

Senior CAP Video Transcript

Introduction

What is the Issue?

Michael:

How can Loara, along with other schools in our district, better improve the resources needed to help teenagers handle mental health issues? Teen mental health is a critical aspect of overall well being, but unfortunately, it is often overlooked or stigmatized in many communities. Mental health issues can be particularly challenging for teenagers who are still developing emotionally, mentally, and physically. Therefore, teaching about teen mental health in schools can be hugely beneficial.

Mrs. Glabb:

Mental Health is the most important one [topic]. Not just because of what we've been going through recently with what? Covid? But, before that when I was at Loma Linda, I did a direct study. My topic was "If people's self-esteem had an effect on their health behavior choices. So I did surveys with students and there was a set of questions that talked about, you know, how you felt about yourself. And there was another set of questions that was about their health behaviors so, "Are they eating right? Do they exercise? Are they getting enough sleep?" My statistical analysis did show that there was a correlation between students who felt better about themselves were engaging in better health behaviors and the ones that had a lower self-esteem were not. So that is something that I really tried to run with. I feel like it makes sense that if you cared more about yourself that, you know, inside then you're gonna take care of your outside and all of your four dimensions of health and wellness will be taken care of.

Michael:

AUHSD recognizes the important link between healthy students and academic achievement and how a thorough, carefully thought-out educational curriculum must include health science. Students who have good mental health are more likely to make positive decisions, reach their full potential, abstain from risky decisions, and maintain stable mental and emotional states.

However, topics such as depression and anxiety are often overlooked, often not having enough time

or emphasis placed. Because of this, many students would agree that we lack comprehensive education on mental health. A way we could fix this problem is to draw more attention about the importance of having a health class as a whole.

Proof the Problem Exists:

Natalie:

According to the Adolescent Wellness Academy, “100,000 adolescents and teens will experience their first psychotic episode” between the ages of 15 and 25. “50% of lifetime cases of mental illness also begins at 14 years of age.”

According to the Centers for Disease Control, “approximately 11% of American children have attention-deficit hyperactivity disorder.”

According to a recent survey of 48 students from different grade levels at Loara High School, 52.1% of students stated that they are unaware of where to find resources for mental health. In addition to this concern, 91.1% of students expressed a desire for more lessons on mental health.

What is currently being done? (In our District)

Natalie:

Currently, schools in the Anaheim Union High School District recognize the importance of needing to take a semester of health during a students Freshman year.

Mark:

AUHSD schools must go by California's health education curriculum. In terms of mental health, the California health curriculum addresses a variety of topics related to mental health and wellness. Some of the key areas of focus include: understanding mental health, mental health disorders, stress

management, relationships and social support. All essential information is covered in the California health curriculum.

Our Action

Michael:

After looking into the curriculum and speaking with our qualified Health teacher on campus, Mrs. Glabb, we arrived to the conclusion that students are the ones who fail to appreciate the necessity of having a health class. Without a health class, students wouldn't have easy access to information on teen mental health. We have notified our school district's superintendent, Michael Mitsuda, about this problem. We are currently finding ways to better educate students on the subject more effectively.

Our group has taken the initiative to address this issue and create this video for students in our district as a way to promote awareness and emphasize the value of teaching teen mental health at a young age.

Takeaways/ Conclusion

Taking a health class during your high school years can prove beneficial for numerous reasons. These classes provide students with the knowledge and skills they need to maintain good health during their teenage years and beyond. By learning about various mental health conditions, students can develop empathy and understanding towards themselves and others who may be struggling. They can also learn practical techniques for coping with stress, anxiety, and depression, which can improve their academic performance and overall quality of life. Overall, a health class that includes information about teen mental health is an essential component of a well-rounded education that prepares students for success both academically and personally.