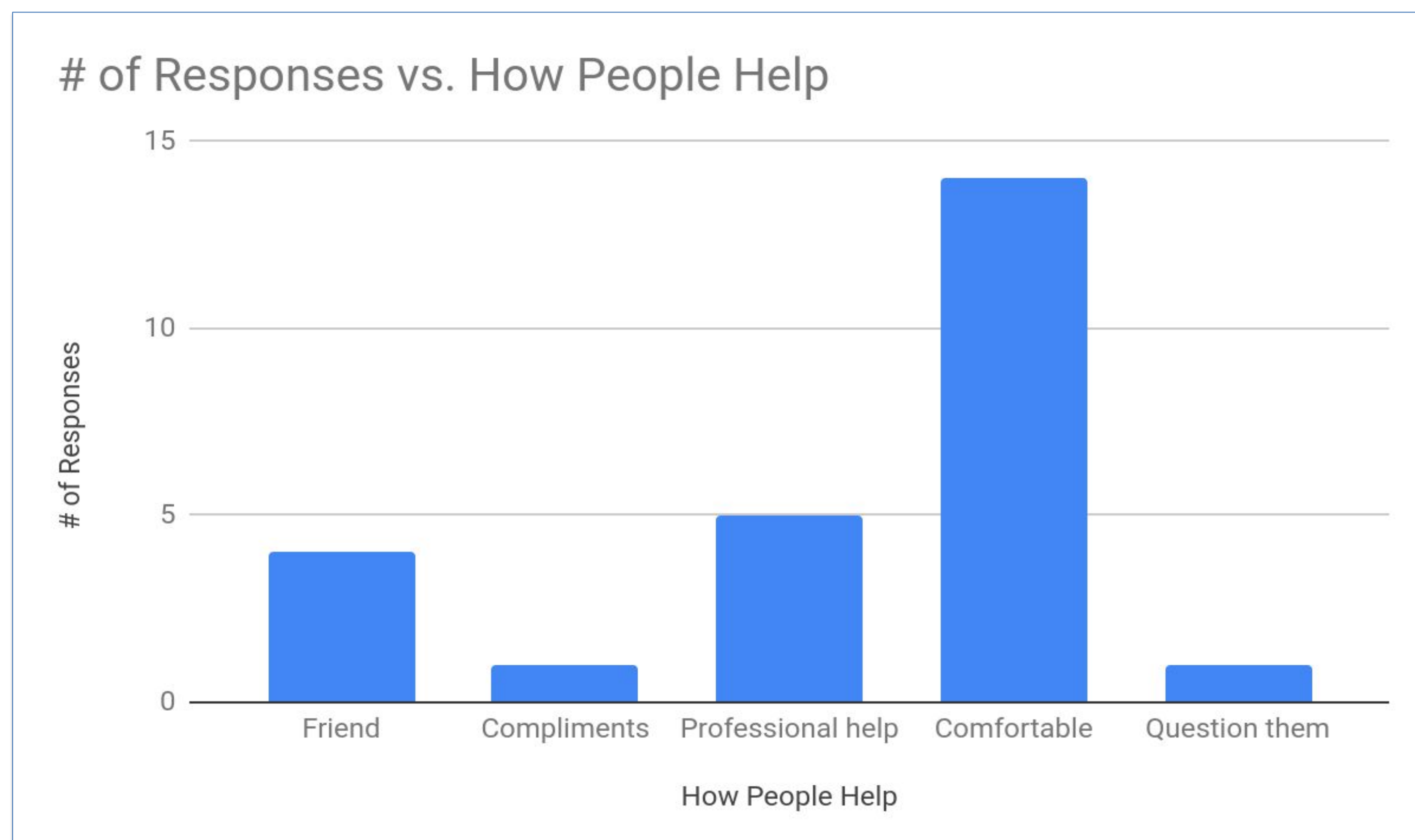


## Intro

As we progress in today's world we are becoming more aware of the issues that teens face in their day to day lives such as pressure to fit in, finding themselves, and making huge life decisions. However, a lot of people have a harder time acknowledging how these things including other issues that we don't see contribute to depression in teens which is considered to be common. There are many warning signs that point to depression in teens that are very necessary for people to pay attention to. Unfortunately, teens have a rough time bringing their problems up to people, even those who they trust. That's why we've done research and conducted multiple surveys and interviews. This helps us find ways to make this an easier topic to approach for those going through this and those who just want to help.

