



Teen Angst: Is it Normal?

<https://amaze.org/video/puberty-teen-angst/>

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 kinds of trusted adults could a young person talk to about this topic?

Conversation Starters:

- 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?