

Lesson Plan - Healthy Living 8	
Date: November 23rd	Teacher's Name: Mr. Nagy
Theme/Topic: MDD and ADHD	Grade 8
A. Lesson Purpose	
	<p>The purpose of this lesson is to develop the students' ability at recognizing the various myths associated with Major Depressive Disorder, and Attention Deficit Disorder, while also learning about potential treatment options.</p> <p>Depression vs Major Depressive Disorder. Anxiety vs Generalized Anxiety Disorder Attention Deficits vs Attention Deficit Hyperactivity Disorder.</p>
B. Student Outcomes	
Outcome(s) KNOWLEDGE (K) • SKILLS (S) • ATTITUDES (A)	<ul style="list-style-type: none"> 8.2 Demonstrate an understanding of the short and long term outcomes for delayed treatment of Major Depressive Disorder and Attention Deficit Hyperactivity Disorder and identifying treatment options for this disorder. <p>KNOWLEDGE</p> <ul style="list-style-type: none"> Myths about these disorders Treatment options for these disorders <p>SKILLS</p> <ul style="list-style-type: none"> Process: Communication. Skills: Read Critically, Communicate ideas and information to a specific audience, Use a range of media and styles to present information, arguments, and conclusions. Process: Participation. Engage in a variety of learning experiences that include both independent study and collaboration. <p>ATTITUDES</p> <ul style="list-style-type: none"> Recognize there are varying degrees of emotional responses across individuals due to varying physiology and life experiences. Become cognizant of the emotional well-being of themselves and their loved ones.
C. Assessment	
	Students will be assessed through conversation and observation, and through the posters they create.

D. Prior Knowledge		
	Students were just taught the short term and long term outcomes for delayed treatment of the above disorders.	
E. Lesson		
Time:10 minutes	Students will watch a video regarding the myths about depression at: https://www.youtube.com/watch?v=nVH5AN9rUMs and ADHD at: 8 Misconceptions and Myths about ADHD - YouTube Following this, the teacher will lecture about some common misconceptions regarding mental health medication. Class Activity: Google Slides Using the information from the video or external research, students are to make a poster/google slides/etc. that highlights one misperception about both ADHD or Depression, and which also features the truth. Finishing: Students will fill out a quick exit slip answering the question, “Which myth did you learn about that connected with you the most? What can each of us do in our daily lives to help bust this myth?” Potential Overtime: Graphic Organizer on Treatment options.	Assessment: Conversation, Observation, Product: Google Slides.
Time: 40 minutes		
Closing Time: 10 Minutes		
Materials:		
	Chromebook, Worksheet, Powerpoint	

Mythbusters Poster

For this assignment, you are to create a visually appealing Google Slides presentation about the myths surrounding Major Depressive Disorder Depression and ADHD.

Include:

A title slide

One slide containing a myth about ADHD.

One slide myth about Major Depressive Disorder.

One slide for each myth chosen with the real truth.

This should be a total of 5 slides.

Add images, make it colorful, and make it your own!

According to the Mayo Clinic ([Depression \(major depressive disorder\) - Diagnosis and treatment - Mayo Clinic](#)), what are some treatment options for Major Depressive Disorder? List 3 medications, and 3 lifestyle/home remedies.

According to the Mayo Clinic ([Attention-deficit/hyperactivity disorder \(ADHD\) in children - Diagnosis and treatment - Mayo Clinic](#)) what are some treatment options for Attention Deficit Hyperactivity Disorder? List 3 medications, and 3 lifestyle/home remedies.

Major Depressive Disorder and Attention Deficit Hyperactivity Disorder: Common Myths

Mr. Nagy

Healthy Living 8

Class Outline

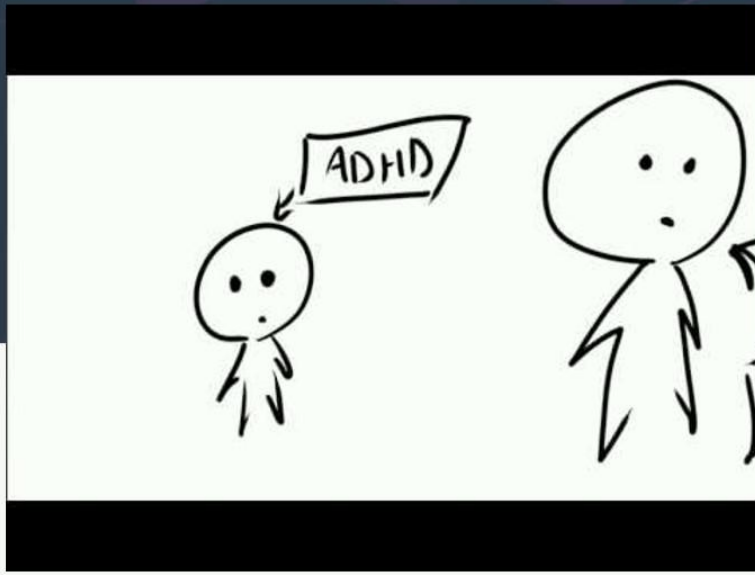
- Watch 2 videos on common myths surrounding Major Depressive Disorder and Attention Deficit Hyperactivity Disorder
- Myths surrounding medications
- Mythbusters; Google Slides Activity



