

#MyYoungerSelf Educator Toolkit



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Overview

As part of our mission to decrease stigma and fear surrounding mental health and learning disorders, the Child Mind Institute asked more than 30 prominent people — from actors to athletes to business leaders — to make videos sharing their personal experiences about growing up with these challenges as part of our annual “Speak Up For Kids” program. Participants in the campaign — titled #MyYoungerSelf — talked candidly about their struggles and offered support and empathy to young people struggling with mental health and learning disorders today.

We offer these videos to educators as teaching opportunities, to help children and adolescents understand how many successful people have wrestled with these problems and gone on to achieve great things. In this toolkit we have added resources to explain disorders discussed in the videos, including anxiety, depression, ADHD, OCD and eating disorders. And we have suggested questions for each topic that can be used to prompt discussion among students.

2017 My Younger Self Participants

The 2017 #MyYoungerSelf campaign features Grammy®, Oscar®, Emmy®, Tony® and Olympic® gold medal winners. Participants include actors such as Jesse Eisenberg, Emma Stone and Mark Ruffalo; athletes such as Michael Phelps and Brandon Marshall; designers such as Tommy Hilfiger; comedians such as Jay Leno; and elected officials such as Governor Dan Molloy of Connecticut. A complete list of 2017 participants is provided below.

Campaign Videos

Visit speakupforkids.org to find all of the campaign videos as well as guides and articles to help you provide the best support for children struggling with common and treatable, but too often misunderstood, disorders. Additionally, all of the campaign videos are available on Youtube and can be found using the hashtag #MyYoungerSelf.

Mental Health & Learning Disorders

1 in 5 children in America suffer from a mental health or learning disorder – more than the number of children with peanut allergies, diabetes, cancer and asthma combined. More than 17,000,000 families across the country are affected every day. This is an issue that affects every community. Sadly, millions of young people across America do not receive help because of the fear, misunderstanding, shame and stigma associated with these conditions. It is time to end this stigma once and for all. Please see below for more information and teacher resources on ADHD, anxiety, depression, dyslexia and OCD.

2017 #MyYoungerSelf Participants

Rachel Bloom

Anxiety and Depression
Actress, Comedienne,
Singer, Writer, Producer
and Songwriter

Wayne Brady

Depression
Actor, Singer, Comedian
and TV Personality

Nancy Brinker

Dyslexia
Founder and Chair of the
Susan G. Komen Foundation

Barbara Corcoran

Dyslexia
Businesswoman, Investor,
Author and TV Personality

David Cross

Depression
Comedian, Actor, Director
and Writer

Paul Dano

Bipolar Disorder
Writer, Director and
Composer

Lena Dunham

OCD
Actress, Writer, Producer
and Director

Jesse Eisenberg

Anxiety and OCD
Actor, Author and Playwright

Carrie Fisher

**(Tribute from brother,
Todd Fisher)**
Bipolar Disorder
Actress, Writer, Humorist

David Flink

Dyslexia and ADHD
Author and Founder
of Eye to Eye

Stephen Fry

Bipolar Disorder
Comedian, Actor, Writer,
Presenter and Activist

Brian Grazer

Dyslexia and Anxiety
Film and TV Producer

Davis Guggenheim

Dyslexia
Film and TV Director
and Producer

Dan Harris

Anxiety/Depression
Anchor and Correspondent

Hannah Hart

Depression
Internet Personality,
Comedienne, Author
and Actress

Colton Haynes

Anxiety
Actor and Model

Tommy Hilfiger

Dyslexia
Fashion Designer

Kevin Hines

Bipolar Disorder
Author, Activist
and Filmmaker

Jenny Jaffe

**Depression, OCD
and Anxiety**
Writer, Comedienne,
Mental Health Advocate and
Founder of Project UROK

Naomi Judd

Depression
Singer, Songwriter, Author,
Actress and Activist

Patrick Kennedy

Bipolar Disorder
Former Congressman,
Bestselling Author and
Mental Health Advocate

Jay Leno

Dyslexia
Comedian, Actor,
Philanthropist and TV Host

Dan Malloy

Dyslexia
Governor of Connecticut

Howie Mandel

OCD
Comedian, Actor and TV Host

Brandon Marshall

**Borderline Personality
Disorder**
NFL Athlete and
Co-founder of Project 375

Gavin Newsom

Dyslexia
Lieutenant Governor
of California

Marti Noxon

Eating Disorder
TV and Film Writer

Keke Palmer

Anxiety and Depression
Actress, Singer, Songwriter,
Presenter and TV Personality

Ty Pennington

ADHD
Artist, Carpenter and TV Host

Michael Phelps

ADHD
Olympic Gold Medalist

Jane Rosenthal

Dyslexia
Film Producer

Mark Ruffalo

ADHD, Depression, Dyslexia
Actor and Activist

Lindsey Stirling

Eating Disorder
Performance Artist

Emma Stone

Anxiety/Panic Disorder
Actress

Trudie Styler

Dyslexia and ADHD
Actress, Film Producer
and Director

Elizabeth Vargas

Anxiety
Television Anchor
and Journalist

Henry Winkler

Dyslexia
Actor, Director, Comedian,
Producer and Author

Anxiety

Anxiety is a normal and healthy human emotion that everyone experiences. Having an anxiety disorder means that your anxiety is excessive, seemingly hard to control and can interfere with your ability to enjoy life experiences. Anxiety can affect people in different ways and can affect social, academic, interpersonal and family functioning.

Child Mind Institute Resources

Teachers Guide to Anxiety in the Classroom

childmind.org/guide/a-teachers-guide-to-anxiety-in-the-classroom

Guide to Anxiety Basics

childmind.org/guide/anxiety-basics

How Anxiety Leads to Disruptive Behavior

childmind.org/article/how-anxiety-leads-to-disruptive-behavior

What to Do (and Not Do) When Children Are Anxious

childmind.org/article/what-to-do-and-not-do-when-children-are-anxious

Back to School Anxiety

childmind.org/article/back-school-anxiety

What Is Social Anxiety?

childmind.org/article/what-is-social-anxiety

Tips for Beating Test Anxiety

childmind.org/article/tips-for-beating-test-anxiety

How Hannah Got Happy (video)

childmind.org/story/how-hannah-got-happy-dbt

How Jackie Got Her Life Back (video)

childmind.org/story/jackie-got-life-back-anxiety

Anxiety, ADHD and Autism:

Sam's Extraordinary Childhood (video)

childmind.org/story/anxiety-adhd-autism-sams-extraordinary-childhood

Finding Josh's Voice: Selective Mutism (video)

childmind.org/story/finding-joshs-voice-mutism

#MyYoungerSelf Videos:

Rachel Bloom

speakupforkids.org/rachel-bloom

Jesse Eisenberg

speakupforkids.org/jesse-eisenberg

Brian Grazer

speakupforkids.org/brian-grazer

Colton Haynes

speakupforkids.org/colton-haynes

Dan Harris

speakupforkids.org/dan-harris

Jenny Jaffe

speakupforkids.org/jenny-jaffe

Keke Palmer

speakupforkids.org/keke-palmer

Emma Stone

speakupforkids.org/emma-stone

Elizabeth Vargas

speakupforkids.org/elizabeth-vargas

Suggested Classroom Discussion Questions:

1. When you're feeling anxious, what can you do to be in control over your anxiety?
2. Anxiety can feel bad, but Emma Stone and Jesse Eisenberg both said that anxiety can sometimes be a positive thing, too. Why do you think that is?
3. Anxiety is a normal human emotion. Give some examples of where having anxiety is normal and when it becomes excessive or harder to manage.

Depression

All kids have their ups and downs, but if a child is unusually irritable, sad or withdrawn for a prolonged period of time he or she may be showing signs of depression. Depression is more than moodiness — it can affect all parts of a child’s life, including behavior, appetite, energy level, sleep patterns, relationships and academic performance and can sometimes lead to suicidal thinking and behavior.

