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 Web site. 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 girls or guys a safe forum to discuss sensitive topics—body image, dating, peer pressure, sex, etc.

Table Talks/Speak Out give guys or girls 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 Web sites and videos and most important 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 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 entry in Teen Health & Wellness.

SMART SURFING/ONLINE SAFETY

Offer a program on online safety and highlight related articles from Teen Health & Wellness on cyber-bullying, online safety, identity theft, etc.

Have teens share their Facebook pages and make suggestions for your library’s page.

If you have a digital camera, take fun and appropriate picture teens can add to their pages.
PROGRAM IDEAS FOR PUBLIC LIBRARIES AND SCHOOLS

Teen Health & Wellness
real life • real answers

TATTOOS
›› Have a tattoo program using henna, temporary tattoos, or tattoo pens.
›› Discuss pros and cons of getting a tattoo, and let teens draw designs.
›› Highlight related articles on Teen Health & Wellness.

JEWELRY/PIERCING
›› Discuss the art and custom of body piercing.
›› Highlight the related articles on Teen Health & Wellness.
›› Make some piercing alternative jewelry like belly chains.

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

EXERCISE AND FITNESS
›› Highlight Teen Health & Wellness articles related to fitness, body image, etc.
›› Pull out related books and videos.
›› Get moving with DDR or Wii.

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.

AIDS AWARENESS
›› Promote awareness of World AIDS Day.
›› Highlight related articles in Teen Health & Wellness.
›› Work with community organizations that offer related programs, awareness, and testing.

MARTIN LUTHER KING JR. DAY
›› Promote Awareness of Martin Luther King Jr. Day.
›› Highlight related articles in Teen Health & Wellness on diversity, citizenship, being a new American, etc.
›› Work with community organizations that promote racial understanding or diversity training/awareness and schools to offer a teach-in.

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.