

# Teen Health & Wellness

real life • real answers

**NEW AND EXPANDED**, this award-winning database is available 24/7 to your community. From bullying to green living to financial literacy, today's teens face challenges that affect their lives. For trusted information—from library or home—students and educators can count on **TEEN HEALTH & WELLNESS**.



**TAKE IT WITH YOU!**

Optimized for smartphones

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Username: TeenHealth



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Mobile app available from the iTunes store

(877) 381-6649  
teenhealthandwellness.com

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# Teen Health & Wellness

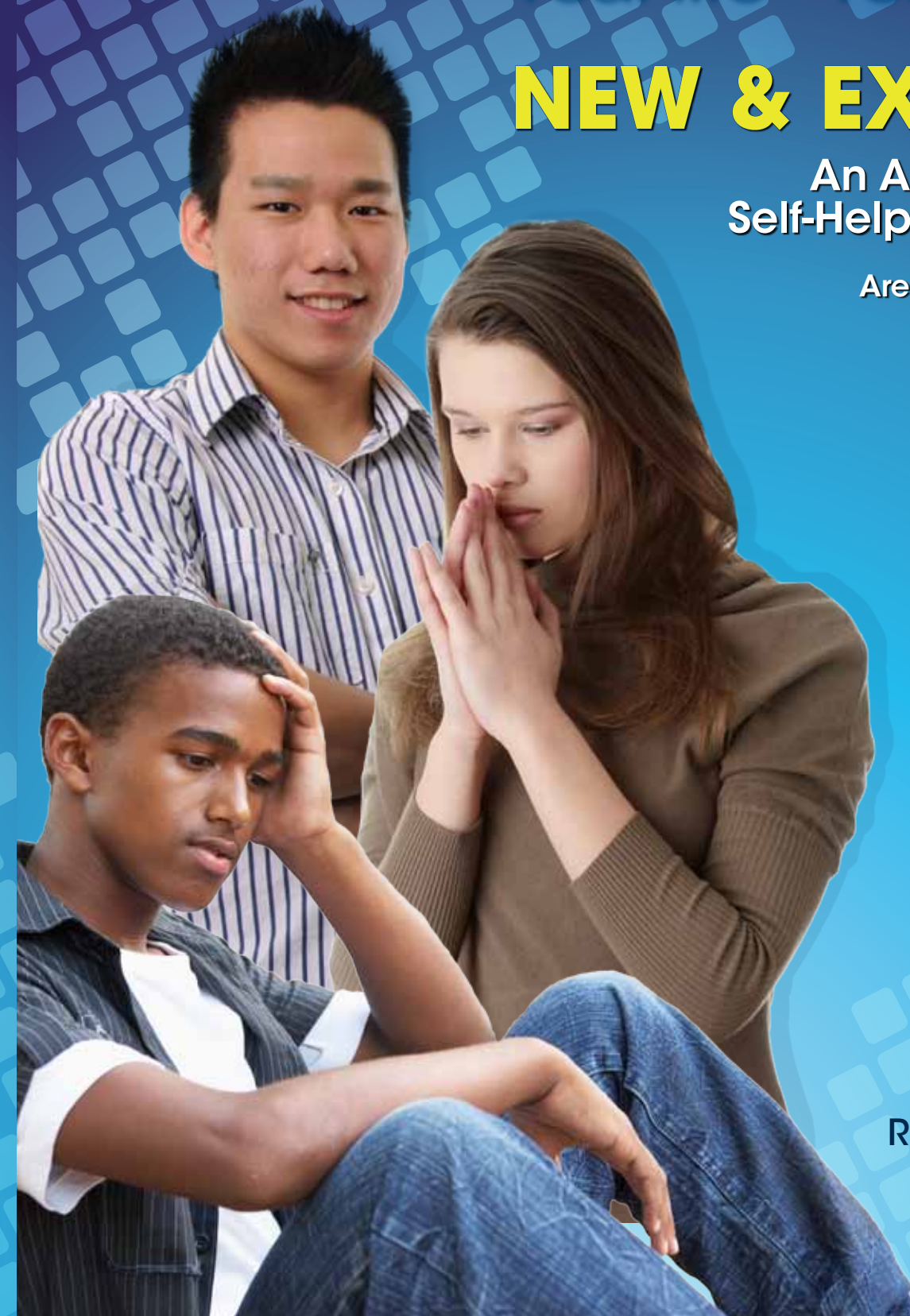
real life • real answers

**NEW & EXPANDED**

An A+ Homework and Self-Help Online Resource

Are your teens dealing with:

**BULLYING**  
**DEPRESSION**  
**DRINKING**  
**DRUGS**  
**EATING DISORDERS**  
**STRESS**  
**ACADEMIC ANXIETY**



I can't recommend  
Rosen's Teen Health &  
Wellness database  
strongly enough!

—Sara Kelly Johns, Lake Placid  
Middle/Senior High School

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(877) 381-6649  
**teenhealthandwellness.com**



Award-winning, critically acclaimed online resource—**Teen Health & Wellness** provides students with nonjudgmental, straightforward information and support on topics including diseases, drugs, alcohol, nutrition, mental health, suicide, bullying, green living, financial literacy, and more.