Child Mind Institute Resources

Mood Disorders and Teenage Girls

childmind.org/article/mood-disorders-and-teenage-girls

How to Help A Depressed Teenager

childmind.org/article/how-to-help-your-depressed-teenager

I’m 16 and I’m feeling like there is something wrong with me. I may be depressed but I’m not sure.

childmind.org/i-may-be-depressed

What to Do if You’re Worried About Suicide

childmind.org/article/youre-worried-suicide

Alex’s Story: Teen Speaks Up about Depression (video)

childmind.org/alex-video

#MyYoungerSelf Videos

Rachel Bloom

speakupforkids.org/rachel-bloom

Wayne Brady

speakupforkids.org/wayne-brady

David Cross

speakupforkids.org/david-cross

Dan Harris

speakupforkids.org/dan-harris

Hannah Hart

speakupforkids.org/hannah-hart

Kevin Hines

speakupforkids.org/kevin-hines

Jenny Jaffe

speakupforkids.org/jenny-jaffe

Naomi Judd

speakupforkids.org/naomi-judd

Keke Palmer

speakupforkids.org/keke-palmer

Mark Ruffalo

speakupforkids.org/mark-ruffalo

Suggested Classroom Discussion Questions:

1. Wayne Brady said that he started feeling better as soon as he began talking about how he felt. Tell us about a time when you talked about your feelings and it helped.
2. Keke Palmer talks about how she would sometimes feel overwhelmed with emotion. Do you ever feel that way? What types of things do you do to cope with negative feelings?
3. What can you do to try to help a friend who might be feeling depressed?

Dyslexia

Dyslexia is the most common learning disorder that interferes with the acquisition of reading skills. Kids with dyslexia have a hard time decoding new words, or breaking them down into manageable chunks they can then sound out. Dyslexia is not a reflection of an individual's intelligence — in fact it's often defined as a gap between a person's ability and achievement.

Child Mind Institute Resources:

Understanding Dyslexia

childmind.org/article/understanding-dyslexia

How to Help Kids Talk About Learning Disabilities

childmind.org/article/how-to-help-kids-talk-about-learning-disabilities

Supporting the Emotional Needs of Kids With Learning Disabilities

childmind.org/article/supporting-the-emotional-needs-of-kids-with-disabilities

#MyYoungerSelf Videos

Nancy Brinker

speakupforkids.org/nancy-brinker

Barbara Corcoran

speakupforkids.org/barbara-corcoran

David Flink

speakupforkids.org/david-flink

Brian Grazer

speakupforkids.org/brian-grazer

Davis Guggenheim

speakupforkids.org/davis-guggenheim

Tommy Hilfiger

speakupforkids.org/tommy-hilfiger

Jay Leno

speakupforkids.org/jay-leno

Dan Malloy

speakupforkids.org/dan-malloy

Gavin Newsom

speakupforkids.org/gavin-newsom

Jane Rosenthal

speakupforkids.org/jane-rosenthal

Mark Ruffalo

speakupforkids.org/mark-ruffalo

Trudie Styler

speakupforkids.org/trudie-styler

Henry Winkler

speakupforkids.org/henry-winkler

Suggested Classroom Discussion Questions:

1. We tend to equate intelligence with doing well in school, but there are actually many different kinds of intelligence. What are some other kinds?
2. Trudie Styler calls her dyslexia a gift. Why do you think that is?
3. Tommy Hilfiger says he wishes he would have asked for help when he was younger. What's a good way to ask for help if you think you might need it?

Attention-Deficit Hyperactivity Disorder (ADHD)

Children with attention-deficit hyperactivity disorder find it unusually difficult to concentrate on tasks, to pay attention, to sit still and to control impulsive behavior. This can make it difficult for them to function in school and can create conflict at home and with friends. Here are some of our most popular stories explaining what ADHD looks like in children and teenagers, and how to help.

