



The goal of this Study Guide is to facilitate for students of teenage years a better understanding of issues such as, Addiction, LGBTQ Community , First Nation Issues, Mental Illness such as anxiety, depression, self-harm, and suicide. The Unit is comprised of 13 short videos depicting a reenactment of real life experiences intended to help reduce stigma surrounding these topics and continue to promote an environment of greater understanding, support and acceptance in our society today.

TEENS 101

Teens 101 Study Guide Episode 13 – Asperger's – Sean's Story

Episode #13 – “Asperger's” (Sean's Story)

From as early as he can remember, Sean had lived with extreme anxiety. As the years went by, he couldn't connect with other students. He was bullied and could never understand why. A darkness of alienation grew within him and his parents sought help. After years of searching, a doctor finally diagnosed Sean with Asperger's. Armed with this knowledge and treatment, Sean found his way back in the world and learned how to control his disorder and this control helped his mental health. He now helps younger kids who struggle with mental health relating to this disorder.

Learning Goals:

After taking the quiz entitled "How much do you know about Asperger's Syndrome" and after viewing Episode #13 and discussing his/her responses with the class and the teacher, the student will be able to understand what Asperger's syndrome is and some of the characteristics that a person with Asperger's may have in order for the student to better empathize and understand.

Prior Learning:

Prior to the viewing of Episode #13 the student will potentially have an understanding of Asperger's syndrome through different forms of media, through possible personal experiences and his/her own opinions and perceptions of Asperger's syndrome.

Minds On:

Before the viewing of Episode #13 the students will have taken the quiz entitled "How much do you know about Asperger's syndrome" (See worksheet # 13a) and have discussed with other students and the teacher some facts and misunderstandings about Asperger's syndrome.

TEENS 101

Teens 101 Study Guide Episode 13 – Asperger’s – Sean’s Story

Action:

The students will be given questions on Episode #13 (See Worksheet #13b). Discuss with the students that they will have to respond to the questions as they are watching the episode and be prepared to discuss their responses following the episode.

After the questions have been discussed the teacher will assign the following activity :

Create an Informative Commercial About Asperger’s Syndrome.

Tell the students that they can use any recording device to create a 1 minute informative commercial informing people about Asperger’s syndrome and encouraging them to donate to help support research for Asperger’s syndrome. The commercial must be creative and include very accurate information about Asperger’s syndrome as discussed in class with the quiz “How much do you know about Asperger’s syndrome, Episode #13 video and questions and their own research on Asperger’s syndrome.

Consolidation and Connection:

Each group of students can play their video for the class to reinforce a better understanding and consolidation of information about Asperger’s syndrome.

Make the students aware that Asperger’s syndrome will be one of the topics that they will have a choice of completing an assignment on after all of the thirteen episodes of "Teens 101" have been viewed.

TEENS 101

Teens 101 Study Guide Episode 13 – Asperger’s – Sean’s Story

Answer Sheet

How much do you know about Asperger’s Syndrome? Worksheet 13a

1. Asperger’s syndrome is a form of autism. T/F (True)
2. While those with the syndrome may struggle socially, they are not at any disadvantage intellectually. T/F (True)
3. When someone tells a joke, someone with Asperger’s may miss the punchline? T/F (True)
4. Someone with Asperger’s acts and looks like everyone else. T/F (False- People who have Asperger’s syndrome avoid eye contact, at times are clumsy and appear to avoid social interaction)
5. Asperger’s syndrome can be sometimes misdiagnosed as anxiety or depression. T/F (True- Many people with this mental disorder are at first thought to have social anxiety, are diagnosed once they have seen the appropriate medical professionals)
6. Typically Asperger’s syndrome is diagnosed immediately after birth. T/F (False-Asperger’s syndrome is sometimes overlooked in childhood and not diagnosed until adolescence)
7. Those diagnosed with Asperger’s cannot be helped as there isn’t any treatment for this type of mental disorder. T/F(False- Although there is no known cure, there are many ways that people can be treated for Asperger’s including psychosocial intervention and psychostimulant drugs)
8. Asperger’s syndrome and social anxiety are one in the same. T/F (False- Asperger’s syndrome is the not the same as Social Anxiety and is diagnose using different criteria)
9. Asperger’s is a new syndrome having been discovered within the last few years. T/F (False- Asperger’s was discovered in 1944 by an Austrian physician by the name of Hans Asperger)
10. Asperger’s syndrome is a mental disorder that only affects average people. T/F (False- Asperger’s syndrome does not discriminate)

TEENS 101

Teens 101 Study Guide Episode 13 – Asperger’s – Sean’s Story

Quiz 13a - How much do you know about Asperger's?

1. Asperger's syndrome is a form of autism.

True	False
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2. While those with the syndrome may struggle socially, they are not at any disadvantage intellectually.

True	False
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3. When someone tells a joke, someone with Asperger's may miss the punchline.

True	False
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4. Someone with Asperger's acts and looks like everyone else.

True	False
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5. Asperger's syndrome can be sometimes misdiagnosed as anxiety or depression.

True	False
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6. Typically Asperger's syndrome is diagnosed immediately after birth.

True	False
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7. Those diagnosed with Asperger's cannot be helped as there isn't any treatment for this type of mental disorder.

True	False
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8. Asperger's syndrome and social anxiety are one in the same.

True	False
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9. Asperger's is a new syndrome having been discovered within the last few years.

True	False
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10. Asperger's syndrome is a mental disorder that only affects average people

True	False
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Teens 101 Study Guide Episode 13 – Asperger’s – Sean’s Story

Episode #13 Questions -Sean Worksheet 13b

1. Describe what Sean says about Asperger’s syndrome and how it affects how he acts, speaks and understands.
2. Discuss how as a child Sean appeared different than other children.
3. When did Sean first hear of his diagnosis with Asperger’s syndrome? Could his parents perhaps have handled this revelation in a more sensitive manner ?
4. According to Sean, what do we know so far about the cause of Asperger’s and how it affects the brain?
5. How was Sean bullied in school as a result of other students’ intolerance for Sean appearing “different”?
6. Describe some of the emotions Sean went through during this period of time when he was being bullied in school.
7. What was a turning point for Sean and how has it affected him moving forward in his life? Describe how he overcame being bullied and how he got involved in his high school.
8. How does Sean cope with his challenges today and what is his outlook for the future?
9. What does Dr. K. say that you can do to stop bullying and stop the stigma of Mental disorders such as Asperger’s syndrome?