# MAKE A DIFFERENCE IN A TEEN'S LIFE

## HELP FIGHT BULLYING AND CYBERBULLYING



Mobile app available from the iTunes store

## NEW & EXPANDED RESOURCE

- **MOBILE APP** for 24/7 access to teen hotlines, helplines, and web sites on your iPhone, iPad, or iPod Touch
- **INSTANT TRANSLATION TO OVER 50 LANGUAGES**, including Spanish, French, Chinese, Russian, Arabic, Haitian Creole
- **SITE OPTIMIZED FOR SMARTPHONES** for access anywhere, anytime
- **VIDEOS THROUGHOUT** including student-created PSAs, add a new level of interactivity
- **CALCULATORS GIVE PERSONALIZED TIPS AND INFORMATION** on Body Mass Index, Blood Alcohol Content, Budgets, and more
- **OVER 50 NEW ARTICLES** on topics like the teen brain, concussions, hate crimes, foster care, being GLBT, and more
- **CUSTOMIZABLE HOTLINES** for local community resources

## EDUCATORS AND LIBRARIANS ARE SAYING...

**Knowledge Ontario's province-wide acquisitions committee enthusiastically selected Teen Health & Wellness** for use in Ontario's school, public, college, university, and government libraries. This valuable resource directly meets the needs of students, teachers, guidance counsellors, and parents, and is unique in its offering of Canadian content and perspective.

—Lisa Radha Weaver, Toronto District School Board

**I'm impressed with the thoroughness and the variety of the information offered.** The huge glossary will be helpful to adults as well, as it includes a good deal of medical vocabulary, including the names of drug classes and what they are typically used for. The site will make an important addition to our growing list of databases.

—Marguerite La Haye, Prince Township Public Library, Sault Saint Marie

**"The best of its kind** as an outstanding resource to serve the difficult problems many teens face."

— The Charleston Advisor

**"A simply amazing resource."**

— American Libraries

## Teen Health & Wellness

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[Hotlines](#) | [Glossary](#) | [Site Help](#) | [Logout](#)

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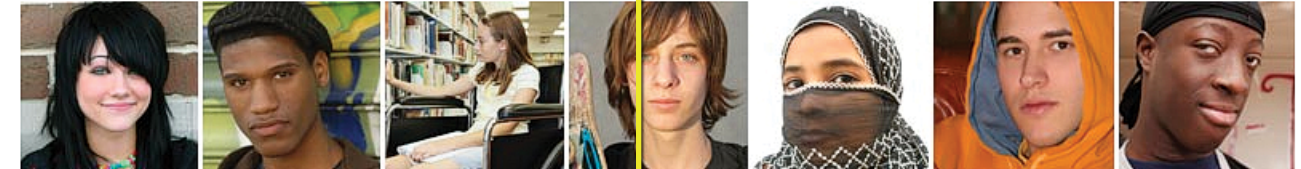
Videos increase interaction for every type of learner

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- » Diseases, Infections, and Conditions
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- » Family Life
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- » Green Living
- » Grief and Loss
- » Mind, Mood, and Emotions
- » Nutrition, Fitness, and Appearance
- » Safety
- » Sexuality and Sexual Health
- » Skills for School, Work, and Life



### personal story

#### "When I was fourteen, I looked around my freshman class and realized I was different."

During my sophomore year, more and more were starting to notice I was tense all the time. "Breathe, Shelby," they'd tell me. But I couldn't explain I didn't know how? I knew there was a way to achieve relaxation, but I couldn't do them, no matter how hard I tried. There always seemed to be a sensation of weight inside my chest, and it felt like my heart could stop, because it was always beating at such a fast pace. I'd get constant headaches due to tension, and I rarely allowed people to give me shoulder or neck massages, because my muscles were so tight—it was painful for me to be touched by people.

- > [Read Shelby's story.](#)
- > [Share your own story.](#)
- > [Read other stories.](#)

### watch it



Licensed psychologist and trusted adult answers teens' most pressing questions

### dr. jan's corner

Dear Dr. Jan,

I'm a high school junior and my parents won't let me hang out at a friend's house if an adult isn't there. I also have a curfew that's an hour earlier than everyone else I know. I'm trapped!  
—Tallie

- > [Read Dr. Jan's answer.](#)
- > [Ask Dr. Jan a question.](#)
- > [Read other questions and answers from Dr. Jan.](#)

### in the news

#### Self-Embedding: An Extreme Form of Self-Injury

A recent study by Nationwide Children's Hospital revealed that 13 to 23 percent of U.S. teens have intentionally hurt themselves by inserting objects made of glass, metal, or other materials under their skin. Self-embedding is a less common form of self-injury, but it can be very painful to the skin, bone, or muscle infections and may even harm vital organs.

> [Learn more about self-mutilation and cutting.](#)

### cast your vote

**Have you ever copied someone else's work for a school assignment?**

- ☐ Yes
- ☐ No

[VOTE](#)

- > [Learn more about cyber literacy.](#)
- > [See previous polls and results.](#)

Voting invites teens to interact with the content

### did you know?

Nearly two thirds of all known perpetrators of hate crimes are teenagers or young adults.

- > [Learn more about hate crimes.](#)
- > [See previous interesting or fun facts.](#)

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