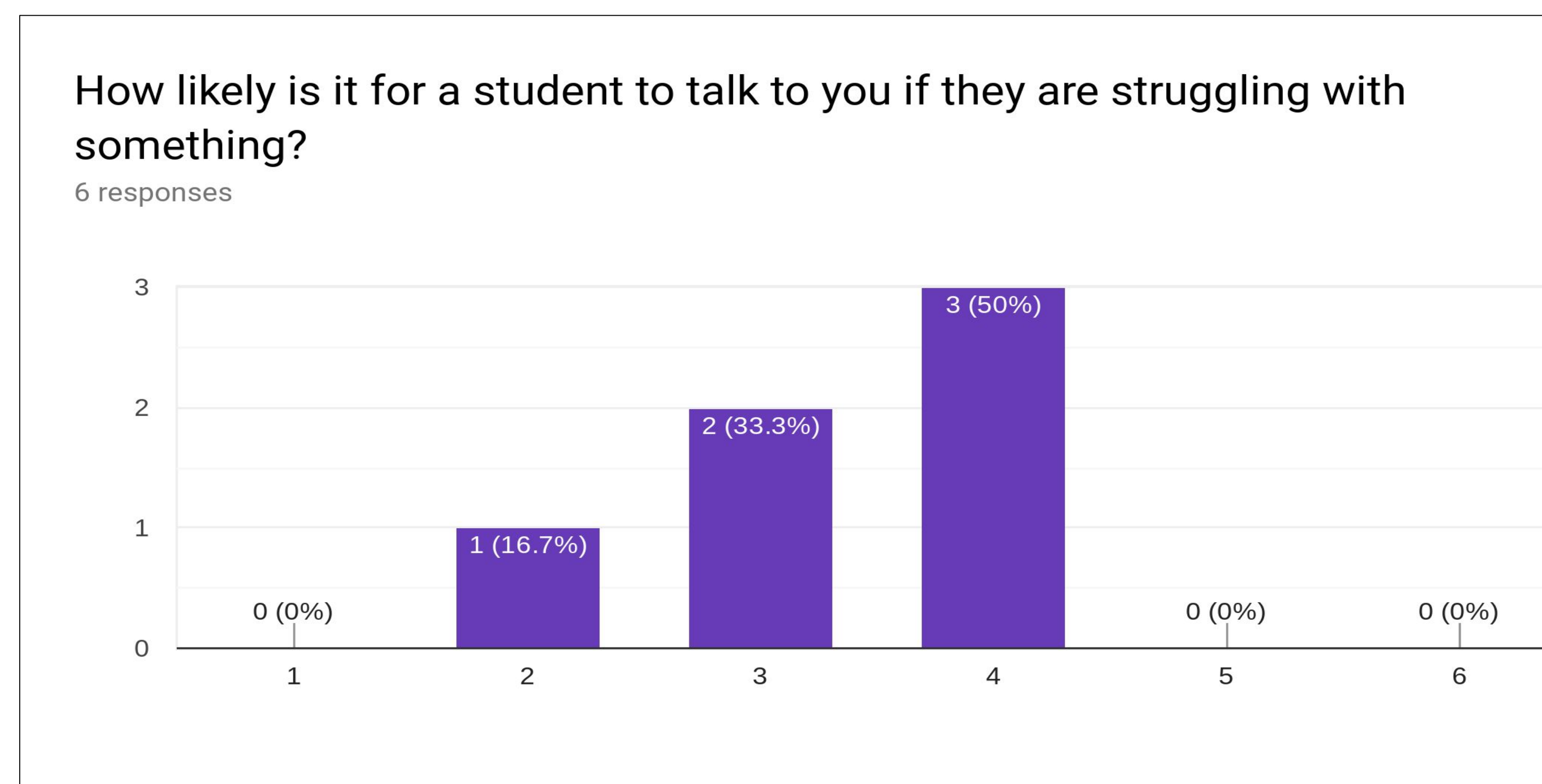


## Facts

- Social media is known to affect teenagers, especially teen girls. This has caused teen depression rates to increase along with suicide rates over the years.
- Depression affects about 20% of adolescents by the time they become adults.
- Teen depression rates have risen 63% since 2013-47% for boys and 65% for girls

