

CLC Grade 12 Health Module

Part 1 – Mental/Emotional Health

Pick ONE of the following topics to focus on for this project.

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|-----------------------|----------------|------------------|
| Anxiety | Stress | Eating Disorders |
| Panic Disorder | Phobia's | OCD |
| PTSD | Mood Disorders | Bipolar |
| Depression | Psychosis | Schizophrenia |
| Personality disorders | | |

Each of the following questions should be answered in paragraph form. If you would like to ADD point form statistics that is fine, but you CAN NOT answer the questions in point form.

- 1) What topic did you pick to research and why? (1/2 page)
- 2) What are the effects of your topic on a person? List symptoms, side effects, daily struggles etc. (1 page)
- 3) What treatments / programs are available to help someone with this mental/emotional health concern/disorder? (1/2 page)
- 4) Search on the internet and find statistics on your topic either in Manitoba or Canada. Focus on teen statistics. (1/2 page)
- 5) What effects do Healthy Lifestyle Practices have on your topic? (Healthy Lifestyle Practices include things like: physical activity, healthy eating, quality sleep, substance use, stress management, smoking, weight management, personal safety, dental hygiene, healthy relationships. Etc.) (1 page)

Your project should be typed and should be approximately 3-4 pages in length. Please state at the end of your project the websites you used to find your information.

Remember the project should be written in your own words!!