

# THE SILENT SICKNESS

## Senior High

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### Description

The problem a mental illness creates in a family is that it is not talked about because the people who suffer with the sickness are ashamed. The issue needs to be discussed by families and communication needs to be honest and open. Ignoring the sickness can lead to serious family problems such as alcoholism, abuse and suicide. When a family remains quiet about these problems and does not seek help they become weak. Family and Consumer Science classes and FCCLA can encourage families to become aware of mental illness and how families can seek help.

### Family and Consumer Sciences Classes

- Personal and Family Wellness
- Family Living
- Family Life Education
- Adult Responsibilities

### Classroom Activities

- Invite psychologists to speak to the class about symptoms and coping strategies.
- Have student research and interview mental health professionals.
- Research, discuss and practice communication techniques for families to discuss difficult issues.
- Take a field trip to a mental hospital.

### Class Connection of FCCLA Projects

- STAR Event--Illustrated Talk
- Community Service--Do a service project for a rescue house and/or publicize local resources
- Public Relations--Prepare a public service announcement to communicate methods of how receive help.

### Resources

- [www.athealth.com](http://www.athealth.com)
- Families First Program manual (1996) FCCLA

### Connection to Minnesota Graduation Standards

- Inquiry--Teen Issues Graduation Standards package by MN FCCLA