



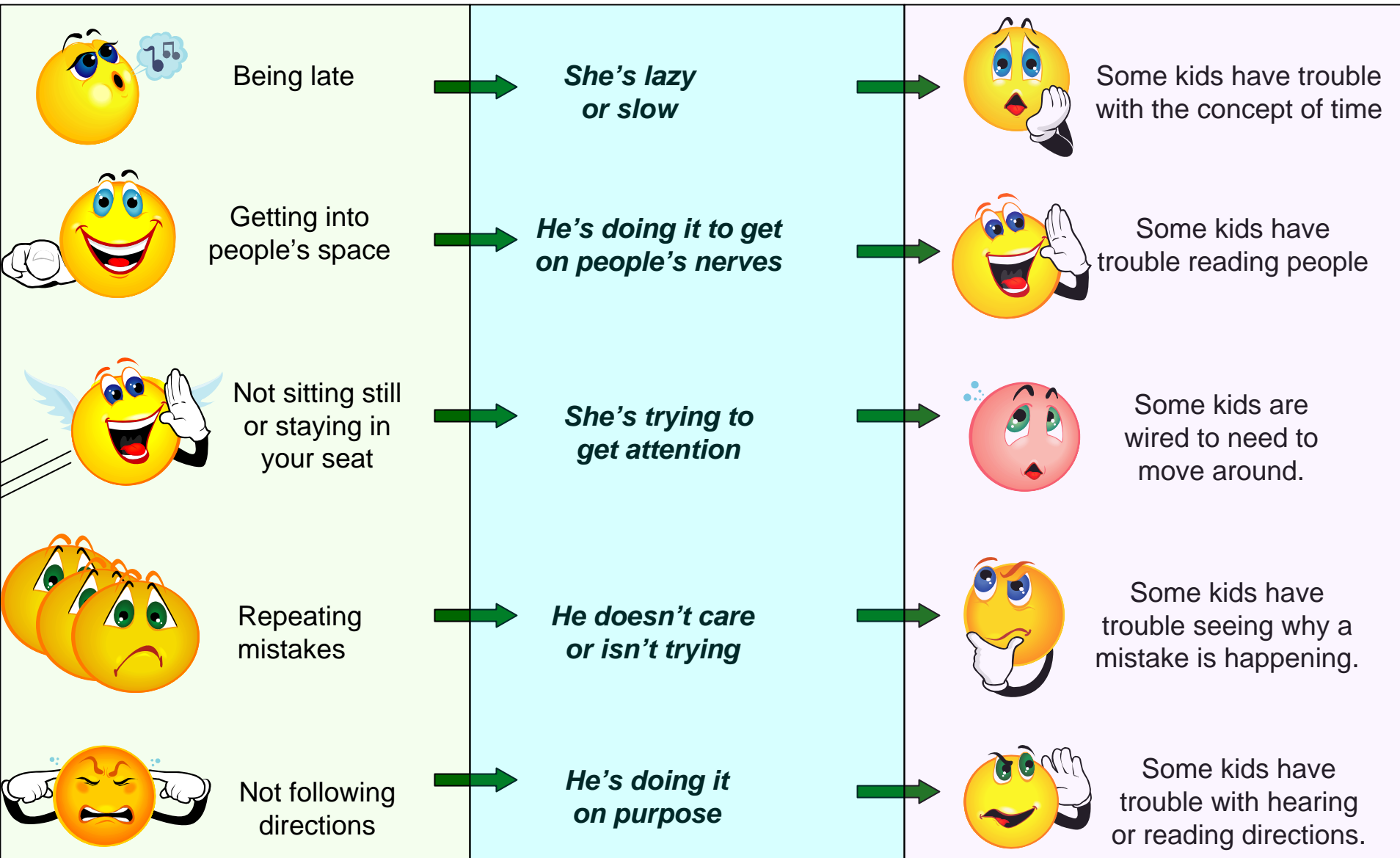
Family Education & Support Youth Program Session 4

***~ Owning & Understanding
Symptoms & Behaviors ~***

Getting in Trouble for...?

Because people sometimes think...

What Else May Really be Going on...



Having trouble with...?



Feeling a lot of ups and downs



Can't focus or get things done



Sleeping too much or not enough



Losing or gaining weight



Worrying a lot



Feeling hyper, can't slow down



Feeling dizzy or nauseous



Sadness



Getting upset easily

What Could be Going on...

Everyone can experience these things from time to time. It doesn't always mean something is wrong. ***If any start to really bother you, or keep you from doing things you usually do, talk to your family, your doctor, counselor, or school nurse.***

Some possibilities:

Mental Health Problems ?

Some problems that kids can have:

ADHD, Oppositional Defiant Disorder
Depression, Bipolar Disorder
Anxiety Disorders, PTSD
Substance Abuse

Medication Side Effects ?

Many of those symptoms could be caused by medications that people take to help with medical or mental health problems.

Medical Problems ?

A medical problem could also cause some of the symptoms.

When to get help right away !!!

If you ever have thoughts about hurting yourself or someone else!

Call 911 or Crisis Services

In Northern New Castle County (North of canal) **1-302-633-5128**
In Southern New Castle County (South of canal) **1-800-969-HELP**
In Kent and Sussex Counties **1-302-424-HELP (1-302-424-4357)**

All About Me:



My name:

Today's date:

My doctor's name:

My age:

Today I feel:

My medicines are:

Medication name	What it is for	How much I take (dose)	When I take it How often	Comments Questions

Questions I want to ask:



1. _____

2. _____

3. _____

A Kid's Guide to Asking Questions About Medicines

When you don't feel well, do you take medicines?
Have you ever wondered how the medicine makes you feel better?

Do you have other questions about medicines, such as...
How will it taste? Why do I have to have a shot?



On the lines below, write some questions you have about medicines.

Here are some questions to help you write your list.

How does medicine kill germs?
Will the medicine make me feel sleepy or sick?
Where does the medicine go when it is in my body?
Why do I have to take my medicine at a special time of day?

My List of Questions About My Medicines:

1. _____
2. _____
3. _____
4. _____
5. _____

*Ask your doctor, nurse, pharmacist, teacher, or your Mom and Dad
to help you find the answers.*

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SELF AWARENESS LOG

Behaviors that get in the way...

Behaviors:

When do they happen the most:

What happens after:

Feelings that get in the way ...

Feelings:

When do they happen the most:

What happens after:
