

Teen Health & Wellness

real life · real answers



Meet Teen Social & Emotional Needs

Award-winning **Teen Health & Wellness** provides middle and high school students with up-to-date nonjudgmental, curricular, and self-help support.

The Hard Facts:

- **1 in 6 teens** lives with a mental health condition
- **Students with mental health conditions** are more than twice as likely to drop out of school
- **50%** of all lifetime cases of mental illness begin by age 14

Skills to Positively Impact Outcomes:

- **Correlated to CASEL** (Collaborative for Academic, Social, and Emotional Learning) Standards
- **Foster Relationship Skills** with articles on male and female friendships, dating, cross-cultural relationships, and family life
- **Develop Responsible Decision-Making** with helpful tips and strategies
- **Nurture Growth Mindset** by encouraging leadership, self-esteem, optimism, and confidence
- **Encourage Empathy with Teen Voices** by sharing stories and videos from teens on COVID, kindness, self-esteem, depression, and more



Visit the Calm Room

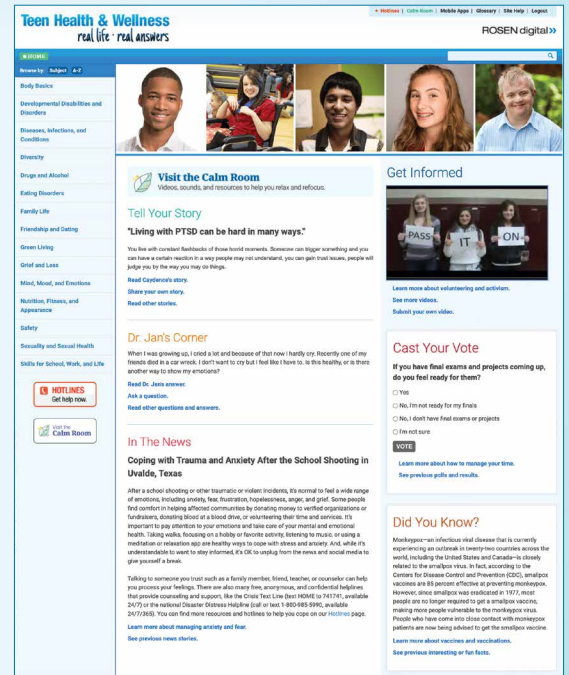
Videos, sounds, and resources to help you relax and refocus.

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

— School Library Journal

What's New . . .

- **Scientific American reviewed content** added to select THW articles, with information about health, technology, science, the environment, and society.
- **The Calm Room:** A curated collection of tools to help users relax, de-stress, and refocus.
- **Hotlines Redesign** makes it easier for users to find the resources they need.
- **What Matters Most:** Depression, stress, suicide, drugs & alcohol, bullying, school safety, fitness & mindfulness, and more.
- **Supports School Counseling** and student success skills.
- **Trusted Source:** Authoritative content for hard-to-ask questions, including psychologist Dr. Jan feature.
- **For Teens, by Teens:** Students create and share personal stories and video PSAs on issues they care about. Lesson plans provided.



“I showed the calm room to a group of educators yesterday and they loved it! Thank you THW!”

— Emma McDonald, Mesquite ISD, Texas

“Our go-to resource for SEL and Health classes. The materials are presented with the secondary audience in mind and connect with our students.”

— Ananda Campbell, Carson City School District, Nevada

“THW is extraordinary. Thank you for providing such an amazing resource.”

— Karen Morrow, Bayside Secondary School, Ontario

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AMERICAN**

**THW now enhanced with authoritative
content from Scientific American**