



#9738

REAL TEENS AND STRESS

TMW MEDIA GROUP, 2002

Grade Levels: 7-13+

20 minutes

DESCRIPTION

Addresses common areas of stress that teenagers face--academic, social life and peer relationships, and stress at home. Teens express their concerns and offer personal techniques for coping with and easing this common problem.

ACADEMIC STANDARDS

Subject Area: Health

- ★ Standard: Knows how to maintain mental and emotional health
- Benchmark: Knows strategies for coping with and overcoming feelings of rejection, social isolation, and other forms of stress (See Instructional Goals #1, 2, and 3.)

INSTRUCTIONAL GOALS

1. To emphasize that stress is something all teens face.
2. To identify the common causes of stress in a teen's life.
3. To introduce healthy and positive ways of dealing with stress.

VOCABULARY

1. academic
2. commitment
3. distractions
4. expectations
5. fitting in
6. overload
7. overwhelmed
8. peer pressure
9. perspective
10. pressures
11. priorities
12. procrastinate
13. solutions
14. time management



BEFORE SHOWING

1. Brainstorm causes of stress.
2. List the harmful effects of stress.

AFTER SHOWING

► Discussion Items and Questions

1. What are some sources of stress?
2. What can a teen do to reduce academic stress? How can the following strategies help to reduce academic stress?
 - a. eat a snack
 - b. find a good work space
 - c. avoid distractions
 - d. set homework goals
 - e. prioritize work
 - f. don't procrastinate
 - g. avoid all-nighters
3. What causes social stress in high school? What additional stresses do girls have? Why is it important to accept yourself?
4. What causes stress in dating and relationships? How can you reduce dating stress? How can establishing your beliefs reduce dating stress? What is the benefit of group dates?
5. What causes stress at home? What are some coping strategies for problems at home? What is wrong with keeping stress bottled up inside?
6. What are some solutions to stress? What are the benefits of the following approaches to stress?
 - a. Talk to someone. Reach out.
 - b. Get to know yourself. Identify your priorities.
 - c. Identify your goals.
 - d. Find people who will support you.
 - e. Make decisions that are best for you.

► Applications and Activities

1. List typical stressful scenarios. Write or type each scenario on a strip of paper. Choose a scenario. Role-play solutions. Label the solution as helpful or harmful.
2. Research the effects of stress on the body. Consider causes of stress and solutions.
3. Survey the local community regarding personal stress. Consider causes, effects, and solutions.
4. Plan and conduct a workshop on stress for students or staff. Incorporate ways to identify stressors and techniques for reducing stress.



RELATED RESOURCES



- [Stress Reduction Strategies That Really Work! #7665](#)



World Wide Web

The following Web sites complement the contents of this guide; they were selected by professionals who have experience in teaching deaf and hard of hearing students. Every effort was made to select accurate, educationally relevant, and “kid safe” sites. However, teachers should preview them before use. The U.S. Department of Education, the National Association of the Deaf, and the Captioned Media Program do not endorse the sites and are not responsible for their content.

- **TEENS AND STRESS**

<http://library.thinkquest.org/13561/>

A website created by and for teens regarding stress. Topics range from causes and results to prevention.

- **STRESS MANAGEMENT**

<http://stress.about.com/library/blteenpoll.htm>

Articles and information regarding stress management from A to Z including specific information for teens.

- **TEEN MATTERS**

<http://www.teen-matters.com/>

Created by the South Carolina Department of Mental Health, this site is devoted to “matters that matter” to teens. A wide range of topics include stress, depression, body image, and relationships.