

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

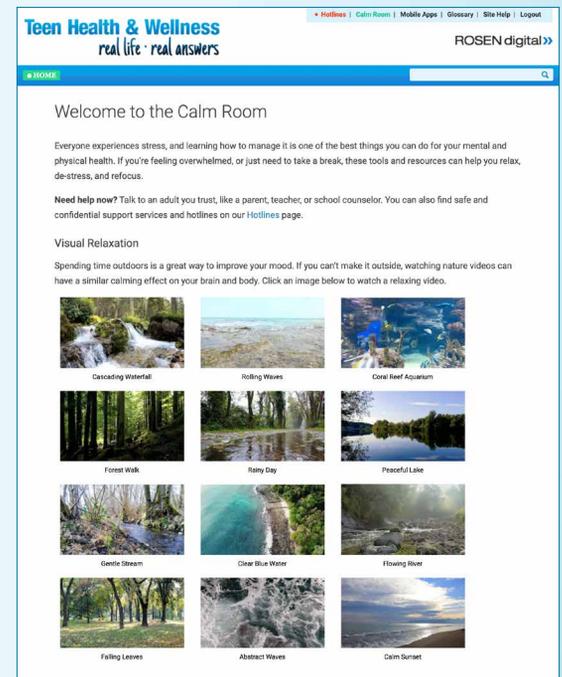


Visit the Calm Room

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 Guidance/Counseling** and school-to-work integration.
- **Trusted Source:** Authoritative content for hard-to-ask questions, including psychologist Dr. Jan feature.
- **EasyBib** and **NoodleTools** citation generators.
- **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

"Spring is here, but 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

