

# SENIOR WOMEN'S HEALTH BADGE

**Badge Purpose:** When you've earned this badge, you'll know how women can lead healthy lives.

Activity	Materials Needed
The Many Faces of Depression <ul style="list-style-type: none"> <li>Find out the symptoms of depression, and how it's diagnosed and treated.</li> </ul>	None
Digital Detox <ul style="list-style-type: none"> <li>Explore how social media affects your mood and mental health.</li> </ul>	<input type="checkbox"/> Mood tracker
Mental Illness PSA <ul style="list-style-type: none"> <li>Create a poster to raise awareness about teen depression.</li> </ul>	<input type="checkbox"/> Poster board <input type="checkbox"/> Paper <input type="checkbox"/> Writing and coloring utensils <input type="checkbox"/> Computer with internet access

## Activity #1: The Many Faces of Depression

Time: 15 minutes

Badge Connection: Step 1 – Investigate the tests that help women stay healthy and Step 4 – Take a closer look at a women's health issue

- When someone sneezes and coughs, you can usually figure out that they have a cold. But it's not so easy to figure out if someone is suffering from a mental illness.
- What pops into your head when you hear the word "depressed"? Chances are, you think of someone who cries all the time, who has no friends, and who's never happy.
- In reality, depression can present itself in a lot of different ways. Research the symptoms and causes of depression. Then, find out how health professionals diagnose depression and what kinds of help and treatment are available for people suffering from it.

## Activity #2: Digital Detox

Time: 15 minutes

Badge Connection: Step 2 – Find out how fads and beauty practices impact health and Step 3 – Focus on techniques to help you stay emotionally healthy

Materials Needed: Mood tracker

- Social media is a great way to stay connected with your friends and share all the fun things you're up to. But what are the downsides?
- Take a look at some articles about Instagram and mental health:
  - Looking at Instagram Could Make Your Grades and Body Image Worse: [bit.ly/Instagrameffects](http://bit.ly/Instagrameffects)
  - Instagram is the Worst App for Your Mental Health: [bit.ly/InstagramMentalHealth](http://bit.ly/InstagramMentalHealth)



3. Then, do an experiment. The first few days (or week), use social media like you normally would. Pay special attention to how you feel after you check your Instagram feed, Facebook news, etc. Then, log off social media for a few days (or the full week). Make notes about your mood during your week off social media.
4. After both weeks are over, reflect on the experience. Did you feel your mood change between the two weeks? Was it better? Worse?

## Activity #3: Mental Illness PSA

Time: 15 minutes

Badge Connection: Step 5 – Get the word out on a women’s health topic

Materials Needed: Poster board; paper; writing and coloring utensils; computer with internet access

1. Use what you’ve learned in the previous activities to create a public awareness poster about teen depression.
2. Some suggestions on what to include:
  - Stats on mental illness (how many teens suffer from a mental illness?)
  - Common symptoms and warning signs of depression
  - Steps to reach out to get help and support (how do you start the conversation if you’re the one suffering from depression? how do you start the conversation if you’re concerned one of your friends might be depressed?)
  - Tips on developing and maintaining good mental health



<b>Day</b>	<b>Mood</b>	<b>Intensity (1 - 10)</b>	<b>What Happened?</b>	<b>Thoughts</b>
Monday	<i>Ex. Anxious</i>	5	<i>Geometry test today</i>	<i>I think I studied enough, but I'm still worried about my grade.</i>
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

