



Do Now

Why should we only use appropriate and legitimate health services?



Carli is fifteen. She feels lonely and spends a lot of time on TikTok. She follows some very popular teenage TikTokers who all seem to have different sorts of health conditions – from depression and anxiety to Tourette's and DID (multiple personality syndrome). She notices they get a lot of likes, shares, and are even sent money by fans. There seems to be almost identical new accounts which are recommended to Carli everyday too.

Discuss: What is the worry here?



*CLUES: doctor
medical training
trivialising
dangerous
contagion*



What does self-diagnosis mean? Why is self-diagnosis a bad idea?



Learning outcomes.

Describe the impact that media and social media can have on how people think about themselves and express themselves regarding physical and mental health.

Explore and analyse ethical issues regarding when peers need help and identify and how to access the most appropriate sources of help.

<https://www.youtube.com/watch?v=0Jkc4uwMhmw>

Self-diagnosis:

The process of diagnosing, or identifying, medical conditions in oneself, instead of consulting a medical professional.



Year 9 Health and Wellbeing Personal Development: Entry/Exit Survey

Instructions: On a scale of 1–10, rate how confident you feel about each of the following statements.

1 = Not at all confident, 10 = Extremely confident

#	Statement	1	2	3	4	5	6	7	8	9	10
1	I understand the difference between happiness and positivity, and how to improve both.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
2	I can explain how lifestyle choices such as diet, exercise, and sleep affect my mental health.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
3	I understand what anxiety is and can recognise the symptoms of both short- and long-term anxiety.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
4	I know how to manage anxiety using healthy coping strategies.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
5	I understand the impact of sleep deprivation and know how to maintain good sleep hygiene.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
6	I can identify how language contributes to stigma around mental health and how to challenge it.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
7	I understand the dangers of self-diagnosing mental health conditions based on social media.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
8	I can explain how to find and use appropriate and legitimate health advice and services.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
9	I know how to eat healthily on a budget and why this matters for my long-term wellbeing.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
10	I know how to support myself and others with mental and emotional health, and where to seek help.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



This is your Home Learning. It has been shared with you on Satchel. Please make sure it is completed by next week

Why are teenagers starting to self-diagnose themselves with mental illnesses?

Watch ONLY from 2.15 – 6.56 and 8.50 - 9.26

<https://www.youtube.com/watch?v=l5f0Qn09ywQ>



How may online content encourage others to self-diagnose?	How is mental illness presented on TikTok?	Why is this a problem?

Let's share some of our ideas from the clip now, and any others you may have thought of yourself from your own experience or knowledge.



How may online content encourage others to self-diagnose?	How is mental illness presented on TikTok?	Why is this a problem?
Symptoms include common personality features	Hot, sexy, fun, cool	People are self-diagnosing themselves with illnesses they don't have
The videos are popular and numerous	Overdramatised	It spreads misconceptions
It's an alternative to a possibly expensive appointment	Gives ideas completely out of context	You will look daft on the internet, forever.
It's an alternative at a time when it's hard to get a doctor's appointment	A way to show off and gain attention	This trivialises real mental illness.
Teens place trust in their favourite influencers		



CASE STUDY ONE:

Except from The Guardian:

<https://www.theguardian.com/world/2020/mar/24/coronavirus-cure-kills-man-after-trump-touts-chloroquine-phosphate>

A Phoenix-area man has died and his wife was in critical condition after the couple took chloroquine phosphate, an additive used to clean fish tanks that is also found in an anti-malaria medication touted by Donald Trump as a treatment for Covid-19.

Banner Health said on Monday the couple in their 60s got sick within half an hour of ingesting the additive. The man could not be resuscitated at hospital but the woman was able to throw up much of the chemical.

- “Trump kept saying it was basically pretty much a cure,” the woman said.*

CASE STUDY TWO:

Except from The Guardian: <https://www.theguardian.com/us-news/2016/apr/13/followers-of-christ-idaho-religious-sect-child-mortality-refusing-medical-help>

Mariah is 20 but she's frail and permanently disabled. She has pulmonary hypertension and when she's not bedridden, she has to carry an oxygen tank that allows her to breathe. At times, she has had screws in her bones to anchor her breathing device. She may soon have no option for a cure except a heart and lung transplant – an extremely risky procedure.

