



## “Medicating Childhood: Long-Term Effects on Kids”

### Description

Children's mental health problems are increasing. Many kids are given psychotropic drugs to help them feel better. However, this may not be the best way to help. The 2022 documentary "Kids on Pills: Happiness Out of a Bottle" looks at how children are treated in the U.S. and Europe. It questions the use of these strong medications.

The film shows that in the U.S., kids are often diagnosed quickly and given many drugs at once. This is called polypharmacy. For example, one girl named Jaylene was given several different medications, but they didn't help. Another child, Anna, struggled with mood swings despite taking a new medicine.

These medications can cause side effects, like weight gain and sleep problems. They may not even work well. Studies show that using multiple drugs often leads to more issues, not fewer.

Doctors in Europe are more careful. They often recommend therapy instead of many medications. Parents are encouraged to look for non-drug options first. It's important to be cautious and advocate for better treatment for children's mental health.

### Vocabulary List:

1. **Psychotropic** /ˌsaɪ.kroʊˈtrɒp.ɪk/ (adjective): Referring to drugs that affect the mind or behavior.
2. **Polypharmacy** /ˌpɒl.iˈfɑːr.mə.si/ (noun): The simultaneous use of multiple medications by a patient.
3. **Therapy** /ˈθer.ə.pi/ (noun): Treatment intended to relieve or heal a disorder.
4. **Side effects** /ˈsaɪd ɪˈfɛkts/ (noun): Secondary typically undesirable effects of a drug or treatment.
5. **Advocate** /ˈæd.və.keɪt/ (verb): To support or recommend a particular cause or policy.
6. **Cautious** /ˈkɔːʃəs/ (adjective): Careful to avoid potential problems or dangers.

## Comprehension Questions

### Multiple Choice

1. What is the title of the 2022 documentary that questions the use of strong medications for children?  
Option: Kids in Crisis: The Truth About Child Mental Health  
Option: Kids on Pills: Happiness Out of a Bottle



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Option: Pills for Kids: A New Approach to Mental Health

Option: The Medicated Child: Unveiling the Reality

2. What term is used to describe giving several medications to children at once?

Option: Mono-therapy

Option: Polypharmacy

Option: Multi-medication

Option: Combo-therapy

3. Which child in the documentary was given multiple medications that did not help?

Option: Jaylene

Option: Anna

Option: Ethan

Option: Jacob

4. According to the film, what is a common side effect of psychotropic drugs given to children?

Option: Improved concentration

Option: Weight loss

Option: Sleep problems

Option: Enhanced social skills

5. What do doctors in Europe often recommend instead of many medications for children?

Option: Multiple drugs

Option: Therapy

Option: Homeopathy

Option: Placebos

6. What is the primary message regarding treating children's mental health according to the film?

Option: Use as many medications as possible

Option: Polypharmacy leads to better outcomes

Option: Seek non-drug options first

Option: Don't consider therapy

### **True-False**

7. The documentary "Kids on Pills: Happiness Out of a Bottle" highlights the overuse of medications for children.



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8. The film mentioned that children in the U.S. are often diagnosed quickly and given many drugs at once.
9. Studies have shown that polypharmacy in children leads to fewer issues.
10. Doctors in Europe are less cautious when it comes to prescribing medications to children.
11. One of the children mentioned in the documentary struggled with mood swings despite taking a new medicine.
12. The film advocates for better treatment and caution in addressing children's mental health issues.

### Gap-Fill

13. The documentary "Kids on Pills: Happiness Out of a Bottle" examines how children are treated in the U.S. and Europe, questioning the use of strong \_\_\_\_\_.
14. One of the children mentioned in the film, \_\_\_\_\_, was given several different medications that did not help.
15. Doctors in Europe often recommend \_\_\_\_\_ instead of many medications for children.
16. It is important for parents to look for non-drug options first and advocate for better \_\_\_\_\_ for children's mental health.
17. Polypharmacy in children can lead to more \_\_\_\_\_, according to the documentary.
18. One of the common side effects of psychotropic drugs for children is \_\_\_\_\_.

