

## 8<sup>th</sup> Grade Health digital assignment – 4/1/20

**STANDARD:** 8.1 Identify the mental disorders and their effect on health. Students will comprehend concepts related to health promotion and disease prevention to enhance health.

**OBJECTIVE:** Students will be able to identify the most common mental health challenges and symptoms and treatments for each.

**ACTIVITY:** For this assignment, you will research the most common mental health challenges and give a description for each.

**RESOURCES:** Use the website [www.walkinourshoes.org](http://www.walkinourshoes.org)

**HELP SESSION HOURS:** Ms. Armstrong and Coach Godby will be available to answer questions and provide feedback each Wednesday from the hours of 10:00 a.m.- 12:00 p.m.

### **Walk in Our Shoes – Mental Health**

**DIRECTIONS-** Students are to research the most common Mental Health Challenges and list the at least 3 symptoms of each and any treatments/medications/help available for each.

The NMS Health and PE website is an excellent resource for this assignment [NMShpe.wixsite.com/about](http://NMShpe.wixsite.com/about)

Click on 8<sup>th</sup> grade Health, Unit 1. Password is wildcats

Students should create a power point or word document with your answers and email them to your health teacher. DO NOT USE Google docs, slides or forms.

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Mrs. Armstrong – [ArmstrongK@fultonschools.org](mailto:ArmstrongK@fultonschools.org).

**Part I** – Go to [www.walkinourshoes.org](http://www.walkinourshoes.org)

Click on “What is Mental Health?” Answer the following questions:

1. What does Mental Health mean?
2. What is a Mental Illness?
3. What kinds of people get Mental Illnesses?
4. What does it mean to be diagnosed?
5. What is a Stigma?

**Part 2** – Click on Mental Health Challenges. For each Mental Illness listed, provide the following information

- A- A brief description of the illness
- B- 3 symptoms of the illness
- C- Any treatments/medications/help available

1. ADHD –

a.

b.

c.

2. Anxiety –

a.

b.

c.

3. Autism –

a.

b.

c.

4. Bi-Polar –

a.

b.

c.

5. Depression –

a.

b.

c.

6. Eating Disorders –

a.

b.

c.

7. PTSD –

a.

b.

c.

8. Schizophrenia –

a.

b.

c.