



The Effects of Medicating Kids: Long-Term Impact Revealed

Description

The surge in mental illness rates among children has led to a concerning trend of prescribing psychotropic drugs as the conventional solution. However, the 2022 documentary "Kids on Pills: Happiness Out of a Bottle" by Only Human sheds light on the potential harms of this approach. Directed by Stefanie Schmidt and Lilian Franck, the film compares the treatment methods for children with mental disorders in America and Europe, highlighting the long-term consequences on their health.

One alarming statistic presented in the film is the 4,000% increase in US children diagnosed with bipolar disorder. The documentary follows the lives of children like Anna and Will Birtwell who struggle with bipolar disorder from a young age. While American doctors often resort to polypharmacy—using multiple medications simultaneously—European physicians adopt a more conservative approach and emphasize non-drug therapies.

The film also delves into the detrimental effects of psychotropic drugs on children. Children treated with these medications are at risk of weight gain, growth issues, sleep disturbances, and other health problems. The cocktail of medications often prescribed to children rarely addresses the root of the problem and may lead to further complications. Additionally, studies show limited benefits of these drugs, with potential side effects outweighing any therapeutic effects.

As parents, it is crucial to advocate for our children's well-being and question the overreliance on medication as the primary treatment for mental health issues. By seeking alternative therapies, addressing diet, emotional well-being, and reducing exposure to toxins, we can potentially mitigate the need for psychotropic drugs in children. Ultimately, the film warns that the effects of medicating children heavily are still unclear, emphasizing the importance of making informed decisions for our children's health.

Vocabulary List:

1. **Psychotropic** /,saɪ.kroʊ'trɒp.ɪk/ (adjective): Referring to drugs that affect the mind or behavior.
2. **Polypharmacy** /,pɒli'fɑːr.mə.si/ (noun): The concurrent use of multiple medications by a patient.
3. **Detrimental** /,dɛt.rɪ'mɛn.təl/ (adjective): Causing harm or damage.
4. **Complications** /,kɒmplɪ'keɪʃənz/ (noun): Additional problems or difficulties that arise.
5. **Mitigate** /'mɪt.i.geɪt/ (verb): To make less severe or serious.
6. **Advocate** /'æd.və.keɪt/ (verb): To support or argue for a particular cause or policy.

Comprehension Questions



Multiple Choice

1. What is the title of the 2022 documentary that sheds light on the potential harms of prescribing psychotropic drugs to children?
 - Option: Kids on Pills: Happiness Out of a Bottle
 - Option: Medicating Our Children
 - Option: The Dangers of Psychotropic Drugs
 - Option: Healing Minds: A Different Approach
2. Which two directors directed the documentary "Kids on Pills: Happiness Out of a Bottle"?
 - Option: Stefanie Schmidt and Lilian Franck
 - Option: David Johnson and Emily Wilson
 - Option: Mike Thompson and Sarah Lee
 - Option: Daniel Brown and Jessica Adams
3. What is one of the risks associated with children being treated with psychotropic drugs as mentioned in the film?
 - Option: Weight gain
 - Option: Increased height
 - Option: Boost in memory
 - Option: Improved social skills
4. What treatment approach do European physicians emphasize for children with mental disorders?
 - Option: Non-drug therapies
 - Option: Polypharmacy
 - Option: Surgical interventions
 - Option: Herbal remedies
5. According to the film, what is one of the consequences of the overreliance on medication for children's mental health issues?
 - Option: Limited benefits of drugs
 - Option: Overall improvement in health
 - Option: No side effects
 - Option: Decrease in cognitive abilities
6. What is one of the recommendations given in the film to potentially reduce the need for psychotropic drugs in children?
 - Option: Addressing diet and emotional well-being



- Option: Increasing medication dosage
- Option: Ignoring emotional needs
- Option: Exposing children to more toxins

True-False

- 7. The documentary "Kids on Pills: Happiness Out of a Bottle" compares treatment methods for children with mental disorders in America and Asia.
- 8. Studies have shown that the benefits of psychotropic drugs for children outweigh the potential side effects.
- 9. European physicians often prescribe a cocktail of medications to children with mental disorders.
- 10. The film suggests that addressing emotional well-being may help reduce the need for psychotropic drugs in children.
- 11. The long-term consequences of medicating children heavily are well understood according to the documentary.
- 12. The documentary "Kids on Pills: Happiness Out of a Bottle" advocates for the overreliance on medication as the primary treatment for mental health issues in children.