### Answer

**Multiple Choice:** 1. Kids on Pills: Happiness Out of a Bottle 2. Polypharmacy 3. Jaylene 4. Sleep problems 5. Therapy 6. Seek non-drug options first

**True-False:** 7. True 8. True 9. False 10. False 11. True 12. True

**Gap-Fill:** 13. medications 14. Jaylene 15. therapy 16. treatment 17. issues 18. sleep problems



## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. Which substances are important for maintaining proper fluid balance in the body?  
Option: A. Proteins  
Option: B. Electrolytes  
Option: C. Carbohydrates  
Option: D. Vitamins
2. What is a common mental health condition characterized by persistent sadness and loss of interest?  
Option: A. Anxiety  
Option: B. Depression  
Option: C. Schizophrenia  
Option: D. Bipolar disorder
3. What refers to the process by which your body converts what you eat and drink into energy?  
Option: A. Respiration  
Option: B. Metabolism  
Option: C. Circulation  
Option: D. Digestion
4. Which mineral helps in maintaining proper heart function and muscle contraction?  
Option: A. Calcium  
Option: B. Potassium  
Option: C. Iron  
Option: D. Magnesium
5. What term is used to describe the practice of taking multiple medications simultaneously?  
Option: A. Monotherapy  
Option: B. Polypharmacy  
Option: C. Oligotherapy  
Option: D. Homeopathy
6. Which type of fats are considered heart-healthy and are usually liquid at room temperature?  
Option: A. Saturated  
Option: B. Unsaturated  
Option: C. Trans  
Option: D. Hydrogenated
7. What stage in a woman's life marks the end of her menstrual cycles?



- Option: A. Adolescence
- Option: B. Menopause
- Option: C. Puberty
- Option: D. Fertility

8. What treatment approach involves talking to a trained therapist to develop coping strategies and solutions?

- Option: A. Medication
- Option: B. Surgery
- Option: C. Therapy
- Option: D. Acupuncture

9. Which medications are commonly prescribed to help manage symptoms of depression?

- Option: A. Painkillers
- Option: B. Antibiotics
- Option: C. Antidepressants
- Option: D. Antihistamines

10. What essential nutrients are needed for various bodily functions and processes?

- Option: A. Sugar
- Option: B. Minerals
- Option: C. Fiber
- Option: D. Preservatives

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

- 11. It is important to stay \_\_\_\_\_ by drinking an adequate amount of water daily.
- 12. The number of \_\_\_\_\_ in a food item indicates its energy content.
- 13. After a workout a cold drink can provide a sense of \_\_\_\_\_ and energy.
- 14. Individuals can obtain a professional \_\_\_\_\_ to demonstrate their expertise in a specific field.
- 15. Government agencies provide \_\_\_\_\_ to ensure businesses comply with regulations.
- 16. The \_\_\_\_\_ for the new product featured catchy jingles and bright colors.
- 17. She became an \_\_\_\_\_ for animal rights and conservation efforts.



18. It is important to \_\_\_\_\_ your sleep schedule to ensure proper rest.
19. The legal team found a \_\_\_\_\_ in the contract that allowed for early termination.
20. A balanced diet is crucial for overall health and proper \_\_\_\_\_ of the body.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. Consulting with in the field can provide valuable insights and guidance.
22. Medications often come with about potential side effects and risks.
23. Different medical conditions require specific to manage symptoms effectively.
24. drugs are used to treat mental health disorders like schizophrenia and bipolar disorder.
25. is a serious mood disorder that can impact all aspects of a person's life.
26. Before starting a new medication it's important to be aware of the potential it may cause.
27. When trying a new activity it's wise to be and start slowly to avoid injuries.
28. Scammers often use deceptive tactics to commit financial and cheat people out of money.
29. is the transitional phase before menopause where hormone levels fluctuate.
30. Changes in a person's balance can influence mood appetite and energy levels.

## Answer

**Multiple Choice:** 1. B. Electrolytes 2. B. Depression 3. B. Metabolism 4. B. Potassium 5. B. Polypharmacy 6. B. Unsaturated 7. B. Menopause 8. C. Therapy 9. C. Antidepressants 10. B. Minerals

**Gap-Fill:** 11. hydrated 12. calories 13. refreshment 14. certification 15. oversight 16. commercial 17. advocate 18. regulate 19. loophole 20. nutrition

**Matching sentence:** 1. experts 2. warnings 3. treatments 4. psychotropic 5. depression 6. side effects 7. cautious 8. fraud 9. perimenopause 10. hormonal

## CATEGORY

1. Health - LEVEL1

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