

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

twitter
Username: TeenHealth



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Mobile app available from the iTunes store

(877) 381-6649
teenhealthandwellness.com

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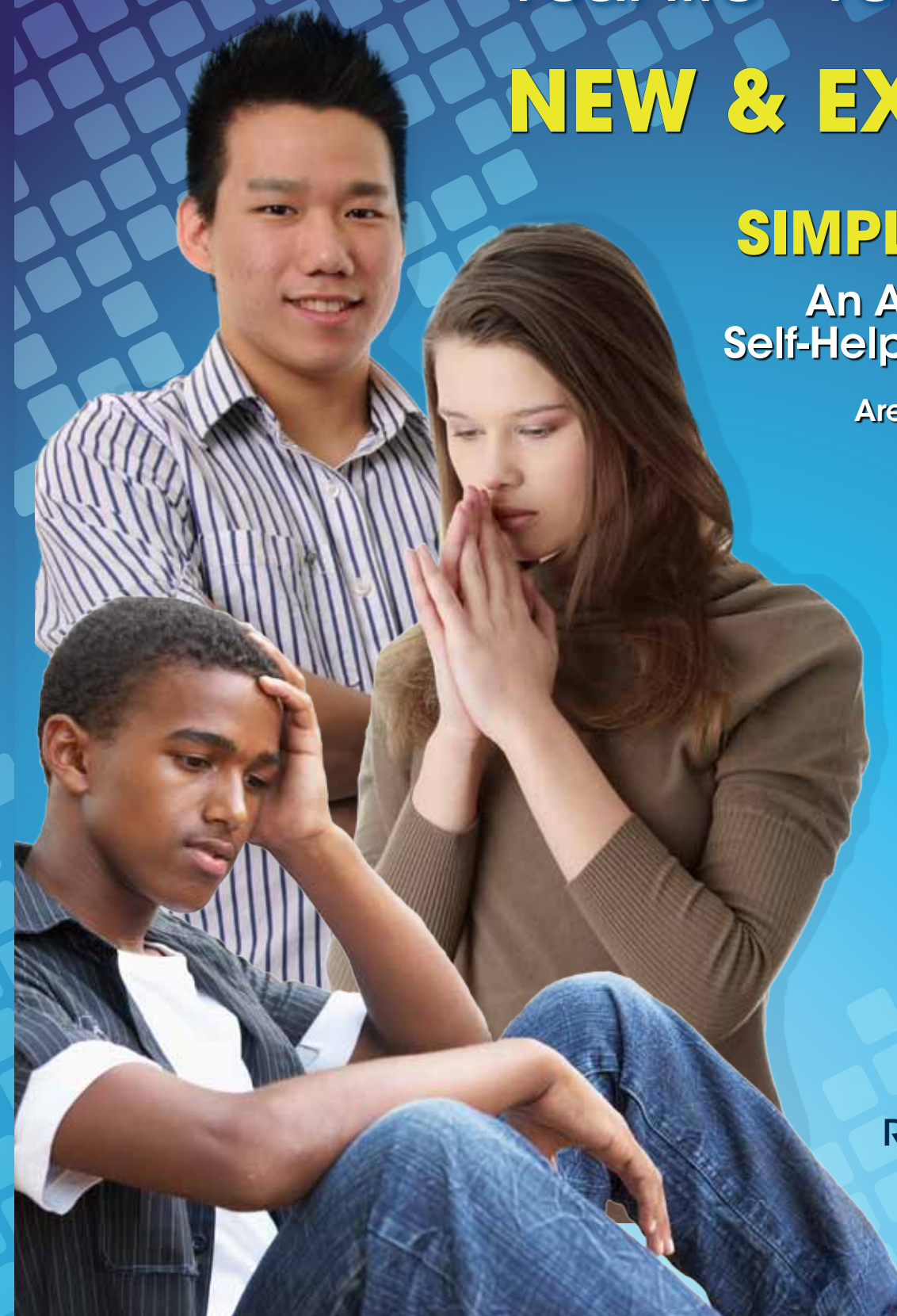
NEW & EXPANDED

American Libraries calls it
SIMPLY AMAZING!

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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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...

It is extremely accessible and the information provided is “hip,” up-to-date, and grounded in science and medicine. ... I really think that, by including student voices in the database, the purely fact-driven database model recedes and a more interactive, end-user interface is created.

—Charles O'Bryan, School Library System, Director, DCMO BOCES, NY

I can wholeheartedly endorse Teen Health & Wellness. The counselors love that they have a site where they can send teenagers to privately look up sensitive information and get answers to questions that they are too embarrassed/shy to ask about!

—Liz Philippi, Library Systems Administrator, Spring Branch Independent School District, TX

My seniors—all 600 of them—are using **Teen Health & Wellness as a main resource** for their culminating Senior Health Project.

—Sophie Brookover, Eastern Regional Senior High School (NJ)

“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

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Hotlines | Glossary | Site Help | Logout

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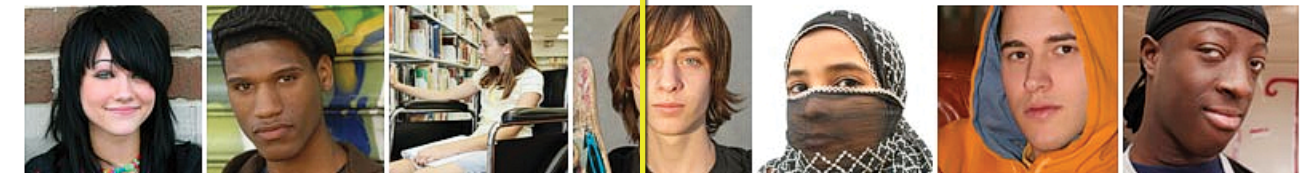
Videos increase interaction for every type of learner

<< Home

Browse by: Subject A-Z

Search: GO

- >> Body Basics
- >> Developmental Disabilities and Disorders
- >> Diseases, Infections, and Conditions
- >> Diversity
- >> Drugs and Alcohol
- >> Eating Disorders
- >> Family Life
- >> Friendship and Dating
- >> 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. “B. 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 Shelbi's story.

> Share your own story.

> Read other stories.

watch it



© Learning ZoneXpress

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.

Customize hotlines with your local resources

ROSEN digital

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