

Teen Health & Wellness

real life • real answers

WRITER'S WORKSHOP

- » Teen Health & Wellness contains personal stories of teens who have experienced tough issues firsthand. Teens can read these true stories, and then write one of their own.
- » Direct teens to stories—on accidental death, binge eating, citizenship, death of a parent, dyslexia, volunteering, and others—in Teen Health & Wellness for some topic ideas.
- » Hold a writing contest, or feature stories in the library newsletter or on your website. Teens can also practice writing for their college application essays.
- » Teens can even submit their story to Rosen Publishing for possible publication in Teen Health & Wellness.

VIDEO CHALLENGE

- » Invite teens to create a video public service announcement on a topic about which they feel passionate.
- » Use Teen Health & Wellness as a resource for teens to research their topics.
- » Teens can even submit their video to Rosen Publishing for possible publication in Teen Health & Wellness as part of the “It’s Your Cause” Video Challenge.

NATIONAL POLITICS—YOUNG PEOPLE HAVE THE POWER

- » Teens can have a voice in choosing the next President or Prime Minister. Polls show that young voters may be a decisive factor in deciding Presidential or provincial politics.
- » Plan a program on ways teens can contribute to the democratic process.
- » Organize a candidate forum and invite local candidates or representatives to speak. Involve local boys/girls clubs, schools, etc.
- » Highlight Teen Health & Wellness articles on citizenship, voting, leadership, teamwork, and public speaking.

TEEN TIME TIE-INS

- » These “gender exclusive” programs give young people a safe forum to discuss sensitive topics—body image, dating, peer pressure, sex, etc.
- » Table Talks/Speak Out give young people an open forum to discuss life issues.
- » Tie in database entries as relevant or suggest the database to the group listening to the Table Talk as a place to get more information.

TEEN CUISINE

- » Tie in nutrition-related articles from Teen Health & Wellness to basic cooking programs.
- » There are also plenty of no-cook recipes to try if facilities don’t allow a cooking program.
- » Pull out cookbooks, highlight fun websites and videos and most importantly, EAT!
- » Extend it further with discussion on community gardens, organic food, and vegetarianism.

STUDY BREAK

- » Plan a program during finals or other heavy test times and highlight related articles from Teen Health & Wellness on academic anxiety, stress management, study skills, etc.
- » Remind teens about time-saving programs like Live Online Homework Help (if available in your library).
- » Pull out yoga books or videos, and try some basic moves; tie into the yoga and mindfulness entries in Teen Health & Wellness.

Teen Health & Wellness

real life • real answers

ONLINE SAFETY AND SKILLS

- » Offer a program on online safety and highlight related articles from Teen Health & Wellness on cyberbullying, online safety, identity theft, etc.
- » Have teens make suggestions for your library's website.
- » Highlight research-related articles in Teen Health & Wellness and have students compare sample research results using public search engines, ChatGPT, and library databases.

SKIN CARE

- » Highlight the Teen Health & Wellness articles related to skin care, acne, shaving, etc.
- » Pull out related books or videos.
- » Let teens share their favorite skin care tip or product.
- » Make your own scrubs, masks, etc with everyday grocery items.

HEALTH AND FITNESS

- » Highlight Teen Health & Wellness articles related to fitness, body image, etc.
- » Discuss disease prevention using Teen Health & Wellness articles on infectious diseases such as Ebola, COVID-19, and Swine Flu.
- » Pull out related books and videos.

BODY IMAGE/FASHION

- » Start a discussion on fashion, media, or body image using articles from Teen Health & Wellness.
- » Tie in a T-shirt design or other fashion-related program.
- » Start a discussion on clothing, gender, and body image in popular films like *Barbie*, *Everything Everywhere All at Once*, or *Downton Abbey*.

SUMMER READING

- » Promote book(s) on the summer reading list.
- » Highlight articles in Teen Health & Wellness that relate to challenges key characters are facing (i.e. drug abuse, dating, body images, etc.).
- » Brainstorm how characters can overcome those challenges and how the book might then end differently.
- » Have teens share other favorite books that deal with similar challenges.

HEALTH POSTER PROJECT

- » Ask students to design a poster that effectively communicates the key points of a health or wellness topic that interests them. Encourage creativity, visual appeal, and message clarity in their finished work.
- » Use Teen Health & Wellness as a resource for students to research their topic.
- » Have each student present their poster to the class, explaining the significance of their chosen topic and providing key takeaways. Encourage classmates to ask questions and engage in a constructive discussion after each presentation.
- » Hang the posters in your classroom or have an exhibition in the school library or another shared space.