

# Teen Health & Wellness

real life · real answers



## Meet Teen Social & Emotional Needs

### The Hard Facts:

- **1 in 5 teens** lives 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, 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:** Create and 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*

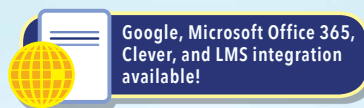
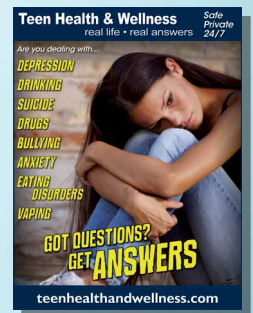
“**Thoughtfully considered...An exemplary product** for public libraries, high schools, and middle schools. It fills a much-needed niche.”  
— *VOYA (Voice of Youth Advocates)*

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



## What's New . . .

- **CASEL Core SEL Competencies** added to Curriculum Correlations.
- **Current Topics:** Covid-19, racism, bullying, suicide, opioid abuse, vaping, gender identity, school safety, budgeting & money management, family life, more.
- **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: in English and Spanish.
- **EasyBib** and **NoodleTools** citation generators.
- **"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.



“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