Child Mind Institute Resources:

What's ADHD (and What's Not) in the Classroom

childmind.org/article/whats-adhd-and-whats-not-in-the-classroom

School Success Kit for Kids with ADHD

childmind.org/article/school-success-kit-for-kids-with-adhd

Teacher's Guide to ADHD in the Classroom

childmind.org/guide/a-teachers-guide-to-adhd-in-the-classroom

Do Video Games Cause ADHD?

childmind.org/article/do-video-games-cause-adhd

ADHD and Exercise

childmind.org/article/adhd-and-exercise

How Girls With ADHD Are Different

childmind.org/article/how-girls-with-adhd-are-different

#MyYoungerSelf Videos:

Michael Phelps

speakupforkids.org/michael-phelps

Ty Pennington

speakupforkids.org/ty-pennington

Mark Ruffalo

speakupforkids.org/mark-ruffalo

Trudie Styler

speakupforkids.org/trudie-styler

Suggested Classroom Discussion Questions:

1. ADHD can make it hard to concentrate in school or when you're doing homework. Are there skills you use, ways you prioritize or organize, or other things you do to help you focus?
2. It's hard to imagine anyone telling Michael Phelps that he'd never amount to anything. What could you do if someone is treating you that way? How might you help a friend if someone is treating them that way?
3. There are many successful people who have ADHD. What are some of the qualities that might have led to their success? Did having ADHD impact those qualities, either positively or negatively?

Obsessive-Compulsive Disorder (OCD)

Children with obsessive-compulsive disorder (OCD) have intrusive thoughts and worries that make them extremely anxious, and they develop rituals they feel compelled to perform to keep those anxieties at bay.

Child Mind Institute Resources

What Does OCD Look Like in the Classroom?

childmind.org/article/what-does-ocd-look-like-in-the-classroom

How Teachers Can Help Kids With OCD

childmind.org/article/how-teachers-can-help-kids-with-ocd

Teacher's Guide to OCD

childmind.org/guide/a-teachers-guide-to-ocd-in-the-classroom

OCD: It's Like a Bully in Your Brain

childmind.org/article/ocd-its-like-a-bully-in-your-brain

How Matt's Loss Made Him Stronger (video)

childmind.org/story/matts-loss-made-stronger

How Ben Beat the Bully in His Brain (video)

childmind.org/story/bens-story-ocd

Twins and OCD: How Ella and Olivia Got Better, Together (video)

childmind.org/story/ella-olivia-became-okay-imperfection

#MyYoungerSelf Videos

Lena Dunham

speakupforkids.org/lena-dunham

Howie Mandel

speakupforkids.org/howie-mandel

Jenny Jaffe

speakupforkids.org/jenny-jaffe

Jesse Eisenberg

speakupforkids.org/jesse-eisenberg

Suggested Classroom Discussion Questions:

1. Some people describe OCD as having a bully in your brain. What might that mean? What might you do to overcome that bully?
2. Jenny Jaffe said that her OCD and other mental health challenges made her stronger than she ever thought she could be. Have you ever gone through something difficult and felt stronger afterward?
3. Lena Dunham mentions taking time out to meditate, read a book or hug her dog when she's feeling overwhelmed with anxiety. What helps you?

Eating Disorders

Eating disorders are characterized by an unhealthy relationship with food and eating habits can significantly affect physical health and social functioning. They usually develop in adolescence, and can occur in boys or girls, although they are more common in girls.

Child Mind Institute Resources

Quick Facts on Anorexia Nervosa

childmind.org/article/quick-facts-on-anorexia-nervosa

Quick Facts on Bulimia Nervosa

childmind.org/article/quick-facts-on-bulimia-nervosa

Quick Facts on Binge Eating Disorder

childmind.org/article/quick-facts-on-binge-eating-disorder

When to Worry About an Eating Disorder

childmind.org/article/when-to-worry-about-an-eating-disorder

Eating Disorders: Why are Girls More Affected?

childmind.org/article/eating-disorders-why-are-girls-more-affected

Eating Disorders and College

childmind.org/article/eating-disorders-and-college

Social Media and Self-Doubt

childmind.org/article/social-media-and-self-doubt

#MyYoungerSelf Videos

Marti Noxon

speakupforkids.org/marti-noxon

Lindsey Stirling

speakupforkids.org/lindsey-stirling

Suggested Classroom Discussion Questions:

1. Our media and society, at times, portray women and body image in a specific and unrealistic light. What are your thoughts on the way women are portrayed, and what has helped you to cope with this in the past?
2. What are the body- and/or weight-related stereotypes associated with men in our culture? How would you help yourself or a friend manage these expectations?
3. In her video, Marti Noxon describes how she used to struggle to control her feelings. Sometimes people use certain eating restrictions or patterns to try and feel in control. What are other more effective ways to feel in control of your feelings?

