Teacher Answer Key

Case Study

1. He feared judgment from peers who seemed more prepared and was overwhelmed by his financial worries.

2. The counselor provided resources, including scholarship information and stress management techniques, which gave him actionable steps and hope.

Multiple Choice

1. C

2. B

3. A

Matching

1-D, 2-E, 3-A, 4-C, 5-B

Fill-in-the-Blank

1) Stigma, 2) trusted, 3) courage

Short Answer (Sample Responses)

Q1: Viewing it as strength encourages teens to feel empowered rather than ashamed, making them more likely to seek guidance early.

Q2: Hotlines provide anonymity and immediate support, allowing teens to share openly without the pressure of face-to-face interactions.

Q3: Talking with a trusted adult or school counselor for an initial conversation can help determine if more specialized help is needed.