

Teen Health & Wellness

real life · real answers



Support Teen Social Emotional Development

The Hard Facts:

- **1 in 5 teens** live with a mental health condition
- **37%** of students with mental health conditions drop out of school
- **50%** of all lifetime cases of mental illness begin by age 14

Skills to Positively Impact Outcomes:

- **Foster Relationship Skills** with articles on male and female friendships, dating and cross-cultural relationships
- **Develop Responsible Decision-Making** with helpful tips and strategies
- **Nurture Growth Mindset** by encouraging leadership, self-esteem, and confidence
- **Encourage Empathy with Teen Voices:** Share stories and videos by teens on kindness, self-esteem, and depression

“**Ground-breaking... A+.** The front-runner in health information for teens and a definite must-have.”
— School Library Journal

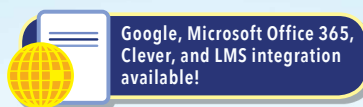
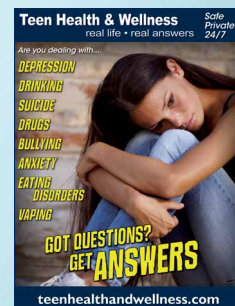
“**Thoughtfully considered...**An **exemplary** product for public libraries, high schools, and middle schools. It fills a much-needed niche.”
— VOYA (Voice of Youth Advocates)

Correlated to the CASEL (Collaborative for Academic, Social, and Emotional Learning) Standards



What's New . . .

- **CASEL Core SEL Competencies** added to Curriculum Correlations
- **Social Emotional Learning:** Articles on relationship skills, decision-making, growth mindset, more.
- **What Matters Most...current topics:** bullying, suicide, opioid abuse, vaping, gender identity, school safety, sexual consent, human trafficking, sports injuries, more.
- **Be Heard..."Tell Your Story" feature:** Encourage empathy with stories by teens from around the world.
- **Students Create and Publish...**video PSAs on issues they care about: See teen-created videos.
- **Supports Guidance/Counseling** and school-to-work integration.
- **Trusted Source...**for hard-to-ask questions including ask psychologist Dr. Jan feature on the homepage.
- **Crisis text lines** added to Hotlines.
- **NEW Outreach Materials** - Bookmarks: "You're Not Alone. Share Your Voice. Be Heard." Posters: "Got Questions? Get Answers" in English and Spanish.
- **Closed captioning for videos.** View transcript feature.
- **EasyBib** and **NoodleTools** citation generators.



“I teamed up with an English teacher for her “Teen in the World” class... We submitted over 20 videos. We will be doing this again. I can’t say enough good things about the “It’s Your Cause” Video Challenge!”

— Ruth Thoreson, Teacher Librarian, Johnston High School, Iowa