**It’s Ok Not to Be Okay by Scarlett Curtis in chapter 4**

**Comprehension: True or false? p. 160**

Decide whether the statements below are true or false. If false, correct them.

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|  | True or false |
| Scarlett Curtis has struggled with mental health issues since she was a teenager. |  |
| Despite her yearlong struggles, Curtis has never reached out to professionals. |  |
| When she was diagnosed, Curtis luckily knew a handful of people who felt the same way. |  |
| Curtis had to come to terms with the fact that her life would not be as she had imagined. |  |
| Most mental health problems don’t show until adulthood and the age of 21. |  |
| Half of young people struggling with their mental health believe that sharing their diagnoses will change how they are seen and treated by others. |  |
| Suicide is the leading cause of death among people aged 20-34. |  |
| Curtis believes that society is also responsible for contributing to removing the shame around mental health problems. |  |
| Curtis hopes that her book will help remove the shame surrounding mental health problems. |  |
| In contrast to others, the teenage Curtis did not feel alone and ashamed about her situation but had the confidence to talk to her parents and friends about it. |  |