



# Personal Dev. and Health

Stills from our new series



## Teens 101

This series aims to reach, guide, empower and inspire youth through the issues that can affect their mental health and well-being. Topics such as depression and anxiety, addiction, self harm, mental illness, bullying, body image, self worth, family dysfunction, racism, and sexuality are presented through the accounts of actual people who have struggled through these issues but found direction and purpose in their lives.



### Addiction in First Nations: Lindsay's Story

Lindsay (Eekwol) grew up in the First Nations community. She experienced an unforgiving world of drugs, alcohol, and violence, within her family. As she grew up in this environment, she soon developed into an abuser of drugs and alcohol herself. Falling victim to blackouts and on one occasion she almost died one night lying unconscious on the highway. This seminal moment caused her devoted sister to give up on her - unless she changed her ways. For the first time in her life, she listened, and the path of being clean and sober led to a successful solo female aboriginal hip hop artist.

**Jnr Secondary – Snr Secondary**

2017 | 21 min | CC



## Anxiety and Depression: Eleanor's Story

Eleanor had a hard time fitting in. She was severely bullied through elementary school. High school wasn't any different but this time it got a lot worse as she became very depressed and developed paralysing anxiety to the point where she couldn't breathe. It was physical pain for her. Life was unbearable. It took time, support and focus but with therapy and medication, Eleanor blossomed into a happy young woman that now studies psychology in university and works in an institution assisting troubled youth.

**Jnr Secondary – Snr Secondary**

2017 | 19 min | CC



## Breaking Poverty: Billionaire PA's Story

Poverty drugs, violence, abuse, family death... all of which Demitrius experienced as a child and young teenager. However, in his darkest times, his grandmother planted a thought in his head, 'if you could use the focused energy you have in selling drugs and channel into something good, you will be unstoppable'. Taking her advice, he not only turned his life around but is now saving so many others from the hardships that he endured as a teenager.

**Jnr Secondary – Snr Secondary**

2017 | 24 min | CC



## Broken Families: Lydia's Story

Lydia's life as a child was filled with family dysfunction, drugs, abuse and the death of her mother. She ended up in the foster care system before the age of 10 and would endure moving between 36 different foster homes. Living out of a car, she put herself through school and became determined to have her own family, providing a loving home for her two children, something she never had.

**Jnr Secondary – Snr Secondary**

2017 | 21 min | CC



## Cyberbullying: Cristina's Story

At the age of 13, a boy approached Cristina asking her to be his girlfriend. She declined the boy's offer and he became angry, threatening that she would regret it. One day Cristina came to school and everyone eyed her every move. A friend told her this boy had circulated a nude photo on line saying that it was Cristina although the person's face was not seen. She thought that her parents, the school, and even the authorities would be able to put a quick stop to it, but she was wrong. This devastation turned her into a tormented young woman who could not escape the rumors for 7 years.

**Jnr Secondary – Snr Secondary**

2017 | 19 min | CC



## Depression and Eating Disorder: Sterling's Story

At the age of 13, Sterling was a cheerleader and cross country runner. One day, her uncle commented that she was getting rolls around her belly. Sterling became obsessed about her weight. She stopped eating and when she did, she purged. She was losing weight beyond what was normal while still competing and running until the point where she mutilated herself and ending up in an institution. Her body started to shut down. Her miraculous recovery is truly an inspiring story to all youth.

**Jnr Secondary – Snr Secondary**

2017 | 21 min | CC



## Depression and Self-Harm: Brittany's Story

At the age 14, following an argument with a friend from school, Brittany turned to her mother for comfort. Instead, her mother lashed out at her calling her selfish. From that day on, Brittany began to internalise her feelings. Her insecurities grew and she turned to drugs and alcohol. At a party with friends from school, her excessive drinking led to sexual abuse. She began to engage in self-harm practice until she was eventually hospitalised.

