

# 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

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

— School Library Journal



# Visit the Calm Room

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

## What's New . . .

- **The Calm Room:** Tools to help relax, de-stress, and refocus. Our care package for you and your students.
- **What Matters Most:** COVID, racism, depression, suicide, vaping, opioid abuse, bullying, gender identity, school safety, fitness, mindfulness, life skills, and more.
- **Supports School Counseling** and student success skills.
- **Trusted Source:** Authoritative content for hard-to-ask questions, including psychologist Dr. Jan feature.
- **NoodleTools** citation generator.
- **For Teens, by Teens:** Students create and share personal stories and video PSAs on issues they care about.



*"I just love this. Every few days it gives me an opportunity to check in with myself using the backdrop of the Calm Room.*

***This is my favorite resource of the year!"***

— Dr. Jen Cannell, Past-President, New York Library Association

*"Many students (and teachers) are still struggling with anxiety and depression. I want to make you aware of a **wonderful new resource** that can help—the Calm Room."*

— Ruth Thoreson, Johnston Community Schools, Iowa

***"I love the calm room and so do my colleagues. We will use the visuals and sounds in programming with our teens."***

— Allison Ryan, Ocean County Public Library, New Jersey

