Surviving the Teens® Classroom Worksheet
www.cincinnatichildrens.org/surviving-teens

1. What is a stressor? (Refer to "Teen Stressors" webpage.)

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2. Name 2 types of stressors that can contribute to depression and suicide. (Refer to "Teen Stressors" webpage underneath "Stressor" bullet.)

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3. What is maladaptive coping? Give an example. (Refer to "Coping with Stressors")

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4. What is adaptive coping? Give an example. (Refer to "Coping with Stressors")

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5. What are 3 effective coping styles? (Refer to coping styles on "Coping with Stressors" webpage.)
(1)_____+
(2)_____
(3)_____

6. What is confrontive coping? Give an example. (Refer to coping styles on "Coping with Teen Stressors" webpage.)

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7. What is supportant coping? Give an example. (Refer to "Coping with Teen Stressors" webpage)

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8. Name 2 sources where depressed/suicidal teenagers can go for help. (Refer to Crisis Contact information in the left-hand navigation)

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9. Give the 4 steps to LAST™ that a troubled teen can take to help him/herself. (Refer to "Dealing with Depression/Suicide using Steps to LAST™ in the left-hand navigation.)

_**L**_____

_**A**_____

_**S**_____

_**T**_____

10. What is optimistic coping? Give 2 examples. (Refer to "Coping with Teen Stressors" webpage)

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11. What is palliative coping? Give 3 healthy examples. (Refer to "Coping with Teen Stressors")

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12. What is the major risk factor for suicide? (Refer to "Psychiatric Illness Stressors")

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13. Give 3 symptoms of major depression. (Refer to hyperlink within "Psychiatric Illness Stressors")

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14. Name 2 other psychiatric disorders that are risk factors for suicide? (Refer to "Psychiatric Illness Stressors" webpage)

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15. What is one symptom of bipolar disorder? (Refer to hyperlink within "Psychiatric Illness Stressors")

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16. What is one symptom of schizophrenia? (Refer to hyperlink within "Psychiatric Illness Stressors")

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17. Give 2 examples of medical risk factors for depression. (Refer to "Medical Illness Stressors")

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18. Give 3 examples of family stressors that are risk factors for suicide. (Refer to "Family Stressors")

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19. Name 4 positive ways to deal with family conflict. (Refer to “Family Stressors” webpage.)

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20. Name 3 steps to anger management. (Refer to “Family Stressors” webpage)

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21. Give 2 examples of relaxation techniques. (Refer to “Family Stressors” webpage)

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22. Name 2 rules for fighting fairly. (Refer to “Family Stressors” webpage)

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23. What is the 2nd major risk factor for suicide? (Refer to “Substance Use Stressors” webpage)

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24. Identify 3 peer/social stressors. (Refer to “Peer/Social Stressors” webpage)

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25. Name 3 warning signs of suicide. (Refer to “Depression/Suicide” webpage)

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26. Give the 4 steps to LAST™ that you can take to help a troubled teen. (Refer to “Dealing with Depression/Suicide using Steps to LAST™ in the left-hand navigation.)

_L_____

_A_____

_S_____

_T_____

27. Name 3 things to avoid when talking to a suicidal person. (Refer to “Depression/Suicide” webpage)

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28. Give 2 health facts about sexual abuse. (Refer to “Trauma/Violence Stressors” webpage)

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29. Name 3 symptoms of abuse. (Refer to “Trauma/Violence Stressors” webpage)

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30. Give one health fact about teasing/bullying. (Refer to “Trauma/Violence Stressors” webpage)

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31. What are the 4 types of boundary problems? Give the name for each. (Refer to “Trauma/Violence Stressors” webpage)

(1)_____

(2)_____

(3)_____

(4)_____

32. What are the 4 steps to setting boundaries? (Refer to “Trauma/Violence Stressors” webpage)

(1)_____

(2)_____

(3)_____

(4)_____

33. Name one fact about grief and loss stressors. (Refer to “Grief/Loss Stressors” webpage)

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34. What are the 5 stages of grieving? (Refer to “Grief/Loss Stressors” webpage)

(1)_____ (4) _____

(2)_____ (5) _____

(3)_____