

Module R16 Quiz: Mental Health and Wellness

Question 1: Define Mental Health in your own words.
Question 2: List the most common mental health problems a teenager is most likely to encounter in themselves or a friend.
Question 3: Give an example of a misuse of a mental health term (either one from the lesson or your own example).
Question 4: Describe five ways a person can take care of their mental health.
Question 5: What will you remember most from this lesson?

Module R16 Quiz Answer Key

Question 1:
Feeling mentally and psychologically well or balanced most days, most of the time. Problems and strong emotional upset are viewed as temporary, solvable, and manageable most of the time.
Accept all relevant student description, input, and thought.
Question 2:
The most common mental health challenges for teens include depression, anxiety, eating disorder, self-harm, and substance abuse.
Accept all relevant student descriptions or thoughts.
Question 3:
"I'm so depressed the dance was cancelled!" or "My girlfriend acts so bipolar (meaning moody)".
Accept all relevant student examples and thought.
Question 4:
Eat well, sleep enough, move your body, do meaningful things for yourself and with others, engage in creative activities, balance social life with alone time (downtime).
Accept all relevant student examples and thought.
Question 5:
Accept all relevant student thoughts.