Be Mindful

**Myths
Surrounding
Major
Depressive
Disorder**







Myths Surrounding ADHD

Myths Surrounding Medication

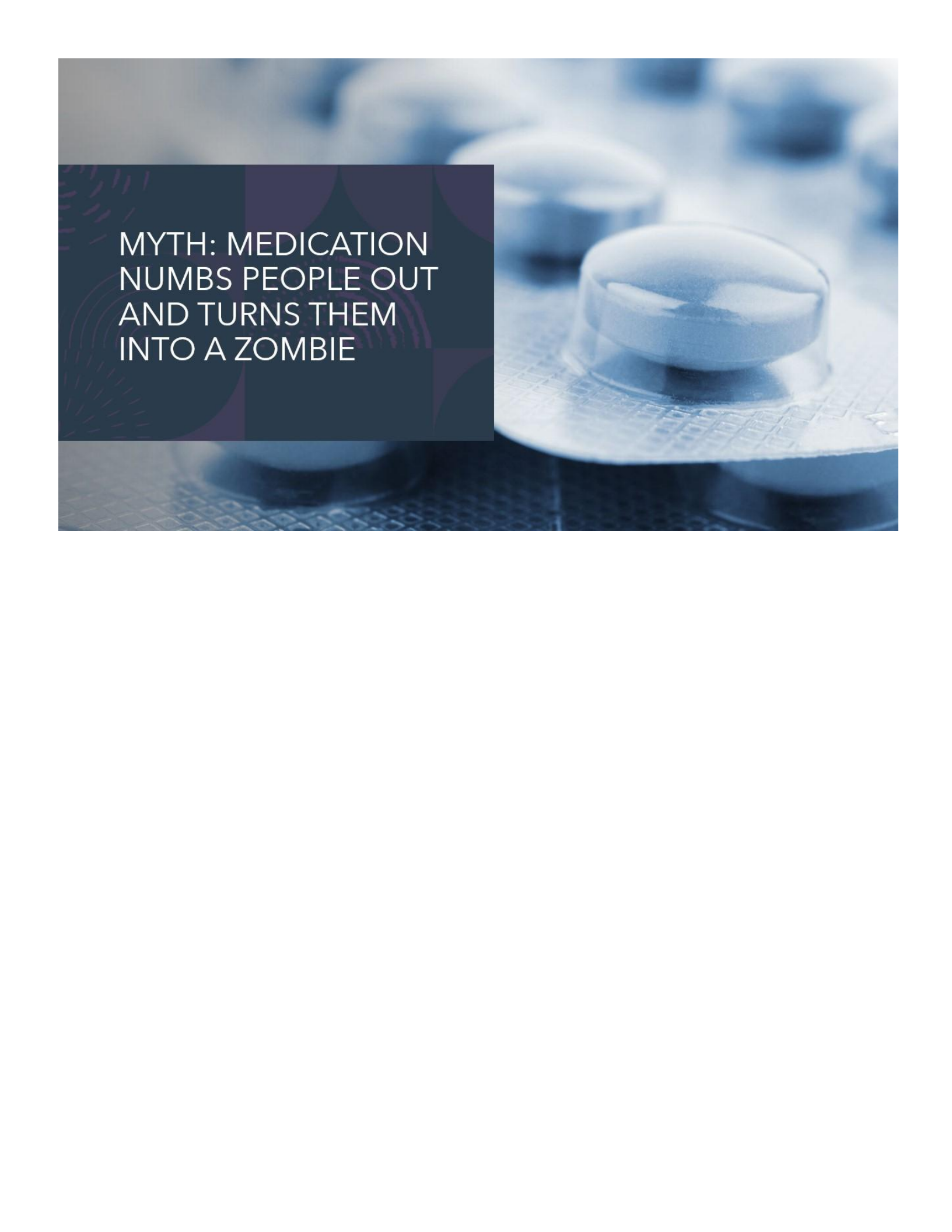




MYTH: PEOPLE
WHO TAKE
MEDICATION ARE
WEAK



FACT: CHOOSING TO
TAKE A MEDICATION
TAKES STRENGTH
AND BRAVERY



MYTH: MEDICATION
NUMBS PEOPLE OUT
AND TURNS THEM
INTO A ZOMBIE



**Fact: All
Medications Affect
People Differently**



Google Slides Assignment

For this assignment, you are to create a visually appealing Google Slides presentation about the myths surrounding Major Depressive Disorder Depression and ADHD.

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- A title slide
- One slide containing a myth about ADHD.
- One slide myth about Major Depressive Disorder.
- One slide for each myth chosen with the real truth.
- This should be a total of at least 5 slides.
- Add images, make it colorful, and make it your own!