**October 4, 2022**

Another in the series of Illinois Agriculture in the Classroom non-fiction text examples to be used in your classroom. Remember, these will be available every MONDAY afternoon that *FarmWeek* is published during the school year.

Questions about this can be directed to Kevin Daugherty, Education Director of Illinois Agriculture in the Classroom at kdaugherty@ilfb.org.

\*\*Reminder these questions are designed to use with the on-line version of *FarmWeek.*

 <https://www.farmweeknow.com/eedition/>

Note, by request of teachers we have included the answers to the questions immediately following the questions on a separate worksheet.

*Teachers want to be sure to get this in a timely fashion? Sign up for your copy to be directly emailed at* <http://www.agintheclassroom.org/FWArticle/fwarticle.shtml>

**NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ CLASS PERIOD\_\_\_\_\_\_**

**Directions:** Please use the online version of *FarmWeek.*  <https://www.farmweeknow.com/eedition/>

Or the link to the article directly at: [**https://iaitc.co/youthmentalhealth**](https://iaitc.co/youthmentalhealth)

Use the article titled: Bringing farm youth into mental health conversations

Questions:

1. Nationally, how many youth live or work on a farm?
2. What does FAAM stand for?
3. What percentage of farm and rural adult and youth experience some form of depression or anxiety?
4. List 6 specific stressors among farm youth.
5. What are the most important 9 minutes for youth in a day?
6. How can farm adults model good mental health behaviors for youth?

Answers:

1. Over 2 million.
2. [Farm Adolescent and Adult Mental Health Study](https://www.farmweeknow.com/general/volunteers-needed-for-farm-stress-study/article_83df85da-f7d3-11ec-97b8-ab39582f9230.html#:~:text=The%20Farm%20Adolescent%20and%20Adult%20Mental%20Health%20Study,and%20Health%20and%20the%20University%20of%20Illinois%20Urbana-Champaign.)
3. Over 60%
4. 1. Weather
	2. Family Finances

C. Long work hours

D. Negative interactions with those who have a disconnect with the ag industry

E. Pressure to carry on farming tradition

F. Inability to participate in extra-curricular activities

1. The most important 9 minutes in a day for youth are the first three minutes after waking up, the first three minutes after getting home from school and the three minutes before they go to bed.
2. Adults can show how mental health is important by modeling good self-care and good coping strategies.