**Jnr Secondary – Snr Secondary**

2017 | 19 min | CC

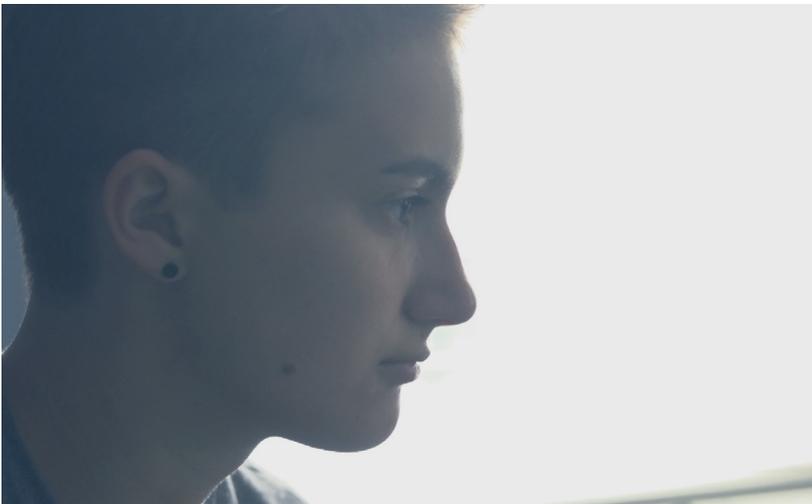


## Don't Diss My Abilities: Michelle's Story

As a child and teenager, Michelle endured a series of events that was nothing short of soul crushing, eventually becoming blind at 16. Thankfully a miraculous turn of events saved her life and now this remarkable young woman faces all her adversity with such positive energy that it's become infectious and humbling to all that know and love her.

**Jnr Secondary – Snr Secondary**

2017 | 19 min | CC



## Identifying Transgender: David's Story

As far back as David could remember, he did not identify with being a little girl. He wished he were a boy. Depression and anxiety set in and it just got worse until puberty hit and he could no longer deal with it. He told his parents that he identified as a boy, and he couldn't pretend any longer. The moment he changed his name to David and decided live openly as a male, life started making sense. Happiness set in like he had never experienced and with his parents' and sister's support, David finally found comfort.

**Jnr Secondary – Snr Secondary**

2017 | 18 min | CC



## I'm Not Addicted: Will's Story

You can become addicted to just about anything. It becomes a serious problem when it takes you away from the things you normally do. Some people have a predisposition to addiction and Will's story shows that anyone can fall dangerously into addiction. His remarkable story now brings so much hope to those that struggle with addiction and he now dedicates his life to helping youth.

**Jnr Secondary – Snr Secondary**

2017 | 20 min | CC



## LGBTQ Inclusivity: Joey's Story

When reaching puberty at the age of 12, Joey was coming to the realisation that that he was gay. Within his school and community, Joey felt that he was the only gay teenager. This terrified him. He confided in a 'friend' who soon spread the word around school. Joey became the target of bullying and ridicule. Then it happened at home. His parents abandoned him, leaving him to live with his 'unaccepting' grandparents. He was alone in the world. The only way out, so he thought, was to take his own life. This is Joey's heartbreaking story.

**Jnr Secondary – Snr Secondary**

2017 | 19 min | CC



## Stress and Cultural Expectations: Eileen's Story

Eileen's family emigrated from China to create a new life for their children. The Chinese family culture and dynamics were important in the household. Eileen found it difficult to fit in with her peers. She was also pushed hard to excel at school and relied on heavily at home. Her self identity would develop into a critical low level of self esteem and alienation from any social life. She found a message of hope from an unusual source and decided that prior to entering university she'd transform her life with an ultimate spiritual and physical makeover.

**Jnr Secondary – Snr Secondary**

2017 | 18 min | CC



## Understanding Asperger's: Sean's Story

From as early as he can remember, Shawn had lived with extreme anxiety. As the years went by, he couldn't connect with other students. He was bullied and could never understand why. A darkness of alienation grew within him and his parents sought help. After years of searching, finally a doctor pinpointed Shawn's mental health issues. He had Asperger's. Armed with this knowledge and treatment, Shawn found his way back in the world and learned how to control his disorder. He now helps younger kids who struggle with this mental health disorder.

**Jnr Secondary – Snr Secondary**

2017 | 20 min | CC



## The Top Ten Reasons Not to Drink Alcohol

Presented in late-night TV show countdown format, this programme highlights ten negative side effects of drinking alcohol, from impaired decision-making and memory loss, to dangers of alcohol addiction and the consequences of driving under the influence.

This programme shows the latest data, and highlights why there is no safe amount of alcohol for teenagers.

**Jnr Secondary – Snr Secondary**

### Additional Resources

- Teacher Notes

2017 | 16 min | CC | AR