



Feeling Depressed, Happy and Other Emotions:

<https://amaze.org/video/puberty-feeling-depressed-happy-emotions/>

Processing Questions:

- What are two new things you learned from the video?
- How can people sometimes miscommunicate via texting and social media?
- If a person is having mood swings, how could their feelings affect communication on social media?
- Young people can talk to a counselor at school if they are worried about their feelings or feeling sad a lot of the time, which could be something called depression. In addition to a school counselor, what other trusted adults could you talk to about this topic?

Conversation Starters:

- Can you remember when someone you knew had a mood swing?
- Maybe this person was grumpy or sad and then suddenly happy or fine. What was it like?
- How could a person dealing with mood swings manage those big changes in their feelings? What are some specific ways you could be a good friend to someone who is dealing with mood swings?