

Grade 8 Life Orientation Worksheet

Coping with depression

Creative writing about depression

Read the following text:

Depression: A Guide for Teens

<http://www.youngwomenshealth.org/depression.html>

Having bad days once in a while is normal, but what if you feel down in the dumps for a few weeks, or even a few months? If you have been having feelings of sadness or irritability that won't go away, you might be experiencing depression. Depression is very common and can affect any person at any age, including teens. This guide is designed to help you understand depression better, so that you will be able to recognize the signs of depression in yourself or people who are close to you and you will know how to find help.

What is depression?

Depression is a psychological condition that affects your feelings, behaviours, and thoughts. You may have feelings of sadness or irritability, a lack of energy, trouble sleeping, feelings of hopelessness or worthlessness, or unhappy thoughts about yourself or your life. You may even feel that your life is not worth living, or think about hurting yourself. Depression can also affect you physically: you can have aches and pains all over, or in specific areas such as your stomach. You may have headaches, trouble sleeping, eating, or concentrating.

What are the symptoms of clinical depression?

You may:

- Feel sad or "empty" a lot of the time-these feelings may come and go, but last for at least two weeks.
- Not feel like doing things you used to enjoy, like playing sports, hanging out with friends, or studying. It is harder to have fun than it used to be.
- Feel irritated a lot of the time (things get on your nerves more easily), or you may get angry or lose your temper more easily.
- Feel tired or have less energy, or you may be restless and edgy.
- Experience changes in your eating habits. You may eat more or less than you did before you started feeling depressed.
- Experience changes in your sleep, either sleeping a lot more or a lot less than you used to, and/or having trouble falling asleep or waking up.
- Find it harder to concentrate and make decisions.
- Not feel good about yourself or about anything you do.
- Often feel guilty about things that you do or don't do.

Grade 8 Life Orientation Worksheet

- Feel that things will never get better.
- Have thoughts about not wanting to live or about hurting yourself, or you may have tried to hurt yourself.

How do I know whether I am depressed or just sad?

It is normal to feel depressed or sad sometimes. However, if you have some or all of the above symptoms most of the time **for at least two weeks**, you could have depression. If you are depressed, you may or may not notice changes in yourself, but usually people who are close to you will notice a change in you. Likewise, if you are close to someone who is truly depressed, you will usually notice a big change in that person's behavior or mood.

What are the effects of depression?

Depression has many different and powerful effects on people who have depression and on the people around them.

Depression can:

- Make it harder to work at a job or in school.
- Make it more difficult to make and keep friends. It can also become more difficult to get along with family members.
- Affect your physical health. For example, you may feel tired or run down all the time.
- Make you feel tempted to turn to drugs, alcohol, or sex as a way to escape from your feelings.
- Make you feel extremely irritable and cause you to act out in ways that can get you into trouble, such as yelling or fighting.
- Cause you to have trouble paying attention, which can lead to car accidents and other mistakes.
- Lead to serious injury and even suicide if left untreated.

What causes depression?

No one knows for sure what causes depression. The most important thing to keep in mind is that **it is not your fault if you become depressed**. Most likely, depression is caused by a combination of things, some of which have to do with the chemicals in your brain and some that have to do with what's happening in your life. **Some factors that may put you at risk for depression are:**

- **Genetics** - If other people in your family have had a depressive illness, you may have similar genes and be more likely to get depressed.
- **Family problems** - A major loss in your family or conflict among members of your family may cause you to feel depressed.
- **Feeling badly about yourself** - If you are constantly being put down, abused, or

Grade 8 Life Orientation Worksheet

neglected, or if you are having difficulty at school or other activities, you may be more likely to feel depressed.

- **Feeling alone** - Feeling that you are different from others or that your friends and family don't understand you can make you feel depressed. Some examples of people who may feel alone or isolated from others are teens whom are gay, lesbian, or bisexual, teens who have just broken up with a boyfriend or girlfriend, teens with medical problems, or teens who have a parents/family members going through a difficult time themselves.

These are just a few common examples, but there are many circumstances that can lead to feelings of depression. You may experience many of these things and yet not feel depressed. Or you may not have any of these problems but still feel depressed.

It is very important that you speak to somebody if you think you may be depressed. Speak to your parents or caregiver, your teacher or your doctor or even your sports coach. As long as it is an adult you can trust and who can help you to get the help that you need. There is help for you!

Based on the information you have read above, write a short story about a teenager who is suffering from depression. Explain how this person feels and possible reasons for why s/he feel like that. Also explain why the situation is about more than just going through a sad time. End your story saying who the teenager chose to speak to about the problem and how s/he are going about resolving it. Your story should be about 1 ½ to 2 pages in length.

Your teacher will assess your short story using the following rubric.

