After watching the video *Common Psychological Disorders of Adolescence* and participating in the activities in this Teacher’s Resource Book, your students will be able to:

- understand that a psychological disorder is not a character flaw
- understand the roles that environmental and biological factors play in mental disorders
- be aware of the difference between a clinically diagnosed psychological disorder as compared to the normal ups and downs of life
- identify many of the signs of psychological disorders
- recognize and challenge the unfair stigma that surrounds mental illness
- understand how a psychological disorder affects the brain of an individual
- accept that, typically, psychological disorders do not go away without treatment
- understand that with proper treatment, people with mental health problems can lead normal, productive lives
- know how mental illnesses are diagnosed and treated
- know the potential consequences if a psychological disorder is left untreated
- recognize the signs of suicidal behavior
- identify the warning signs that indicate that a teen should seek professional help