



City of Waterbury

“Knowledge is Power” ADVISORY # 105



Depression

The Data:

25% of Waterbury girls, in grades 6 & 9, have felt sad or depressed most or all of the time in the last month.

20% of Waterbury 6th graders have felt sad or depressed most of all of the time in the last month.

19% of Waterbury boys, in grades 6 & 9, are frequently depressed and/or have attempted suicide.

23% of Waterbury 9th graders are frequently depressed and/or have attempted suicide.

You Can:

- Avoid false praise for young people. Acknowledge and praise them for specific things they have worked hard at and have accomplished.
- Celebrate young people’s uniqueness. Find something special to value and affirm, such as their sense of humor, computer skills, or wonderful smile.
- When youth make mistakes or bad choices, separate the deed from the doer. The choice is bad, not the child.
- Treat all children and youth with respect. Take them seriously. As their opinions and listen to their comments and suggestions.

Waterbury Prevention Policy Board

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Self Esteem: Young people report having high self-esteem and feel good about themselves.

Did you know 50% of Waterbury young people report having high self-esteem and boys are more likely to have this asset and girls?