Criteria	Level 4 Outstanding – 15 to 20 marks	Level 3 Achieved 10 – 14 marks	Level 2 Partially achieved 7 – 9 marks	Level 1 Not achieved 1 – 6 marks
Content 10 marks	<ul style="list-style-type: none"> • There is evidence of planning. • The topic has been well interpreted. • There is an engaging introduction • The ideas in the story are original and well 	<ul style="list-style-type: none"> • Some evidence of planning. • The essay is related to the topic. • There is an adequate conclusion. • Some of the ideas in the story are original. • There is an adequate 	<ul style="list-style-type: none"> • Some evidence of planning. • Essay partly off topic. • The introduction is not fully developed. • Few original ideas. • The conclusion is not fully developed. 	<ul style="list-style-type: none"> • Little evidence of planning. • The essay is off the topic. • The introduction is missing or irrelevant or uninteresting. • The ideas are irrelevant or uninteresting

Grade 8 Life Orientation Worksheet

	<p>developed.</p> <ul style="list-style-type: none"> There is a logical appropriate conclusion. [8 - 10 marks] 	<p>conclusion. [5 – 7 marks]</p>	[3, 4 marks]	<p>g.</p> <ul style="list-style-type: none"> The conclusion is missing or irrelevant. [1, 2 marks]
<p>Language and vocabulary 5 marks</p>	<ul style="list-style-type: none"> Sentences vary in length and structure. There are only 1 or 2 spelling errors. The vocabulary is varied and appropriate. [4, 5 marks] 	<ul style="list-style-type: none"> Sentences could have been more varied. There are fewer than 4 spelling and grammar errors. The vocabulary is adequate for the purpose. [3 marks] 	<ul style="list-style-type: none"> Some variation in sentences. Fewer than 10 spelling and grammar errors. The vocabulary it not always adequate. [2 marks] 	<ul style="list-style-type: none"> Sentences are monotonous . More than 15 grammar and spelling errors. The vocabulary is not appropriate or too basic. [1 mark]
<p>Style 5 marks</p>	<ul style="list-style-type: none"> The story is the correct length. The style and format of the story are appropriate. The tone and register are appropriate. [4, 5 marks] 	<ul style="list-style-type: none"> The story is less than one page in length. There are one or two style errors. There are some errors in tone and register. [3 marks] 	<ul style="list-style-type: none"> The story is too long or too short. There are several style and format errors. There are many errors in tone and register. [2 marks] 	<ul style="list-style-type: none"> The story is far too long or too short. The style and format are not appropriate to the topic. The tone and register are not appropriate. [1 mark]

Grade 8 Life Orientation Worksheet

Suggested Solutions

Question number	Possible marks	Solution
1	20	See rubric in Appendix of Assessment Tools.

Appendix of assessment tools

Criteria	Level 4 Outstanding – 15 to 20 marks	Level 3 Achieved 10 – 14 marks	Level 2 Partially achieved 7 – 9 marks	Level 1 Not achieved 1 – 6 marks
Content 10 marks	<ul style="list-style-type: none"> There is evidence of planning. The topic has been well interpreted. There is an engaging introduction . The ideas in the story are original and well developed. There is a logical appropriate conclusion. [8 - 10 marks] 	<ul style="list-style-type: none"> Some evidence of planning. The essay is related to the topic. There is an adequate conclusion. Some of the ideas in the story are original. There is an adequate conclusion. [5 – 7 marks] 	<ul style="list-style-type: none"> Some evidence of planning. Essay partly off topic. The introduction is not fully developed. Few original ideas. The conclusion is not fully developed. [3, 4 marks] 	<ul style="list-style-type: none"> Little evidence of planning. The essay is off the topic. The introduction is missing or irrelevant or uninteresting. The ideas are irrelevant or uninteresting. The conclusion is missing or irrelevant. [1, 2 marks]
Language and vocabulary 5 marks	<ul style="list-style-type: none"> Sentences vary in length and structure. There are only 1 or 2 spelling 	<ul style="list-style-type: none"> Sentences could have been more varied. There are fewer than 4 spelling and 	<ul style="list-style-type: none"> Some variation in sentences. Fewer than 10 spelling and grammar 	<ul style="list-style-type: none"> Sentences are monotonous . More than 15 grammar and spelling

Grade 8 Life Orientation Worksheet

	<p>errors.</p> <ul style="list-style-type: none"> The vocabulary is varied and appropriate. [4, 5 marks] 	<p>grammar errors.</p> <ul style="list-style-type: none"> The vocabulary is adequate for the purpose. [3 marks] 	<p>errors.</p> <ul style="list-style-type: none"> The vocabulary is not always adequate. [2 marks] 	<p>errors.</p> <ul style="list-style-type: none"> The vocabulary is not appropriate or too basic. [1 mark]
<p>Style 5 marks</p>	<ul style="list-style-type: none"> The story is the correct length. The style and format of the story are appropriate. The tone and register are appropriate. [4, 5 marks] 	<ul style="list-style-type: none"> The story is less than one page in length. There are one or two style errors. There are some errors in tone and register. [3 marks] 	<ul style="list-style-type: none"> The story is too long or too short. There are several style and format errors. There are many errors in tone and register. [2 marks] 	<ul style="list-style-type: none"> The story is far too long or too short. The style and format are not appropriate to the topic. The tone and register are not appropriate. [1 mark]