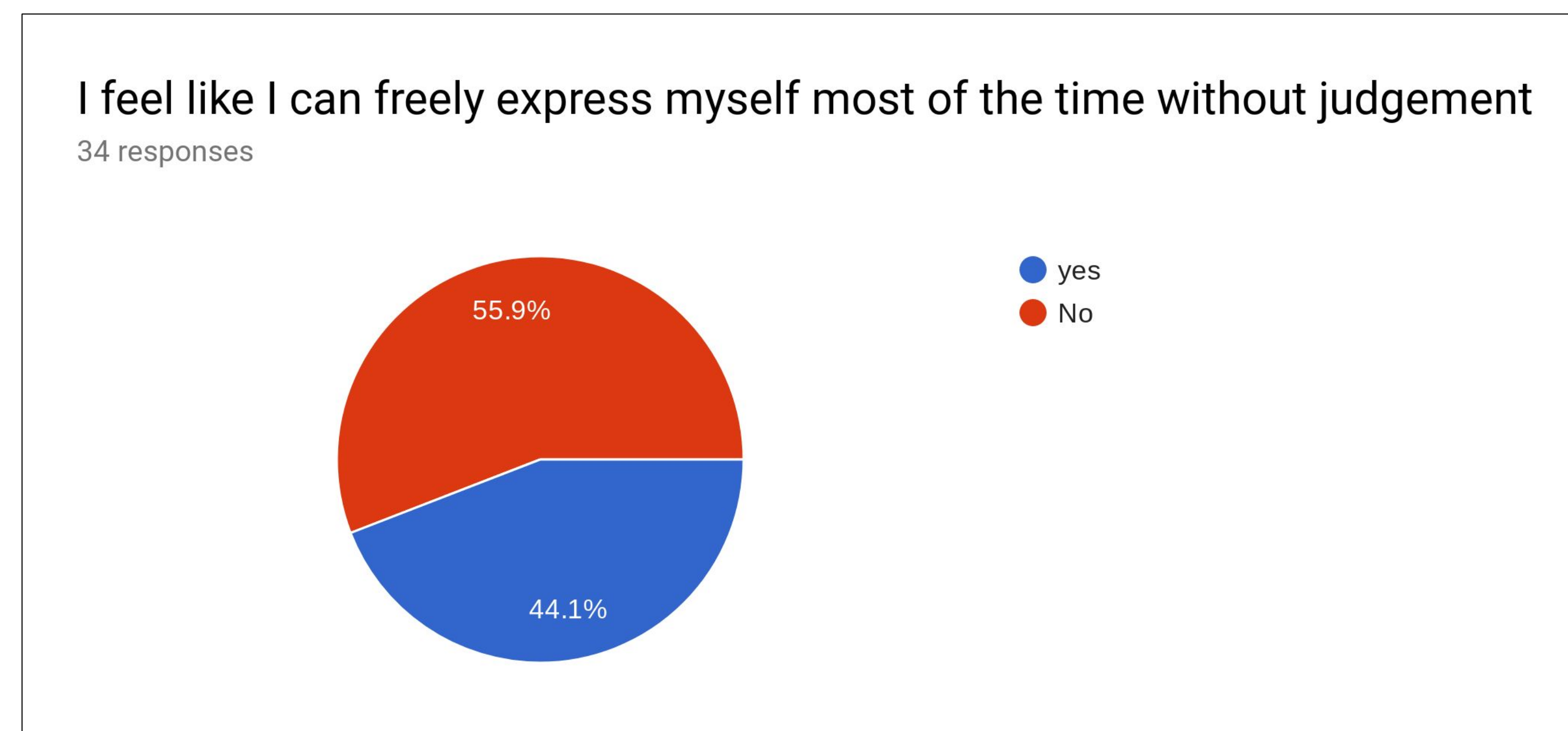
## Survey

In order to get as many perspectives as possible we interviewed teachers, professionals (counselors and therapists), and students/teens. We wanted to hear everyone's opinions and thoughts. The information we got was very interesting, professionals said that a lot of teen depression comes from problems at home (with family) or in school (grades, and friends), when we surveyed the teens a lot said they were coping with these exact problems. Because we got all the perspectives we were able to overlap the information.



## Recommendations

We believe that an effective way to raise awareness of teen depression would be to organize some sort of program that focuses not only on the causes and symptoms of depression in teenagers, but what people like parents, teachers, family, or close friends could do to help and encourage those who are going through a hard time. What the program would entail is an open discussion where people talk about their experiences and ways that they cope or have helped others cope. This is just to have a way for people to connect and for them to not feel like they are fighting their battle alone. Because at the end of the day, people just want to be understood and need someone to be there for them.



## Observation

We interviewed a student that had a friend that had depression, and found that he comforted his friend and he asked if he could help him but the friend said he couldn't and also said that no one could help him not even adults. He continued to comfort him until the end of the school year and never saw him again.

## Main References

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