

The video, "For how long can you hold your breath?"
Student material

"For how long can you hold your breath?"



Discuss the following questions in your group:

First, pick one person to write your answers down, so you'll be able to remember what you discussed for the common discussion with the class.

19 % of young people in the upper secondary educations find it difficult to talk to their friends about things that really worry them¹. What could be the reasons for this? Why do so many young people find it difficult to share their worries with their friends?

20 % of students in upper secondary schools feel stressed out every day². More and more young people aren't thriving because of the many expectations they feel they have to fulfill. Where does these expectations come from? From the people themselves? From the parents? From society? What can be done to stop this development? What can the young people do? What can the schools do?

¹ Ungdomsprofilen 2014, Statens Institut for Folkesundhed

² Ungdomsprofilen 2014, Statens Institut for Folkesundhed

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