

Part of your grade is making your section of the bulletin board (directions on paper guidance handed out).

The second part of your grade consists of the following:

A local newspaper has posted a job for a part-time writer. The writer will be responsible for responding to letters that teens have submitted to the newspaper. The editor is seeking out applicants who have knowledge about important issues for teens. You are a student writer who would like to be considered for this job.

The editor requires you to respond to a letter that has been submitted by a fictional teenager named “Depressed.” You will read and respond to it by writing an advice letter on your knowledge of healthy strategies for dealing with difficult situations.

**Instructions:**

Analyze the letter from — “*Depressed*” and TYPE a 1-3 page letter as a response.

Your letter must contain:

1. Five facts about depression.
  - The facts must be true and accurate. HINT: Look at the PowerPoint and think of the documentary.
2. Four warning signs of depression.
  - Provide evidence that warning sign exists.
3. Five coping strategies for dealing with depression.
  - These **MUST** be **HEALTHY** coping strategies.
4. Four **different, reliable** school or community resources people may use to help deal with depression.
  - Describe in detail how each of the four resources that you have chosen may help someone deal with depression.

Dear Editor,

I am a stressed out 9<sup>th</sup> grade student. I am really struggling with some things in my life. I feel worthless and sometimes wish I had never been born. My parents are going through a divorce. I am very close to both parents and feel like it is my fault that they are getting a divorce. I feel that if I had been a better kid, they would not have fought as much.

I am also falling behind in school assignments. They just keep piling up. I have final exams coming up and want to prepare with the help of my study group, but I just want to be alone.

Last week, one of my friends noticed that I have been very sad and asked me what was going on. I told my friend about the divorce and the problems that I was having at school. I don't want to get up in the morning and I just want the pain to go away. My friend told me that drugs can make me feel better, but I have never used drugs.

What should I do? Can you help me?

Signed,  
Depressed