** Define *therapy*.
2. **Identify** Name several different types of therapy settings used in treating mental and emotional problems.
3. **Recall** How do current medications work to treat mental and emotional problems?

#### Thinking Critically

4. **Evaluate** Ernesto has been feeling sad every day for the last two weeks and he doesn't know why. What should he do?

5. **Analyze** What factors might influence which type of mental health provider a person chooses?

#### Applying Health Skills

6. **Advocacy** With classmates, create posters that address the importance of seeking help for mental and emotional problems. Include some of the possible signs and symptoms that can indicate a serious problem.



# Building Health Skills

Accessing Information  
Practicing Healthful Behaviors  
Stress Management  
Analyzing Influences

## Communication Skills

Refusal Skills  
Conflict Resolution  
Decision Making  
Goal Setting  
Advocacy

## What Are Communication Skills?

Communication skills involve learning how to effectively express yourself and understand others.

### Speaking Skills

- Think before you speak.
- Use “I” messages.
- Be direct, but avoid being rude or insulting.
- Make eye contact, and use appropriate body language.

### Listening Skills

- Use conversation encouragers.
- Pay attention.
- Show empathy.
- Avoid interrupting, but ask questions where appropriate.

## Listen Up!

Follow the Model, Practice, and Apply steps to help you master this important health skill.

### 1 Model

*Read how Christa uses communication skills to help her friend Susan.*

Being a good listener is a health skill for life, and one that can improve your social health. Christa noticed that her friend Susan seemed depressed. Christa approached Susan and asked her what was wrong. Susan told Christa she had been feeling sad, but she didn't know why. Christa listened quietly as Susan continued to explain how she had been feeling. While Susan spoke, Christa just looked at Susan reassuringly and listened. She occasionally asked a question or repeated what Susan said to make sure that she understood. When Christa finally spoke, she offered to go with Susan to talk to the school counselor to ask for help.



## 2 Practice

*Read how Hailey uses communication skills to help her sister. Then answer the questions below.*

Hailey arrived home from school to find her older sister, Jan, sitting in front of the TV. She was obviously in a bad mood. Hailey said, “Jan, you seem angry,” and then listened carefully as her sister described the events of an awful day at school. She nodded as Jan spoke and she didn’t interrupt her. When Jan told Hailey about a pop quiz in English, Hailey said, “You mean the teacher didn’t even tell you that there was going to be a quiz?” After their talk, Jan told Hailey that she felt better and she gave Hailey a hug.

1. What listening skills did Hailey use?
2. How did listening affect Hailey’s social health?



## 3 Apply

*Use what you have learned about communication skills to complete the activity below.*

With a partner, brainstorm emotional problems that commonly occur among teens. Choose one of these problems and write a skit that shows the effective use of listening skills to help someone with this problem. When you are finished, perform your skit for your class. Describe the listening skills you used and how listening contributes to good health.

### Self-Check

- Did we choose a common emotional problem for teens?
- Did our skit show effective listening skills?
- Did we describe how listening skills improve health?



## Interpreting Vocal Stress

Sometimes the way in which you say something is more revealing than the words themselves. To better understand this concept, consider this ordinary sentence: “Is he a good catcher?” Read the sentence aloud. Did you notice the sound of your voice rising at the end? This rise in pitch is part of the *intonation pattern* of speech. Different kinds of sentences—statements, questions, and commands—have different intonation patterns.

This activity will give you a chance to work with another aspect of vocal intonation. This time you will be working with *vocal stress*. Also known as “emphasis,” vocal stress is saying one word slightly louder than the rest of the words in a sentence. On paper, vocal stress is shown by *italics* or underlining. Changing the word that is stressed in a sentence can change the sentence’s meaning.

### What You Will Need

- pencil or pen
- paper



### What You Will Do

- 1 Work as part of a small group. Think up and write five ordinary sentences on separate sheets of paper. Try reading each sentence aloud, each time stressing a different word. Notice how the meaning of the sentence changes each time. Consider these examples:
  - a. “I told *Ed* to give me the book.” (Meaning: I told Ed—not someone else—to give me the book.)
  - b. “I told Ed to give me the *book*.” (Meaning: I told Ed what to give me—the book, not something else.)

- 2 Exchange sentences with another group. Try reading each sentence with the stress on different words. See how many different meanings you can come up with.

### Wrapping It Up

After each group has exchanged sentences, discuss these questions as a class:

How does changing the vocal stress in a sentence change its meaning? Do you think changes in vocal stress reveal differences in the speaker’s feelings? Explain your answer.



Visit [glencoe.com](http://glencoe.com) to download quizzes and eFlashcards for Chapter 4.

**FOLDABLES® Study Organizer**

**Foldables® and Other Study Aids** Take out the Foldable® that you created for Lesson 1 and any graphic organizers that you created for Lessons 1–3. Find a partner and quiz each other using these study aids.

**Lesson 1 Mental and Emotional Disorders**

**Main Idea** Mental and emotional problems can affect people at any age.

- A disorder is a disturbance in the normal function of a part of the body.
- Types of anxiety disorders include obsessive-compulsive disorder, panic disorder, post-traumatic stress disorder, social phobia disorder, and generalized anxiety disorder.
- Bipolar disorder and major depression are two mood disorders.
- Signs of major depression include irritability, anger, anxiety, lack of energy; significant change in sleep patterns; inability to concentrate; blaming one's problems on other people; feelings of worthlessness or guilt; thoughts of death or suicide.
- Schizophrenia is a severe mental disorder in which people lose contact with reality.

