

FEATURES	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER/ JANUARY
<b>EVERYTHING YOU NEED TO KNOW ABOUT</b>	<p><b>Binge Drinking</b></p> <p><i>Learn why this form of drinking is dangerous for teens, and why there's no amount of alcohol that's safe for everyone to drink.</i></p>	<p><b>Fad Diets</b></p> <p><i>Your favorite influencer may claim drinking lemon juice did amazing things for their health. Here's why you shouldn't believe them.</i></p>	<p><b>Acne</b></p> <p><i>This skin condition is common in teens. You don't need to be ashamed of it. There are things you can do to prevent and treat it.</i></p>	<p><b>Sleep Deprivation</b></p> <p><i>Not getting enough sleep is bad for your health. Know the signs of sleep deprivation and learn how to make sure you avoid it.</i></p>
<b>YOUR WORLD</b>	<p><b>How to Spot a Bully</b></p> <p><i>Bullying can take many forms, and be hard to spot. Here's how to respond if it happens to you or someone you know.</i></p>	<p><b>The Seven Types of Toxic Friendships</b></p> <p><i>Not all friendships are good for you. We describe some types of friends that you're definitely better off without.</i></p>	<p><b>We're in Recovery</b></p> <p><i>Meet three teens in alcohol and drug rehab. They'll tell us why being sober is so much better than they could have imagined.</i></p>	<p><b>I Have Anxiety</b></p> <p><i>Meet a teen who struggles with anxiety, and learn their tips and tricks for staying calm in nerve-wracking situations.</i></p>
<b>YOUR HEALTH</b>	<p><b>Be a Label Detective</b></p> <p><i>We teach you how to make sense of the confusing—and sometimes misleading—words on the packages of your favorite foods.</i></p>	<p><b>Secrets of a Perfect Workout</b></p> <p><i>To stretch or not to stretch? How much cardio is enough? We'll break down the elements of an ideal (and surprisingly fun) stay-healthy routine.</i></p>	<p><b>How Healthy Are You, Really?</b></p> <p><i>From what you eat to how much you exercise to how much sleep you get, your choices matter. Take this fun quiz to make sure you're making good ones.</i></p>	<p><b>Don't Pass It On!</b></p> <p><i>It's really easy to transmit—and catch—infectious diseases. Follow this guide to keep yourself and everyone around you healthy.</i></p>
<b>ON THE JOB</b>	<p><b>"I'm an Emergency Room Doctor"</b></p> <p><i>Read all about the challenges and rewards of working in an ER and find out how to pursue it as a career.</i></p>	<p><b>"I'm a Video Game Designer"</b></p> <p><i>Designing video games for a living is a lot of fun, but it also involves hard work. Learn more about this job.</i></p>	<p><b>"I'm a Teacher"</b></p> <p><i>A great teacher can inspire students and influence them for the rest of their lives. Here's what the job is really like.</i></p>	<p><b>"I'm a Chef"</b></p> <p><i>If you love feeding people and experimenting in the kitchen, this job might be perfect for you.</i></p>
<b>DEBATE</b>	<p><b>Should Schools Ban Vending Machines?</b></p>	<p><b>Is Halloween Just for Kids?</b></p>	<p><b>Should Celebs Discuss Politics?</b></p>	<p><b>Is It OK to Break Up with a Friend?</b></p>

The editors may change content as needed.