All this could have been prevented in her infancy by closing a small congenital hole in her heart. It could even have been successfully treated in later years, before irreversible damage was done. But Mariah's parents were fundamentalist Mormons who went off the grid in northern Idaho in the 1990s and refused to take their children to doctors, believing that illnesses could be healed through faith and the power of prayer.

- *As she grew sicker and sicker, Mariah's parents would pray over her and use alternative medicine.*

CASE STUDY THREE

CASE STUDY THREE

Except from WIRED: <https://www.wired.co.uk/article/tiktok-tourettes>

The rise of Tourette's content on TikTok has also sparked a controversial medical debate. Earlier this month, doctors at Great Ormond Street Hospital for Children warned in the British Medical Journal (BMJ) that they were seeing a significant rise in the number of teenage girls – who ordinarily have Tourette's at a much lower level than boys – presenting with tics in the early months of 2021.

The physicians cautioned "there is some concern that social media and websites such as TikTok that promote the sharing of videos of influencers with symptoms may have a part to play."

- *Suggestibility could be one root cause, says Uttom Chowdhury, who works in an NHS community clinic focused on tics and Tourette's in Bedfordshire.*

CASE STUDY FOUR:

Except from The US Daily Mail: <https://www.dailymail.co.uk/news/article-10490941/Texas-sues-fitness-influencer-giving-bad-health-advice-led-eating-disorders.html>

The State of Texas is suing a former fitness influencer who allegedly misled customers with eating disorders, charged shipping fees for digital products, and scammed customers with phony 'personalized' nutrition plans. At least 14 women with eating disorders turned to Davis for help in their recovery, but claimed she instead made their conditions worse with low-calorie diet regimens that would only be suitable for those looking to shed pounds, the lawsuit said.



CASE STUDY FIVE:

Excerpt from ZeroHedge : <https://www.zerohedge.com/medical/star-body-positivity-show-dead-heart-failure-age-37>

The body positivity movement, at least in the case of women, has been highly promoted by every area of the entertainment media and among social justice activists based on a singular claim: You can be healthy at any size (HAES).

The claim has inspired numerous efforts to normalize obesity in American society as not only socially acceptable but also medically acceptable. It attempts to ignore or dismiss decades of studies on the negative effects of obesity and asserts that being grossly overweight has minimal or no health consequences. This argument is often debunked by the very people that tend to promote it and encourage it, as they die incredibly young and from health problems that are usually reserved for the elderly.

Jamie Lopez, star of the body positivity-based television show 'Super Sized Salon', was an advocate of a "beauty at any size' philosophy, more so than a health at any weight ideal. However, social justice proponents often held up her example as justification for the HAES lifestyle. She is now dead, suffering from heart failure at age 37.

Why should we only use appropriate and legitimate health services?



For each source, identify where the person got their poor health advice from.

For each source, explain what the poor advice was.

Explain the outcome for each source.

For each source, explain whether the outcome surprises you or not, and why.

What should each of these people have done? Why?

If you could create a slogan, which was easy for everyone who searches for health advice online to remember, what would it be?

	Case Study 1	Case Study 2	Case Study 3	Case Study 4	Case Study 5
What was the outcome for each case study?					
Explain whether the outcome surprises you or not, and why.					
What should each of these people have done? Why?					

Belong - Care - Aspire - Succeed

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>
Kooth – <https://www.kooth.com>
Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.
Wellbeing Team and School Nurse
Report a Concern on Satchel
Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>
Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.
Headspace – Meditation and stress relief.
Clear Fear – Manage anxiety (designed for young people).
MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –
<https://www.beateatingdisorders.org.uk>
NHS Live Well – Eating Disorders –
<https://www.nhs.uk/mental-health/conditions/eating-disorders/>