

How to spot the signs of a severe disorder in children



▶ How to Spot the Signs of a Mental Health Concern in Children

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About 70% of mental health challenges have their beginning in childhood or youth. That's why early identification and intervention is critical and can lead to improved achievement in school and better health outcomes in life.

1 Before watching the video, in pairs discuss the most common childhood disorders; then answer the following questions.

- a. What is Autism?
- b. What does ADHD stand for?
- c. What is Intellectual Disability?

2 Now watch the video and tick the problems that Dr. Manion mentions.

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|-------------------------|--------------------------|----------------------|--------------------------|
| a. autism | <input type="checkbox"/> | f. ADHD | <input type="checkbox"/> |
| b. aggressive behaviour | <input type="checkbox"/> | g. fearfulness | <input type="checkbox"/> |
| c. dyslexia | <input type="checkbox"/> | h. eating disorders | <input type="checkbox"/> |
| d. nightmares | <input type="checkbox"/> | i. failure at school | <input type="checkbox"/> |
| e. anger | <input type="checkbox"/> | j. anxiety | <input type="checkbox"/> |

3 Watch the video again and answer these questions.

- a. Who are the people who can best recognize children's mental problems? Why?
- b. What should they look for?
- c. Is interaction with peers important? Why?
- d. What does Dr. Manion say about nightmares?
- e. How does Dr. Manion define anxiety in children?
- f. What do parents usually do when they notice unusual behaviours in their children?
- g. What should they also do?
- h. What might be necessary to cope with the problems?

4 Now use your answers to Activity 3 to sum up orally the video you have seen. If necessary, watch it again.

