

Students and Stress

- Teenagers are being hit hard by the depression epidemic.
- In the past 35 days, teens:
 - 35% drank some amount of alcohol.
 - 21% binge drank.
 - 10% drove after drinking alcohol.
 - 22% rode with a driver who had been drinking alcohol.
- Depression increases a teen's risk of pregnancy.
- Drinking and drugs are attempts to lower stress.
- Peer Pressure is a form of stress.
- Stress increases the likelihood of risky behaviors (bad choices).
- Stress reduces cognitive ability and test scores.
- Stress interferes with immune system function.
- Stress negatively affects relationships, causes disagreements and discord.
- Stress increases the risk of delinquency and drop-out rates.

Happiness 1st Institute
704 251-5150

Information@Happiness1st.com



The Solution

Fix the root problem by teaching skills that build resilience, mental agility, increase positivity, improve relationships, reduce peer pressure, and increase self-confidence.

I have to ace this. If I mess this up they might figure out I'm not as smart as they expect me to be and they only love me because I'm smart.

I need a drink.

I can't do this anymore.

If I fail this test Mom will take my license away

Where will I live if Mom and Dad get a divorce?

I'm so stupid. Why can't I figure this out?

This is too easy. I'm bored. I want a challenge.

I think Sarah is going to break up with me.

If Ryan does not ask me to prom I'll just die.

	Depressed Females	Depressed Males
7th Grade	29.7%	20.9%
9th Grade	38.3%	22.7%
11th Grade	38.5%	25.6%
Non-Traditional	48.4%	31.0%
All	36.2%	23.4%