Surviving High School NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Video Guide Per\_\_\_\_\_\_\_\_\_\_\_\_

**SURVIVING HIGH SCHOOL**

Currently \_\_\_\_\_% of boys and \_\_\_\_\_\_\_% of girls are unhappy with their appearance.

One out of \_\_\_\_ teenagers suffers from depression. And \_\_\_\_\_\_\_\_\_\_\_\_ has become the 3rd leading cause of death amongst high school aged youth.

For the past two years, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and cliques have become an escalating problem on campus.

**“So, what?” question #1**

Name at least 3 groups or “cliques” of people at Lakeview High School (only if appropriate)

\_\_\_\_\_% of teenagers experience bullying or \_\_\_\_\_\_\_\_\_\_\_\_\_ at school.

“Students are often overlooked when they come to a new school because they don’t have, exactly the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ or they may not have the \_\_\_\_\_\_\_\_\_\_\_\_.”

Accepted or not, Erica still feels like an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Cliques may divide a campus but it’s the \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ that begin the separation as teens struggle with what it means to be a \_\_\_\_\_\_\_\_\_ and what it means to be a \_\_\_\_\_\_\_\_\_.

**“So, what?” question #2**

What is one struggle that your gender (boy or girl) experiences in high school that the other gender does not, in your opinion?

Over \_\_\_\_\_\_\_\_\_\_\_ million teenagers are currently using \_\_\_\_\_\_\_\_\_\_\_\_ and body-enhancing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

“The bottom line is, \_\_\_\_\_\_\_\_\_\_\_\_\_ replaces what you naturally have.”

For many boys, its about being \_\_\_\_\_\_\_\_\_\_\_\_\_, but for girls, its just the \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

The average person sees between \_\_\_\_\_\_ and 600 ads per day. One out of \_\_\_\_\_ relates directly to beauty and image.

**“So, what?” question #3**

Name one way you have altered your appearance to fit in with others.

“About 7-\_\_\_\_\_ million girls and women will suffer from an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

How about boys? At least \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.”

“Someone with an eating disorder is \_\_\_\_\_\_\_\_\_\_\_\_\_\_ away, basically.”

This year, \_\_\_\_\_\_\_\_\_\_\_\_ people will die from \_\_\_\_\_\_\_\_\_\_\_\_\_-nervosa.

**PART TWO**

**“So, what?” question #4**

List at least two labels you have ever used to describe someone else.

List at least two labels that have ever been used to describe you.

Every \_\_\_\_\_\_\_\_\_\_\_\_ a young person \_\_\_\_\_\_\_\_\_\_\_ suicide.

\_\_\_\_\_ million young people suffer from depression. Almost \_\_\_\_% of all high school students know someone who has attempted suicide.

**REFLECTION**

**“So, what?” question #5**

List two things that you learned from this video about students your age or about yourself.

**“Now, what?” question #1**

In 2-3 sentences, describe how your behavior can change from lessons learned from this video.