



Educator Guide: Adolescence Video

Recommended for Grades:

6th

Time:

2 minutes

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning Objectives:

After watching this video students will be able to:

1. Explain how emotions can change during adolescence.

Video Description:

In this video students will learn that hormones are the cause of many of their strong feelings that occur during puberty, or adolescence. They will also learn that their changing feelings are perfectly normal, but if at any time they need support they should reach out to a trusted adult in their life.



Pre and Post-Test Questions:

Use the following questions with your students in any way that you see fit (on paper, using a survey tool, etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choices are bolded.

1. During puberty, what are released in your body that cause changes in emotions?
 - a. Sweat glands
 - b. Hormones**
 - c. Lymph nodes
 - d. Lipids

2. During adolescence your emotions usually:
 - a. Even out and become less strong
 - b. Change frequently**
 - c. Go away completely

Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Adolescence Video. You may choose to use this list in any way that fits your needs.

- Adolescence – the period of time between when puberty starts and when you become an adult
- Emotion – a feeling such as happiness, love, fear, anger, disappointment, excitement, etc.
- Feeling – an emotional state, such as happy, sad, excited, scared, etc.
- Hormones – chemical substances in the body that can cause changes in your body and feelings
- Puberty – the time when your body begins to change and develop as you move from a child to an adult, usually beginning between the ages of eight and 15

Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



Mental Health Resources for Families and Educators

988 Suicide & Crisis Lifeline, call 988 or 988lifeline.org

Anxiety and Depression Association of America, adaa.org

Centers for Disease Control and Prevention (CDC), cdc.gov/childrensmentalhealth/

Children and Adults with Attention-Deficit Hyperactivity Disorder, chadd.org

Children's Wisconsin, childrenswi.org

Children's Wisconsin Shine Through, <https://shinethrough.childrenswi.org/parents>

The Institute for Child and Family Well-Being,
<https://uwm.edu/icfw/tools-and-resources-3-2/>

KidsHealth, kidshealth.org

Mental Health America, mentalhealthamerica.net

National Alliance on Mental Illness (NAMI), nami.org

National Institute of Mental Health (NIMH), nimh.nih.gov

Wisconsin Department of Public Instruction (Student Services/Prevention and Wellness), dpi.wi.gov/sspw/mental-health



Transcript

Slide 1

Danielle: Hey guys! Feelings can change a lot during adolescence. Adolescence is just a big word for the time between when puberty starts and when you become an adult.

Puberty is when your body begins to develop and change as you grow from a kid to an adult, and it can start anytime between ages eight and 15.

Slide 2

Danielle: During puberty, hormones are released in your body that can cause many changes in your feelings. Because of these hormones, adolescence is a time where your feelings can become stronger and you can have mood swings where your moods change quickly.

You may find yourself irritable for no reason. Or, suddenly feeling down for no reason. You can even go from feeling angry to sad to happy in a short time. It can feel like you're on an emotional roller coaster!

Slide 3

Danielle: But it's completely normal to feel that way at times. We all do, including adults. It's a normal reaction to daily life. Life can be tough, especially during times of change. So hang in there, and know that you're not alone. Make sure to reach out to friends and trusted adults in your life when you need support. Alright, see ya later!

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