**Lesson 2 Suicide Prevention**

**Main Idea** Providing emotional support can aid in suicide prevention.

- If you recognize the warning signs of suicide, seek help.

- Factors in teen suicide include a family breakup or parent's death, alcoholism or drug dependency, witnessing domestic violence, experiencing physical or sexual abuse, and feeling rejected by peers.
- Warning signs of suicide include talking, reading, or writing about death; reckless behavior; impulsively becoming sexually active or using drugs.
- Suicide is never a solution to depression.

**Lesson 3 Help for Mental and Emotional Disorders**

**Main Idea** Help for mental and emotional problems usually includes some form of counseling.

- If your feelings begin to affect your sleep, eating habits, schoolwork, or relationships with family or peers, help is most likely needed.
- Medicines can be used to help treat mental and emotional problems. They work to correct chemical imbalances in the brain.
- If you are concerned about your mental health, talk to a trusted adult.
- Therapy settings include individual therapy, group therapy, and family therapy.
- Mental health professionals include psychologists, clinical social workers, and psychiatrists.

## After You Read

**HEALTH INVENTORY**

Now that you have read the chapter, look back at your answers to the Health Inventory in the chapter opener. Is there anything that you should do differently?

## Reviewing Vocabulary and Main Ideas

On a sheet of paper, write the numbers 1–4. After each number, choose a term from the list that best completes each sentence.

- mood disorder
- personality disorder
- phobia
- self-destructive behaviors
- suicide

### Lesson 1 Mental and Emotional Disorders

1. An anxiety disorder characterized by an exaggerated fear of a specific situation or object is a(n) \_\_\_\_\_.
2. A psychological condition that affects a person's ability to interact normally with others is called a \_\_\_\_\_.

### Lesson 2 Suicide Prevention

3. \_\_\_\_\_, the intentional taking of one's own life, is a leading cause of death among teens.
4. Doing reckless or impulsive things and other \_\_\_\_\_ may be warning signs of suicide.

### Lesson 3 Help for Mental and Emotional Disorders

On a sheet of paper, write the numbers 5–6. After each number, write the letter of the answer that best completes each statement.

5. All of the following are signs that a person may need help with an emotional problem *except*
  - a. feeling sad or angry for no apparent reason.
  - b. having aches or pains that cannot be explained.
  - c. treating an injury at home with items from the medicine cabinet.
  - d. sleeping too much or waking up too early.
6. Which statement is true of therapy?
  - a. It uses the same techniques for everyone.
  - b. It may be provided only by psychiatrists.
  - c. It is an approach that teaches different ways of thinking or behaving.

## Thinking Critically

Using complete sentences, answer the following questions on a sheet of paper.

7. **Synthesize** Do mood swings make teens more likely to become depressed? Explain.
8. **Apply** A friend who is depressed considers seeking help a sign of weakness. What do you tell your friend?



## Applying Technology

### Write About It

- 9. Persuasive Writing** Write a paragraph persuading others that people who are mentally ill deserve the same level of respect and care as people who are physically ill.
- 10. Expository Writing** Write an article describing the warning signs of suicide. What are some ways to provide support to someone who may be considering suicide?
- 11. Narrative Writing** Write a short story about a teen who is depressed. Explain how the teen makes a decision to get help and who the teen goes to for help.

### Mental Peace Board Game

You and a partner will use draw tools to create a board game about mental health.

- Using Microsoft Word®, open draw tools, then auto shapes, and then open basic shapes. Select a 2" square, and copy and paste that square 20 times. Make an interesting shape with the squares on 11" × 14"-sized paper.
- On a new Microsoft Word® document, create two columns with 30 lines. One column will contain questions. The other column will contain answers.
- Write 30 questions and 30 answers about mental and emotional problems.
- Edit and save your game.

## Standardized Test Practice

### Reading

Read the passage and then answer the questions.

One of the first people to closely study the human mind was an Austrian doctor, Sigmund Freud. In 1893, Freud published a study on what he called *hysteria*. Freud used this term to mean uncontrollable emotion, such as panic or fear. In the study, he claimed that hysteria was unspent emotional energy connected to forgotten disturbing events.

By 1899, Freud was convinced that dreams were a window to the inner workings of the mind. That year he published *The Interpretation of Dreams*.

Over the next thirty years, Freud revised and added to his theory. Later, many other researchers disagreed with Freud's theory, but few disagreed with his reputation as the "father of modern psychology."

1. Which sentence states an opinion?
  - A. One of the first people to study the human mind was Sigmund Freud.
  - B. In 1899, Freud published *The Interpretation of Dreams*.
  - C. In 1893, Freud published a study on hysteria.
  - D. Dreams are a window to the inner workings of the mind.
2. What is the theme of the biography?
  - A. Different people find different topics interesting.
  - B. Freud's investigations led to the founding of the field of modern psychology.
  - C. Today, no one disagrees with Freud's ideas.
  - D. Sigmund Freud was a Austrian doctor.