About the Child Mind Institute

The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain, and empower parents, professionals and policymakers to support children when and where they need it most. Together with our supporters, we're helping children reach their full potential in school and in life. We share all of our resources freely and do not accept any funding from the pharmaceutical industry. Learn more at childmind.org.

Educator Resources

Educator Talks: When children are struggling with emotional, behavioral and learning challenges, teachers are often the first ones to detect a problem. The Child Mind Institute is committed to partnering with educators to identify and respond effectively to children with signs of a mental health or learning disorder. We offer a variety of workshops and facilitate discussions with educators.

Contact Spencer Summa at spencer.summa@childmind.org for more information on school talks.

School and Community Programs: The Child Mind Institute's School and Community Programs bring direct services to neighborhoods across the NYC tri-state area – and virtual resources to millions online. Our expert clinical staff provide trauma treatment to students, resilience-building for schools, and classroom coaching for teachers.

Contact Rebecca Fleischman at rebecca.fleischman@childmind.org for more information.

Our Care and Treatment

Our clinical practice consists of a multidisciplinary team of psychologists, psychiatrists, neuropsychologists, social workers, speech-language therapists and learning specialists. We work closely with each other to ensure that each family gets the care and attention they need. Visit our [clinician directory](#) to learn more about our team.

Clinicians at the Child Mind Institute are experts in the diagnosis and treatment of children and adolescents with emotional, behavioral and developmental problems. We have particular expertise working with children who have [ADHD and disruptive behavior disorders](#), [anxiety disorders](#), [mood disorders](#), and [learning and developmental disabilities](#).

For children with severe symptoms or families traveling long distances for treatment, we offer intensive interventions with highly specialized approaches. Depending on the need, this treatment option allows a child and his parents to be seen for several hours a day, several days a week.

(continued)

Our specialty programs include the following:

**Behavioral and Emotional Skills Training
for parents and caregivers**

childmind.org/center/behavioral-and-emotional-skills-training

**Child Mind Institute Summer Program
for children with ADHD or who need help with
behavioral, learning and social issues**

childmind.org/center/2017-summer-program

Dialectical Behavior Therapy

childmind.org/center/dialectical-behavior-therapy

Early Childhood Evaluation

childmind.org/center/early-childhood-evaluation

Learning Disability Service

childmind.org/center/learning-disability-service

Mindfulness-Based Interventions

childmind.org/center/mindfulness-based-interventions

Neuropsychological and Educational Evaluation

childmind.org/center/neuropsychological-educational-evaluation

Obsessive-Compulsive Disorders Service

childmind.org/center/ocd-service

Intensive OCD Program

childmind.org/center/intensive-treatment-ocd

Psychopharmacology Center

childmind.org/center/psychopharmacology-center

Selective Mutism Service

childmind.org/center/selective-mutism-service

Brave BuddiesSM

childmind.org/center/brave-buddies

Social Anxiety Groups

childmind.org/center/social-anxiety-groups

Speech and Language Service

childmind.org/center/speech-language-service

Trauma and Resilience Service

childmind.org/center/trauma-resilience-service

Our Science and Research: The [Healthy Brain Network](#) is our landmark mental health study that will advance the science of the developing brain, helping us to identify biological markers of psychiatric disorders. Participating families receive a free comprehensive diagnostic evaluation including neuropsych testing and a mental health evaluation of their child with extensive feedback from a licensed clinician – all at no cost.

We also bring our science mission to life through educational outreach programs including our annual [Rising Scientists Awards](#), scholarships for rising high school seniors who show exceptional promise in the fields of research in child and adolescent mental health and/or pediatric neuroscience.