Gap-Fill

- 13. In the film, it is mentioned that the number of US children diagnosed with bipolar disorder has increased by _____.
- 14. American doctors often resort to polypharmacy, which involves using multiple medications _____.
- 15. It is important for parents to advocate for their children's well-being and question the overreliance on _____ as the primary treatment for mental health issues.
- 16. The film emphasizes the importance of making _____ decisions for our children's



health.

17. According to the documentary, European physicians adopt a more _____ approach in treating children with mental disorders.

18. Parents are encouraged to seek alternative therapies, address diet, emotional well-being, and reduce exposure to _____ to potentially mitigate the need for psychotropic drugs in children.

Answer

Multiple Choice: 1. Kids on Pills: Happiness Out of a Bottle 2. Stefanie Schmidt and Lilian Franck 3. Weight gain 4. Non-drug therapies 5. Limited benefits of drugs 6. Addressing diet and emotional well-being

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

Gap-Fill: 13. 4,000% 14. simultaneously 15. medication 16. informed 17. conservative 18. toxins

Vocabulary quizzes

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

1. Which word means present appearing or found everywhere?

- Option: Ubiquitous
- Option: Versatility
- Option: Moderation
- Option: Hydration

2. What is the process of providing an adequate amount of water to bodily tissues?

- Option: Composition
- Option: Hydration
- Option: Detrimental
- Option: Extinction

3. Which term refers to essential nutrients required by the body in small amounts?

- Option: Mitigate
- Option: Ubiquitous
- Option: Micronutrient
- Option: Polypharmacy



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4. Which word describes something delicate and precise yet difficult to perceive?
- Option: Versatility
 - Option: Subtle
 - Option: Autoimmune
 - Option: Complications
5. What term indicates something causing harm or damage?
- Option: Incidence
 - Option: Detrimental
 - Option: Advocate
 - Option: Mitigate
6. Which term refers to the avoidance of excess or extremes?
- Option: Psychotropic
 - Option: Moderation
 - Option: Sustaining
 - Option: Prevalent
7. What describes the makeup or structure of something?
- Option: Replenish
 - Option: Composition
 - Option: Versatility
 - Option: Sustaining
8. What term refers to a process causing redness swelling and pain in the body?
- Option: Prevalent
 - Option: Mitigate
 - Option: Inflammatory
 - Option: Versatility
9. Which term refers to a condition where the body's immune system attacks its own cells?
- Option: Autoimmune
 - Option: Sustenance
 - Option: Psychotropic
 - Option: Hydration
10. What are substances that conduct electricity when dissolved in water?
- Option: Detrimental
 - Option: Ubiquitous
 - Option: Electrolytes
 - Option: Moderation



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

11. The _____ of skills in the team allowed them to adapt to various challenges.
12. It is important to implement strategies to _____ the effects of climate change.
13. Vitamin D deficiency is quite _____ in regions with limited sunlight.
14. The conservation efforts are aimed at preserving and _____ the natural environment.
15. The patient developed severe _____ after the surgery.
16. She has always been an _____ for animal rights.
17. After a strenuous workout it is important to _____ fluids and nutrients.
18. Sleep is _____ for overall health and well-being.
19. The discovery of a new species in the area highlights the ecological _____ of the region.
20. The _____ of diabetes has increased in urban populations over the years.

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

21. Eating a balanced diet with fruits and vegetables is essential for maintaining good health.
22. Conservation efforts are crucial to protect endangered species from disappearing completely.
23. The chef's versatility in preparing various cuisines impressed the restaurant patrons.
24. Certain medications have psychotropic effects that can impact mood and perception.
25. The elderly patient experienced adverse effects due to the practice of polypharmacy.
26. Excessive sugar consumption can have detrimental effects on overall health.
27. Planting trees is one way to mitigate the impact of carbon emissions on the environment.



28. The organization serves as an advocate for marginalized communities striving for social justice.

29. Micronutrient deficiencies can lead to various health issues if not addressed through proper diet.

30. The gut microbiome plays a crucial role in digestion and immune function.

Answer

Multiple Choice: 1. Ubiquitous 2. Hydration 3. Micronutrient 4. Subtle 5. Detrimental 6. Moderation
7. Composition 8. Inflammatory 9. Autoimmune 10. Electrolytes

Gap-Fill: 11. Versatility 12. Mitigate 13. Prevalent 14. Sustaining 15. Complications 16. Advocate 17.
Replenish 18. Vital 19. Significance 20. Incidence

Matching sentence: 1. Nourishing 2. Extinction 3. Versatility 4. Psychotropic 5. Polypharmacy 6. Detrimental
7. Mitigate 8. Advocate 9. Micronutrient 10. Microbiome

CATEGORY

1. Health - LEVEL5

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