

FEATURES	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER/ JANUARY
<b>REAL TEENS</b>	<b>Saving the Animals</b> <i>Meet Genesis Butler, the 14-year-old grandniece of Cesar Chavez who's an environmentalist and activist for animals.</i>	<b>Cashing In on Fashion</b> <i>These two enterprising teens are using their passion for fashion to raise cash for living expenses and college.</i>	<b>We Created a Period Pantry</b> <i>To reduce stigma around menstruation, three teen girls from Virginia established a space where anyone can get free tampons and pads.</i>	<b>Yolanda King</b> <i>The granddaughter of Dr. Martin Luther King shares what she wants teens to know about civil rights today.</i>
<b>YOUR BODY</b>	<b>Your Body on Creativity</b> <i>You don't have to be a painter or a poet to experience the benefits of creativity.</i>	<b>Your Body on Stress</b> <i>Stress doesn't just feel yucky. It can also take a real toll on your physical health. Here's how stress affects you and how to beat it.</i>	<b>Your Body on Naps</b> <i>You didn't sleep well last night. Now you're dragging. We'll look at the benefits of some midday zzz's on your body, mind, and mood.</i>	<b>Your Body on Happiness</b> <i>Happiness has short- and long-term benefits for your health. Here's how—and how teens can keep those good vibes flowing.</i>
<b>YOUR LIFE / YOUR RELATIONSHIPS</b>	<b>Be a Goal Getter</b> <i>Is procrastination getting in the way of accomplishing your goals? Find out ways to overcome it and get stuff done.</i>	<b>A User's Guide to Teachers</b> <i>Let's bring teachers and students together to help them collaborate and be empathic toward one another.</i>	<b>Tricks of the Test</b> <i>Learn strategies that can take a lot of the pain out of test-taking. (Psych-up songs can really work!)</i>	<b>Is Your Social Media Making You Sad?</b> <i>We offer advice about how to know if your TikTok feed is making you blue, and what to do about it.</i>
<b>YOUR HEALTH / EVERYTHING YOU NEED TO KNOW</b>	<b>Everything You Need to Know About: Personal Hygiene</b> <i>Some students still struggle with the basics of staying clean and fresh-smelling. We can help.</i>	<b>Paging Dr. Google</b> <i>Many teens turn to the internet and/or social media for health questions. Learn how to make sure you get reliable info online.</i>	<b>Be a Quitter!</b> <i>Many teens who try to quit vaping fail. We'll offer proven ways to break the habit.</i>	<b>Everything You Need to Know About: Melatonin</b> <i>Learn the truth about the benefits and dangers of this hormone used as a popular sleep aid.</i>
<b>ON THE JOB</b>	<b>I'm a Sportscaster</b> <i>NHL announcer Alex Faust talks about the challenges and rewards of his profession.</i>	<b>I'm a Prop Master</b> <i>Find out what this prop pro does on the set of the TV series Goosebumps.</i>	<b>I'm an Air Traffic Controller</b> <i>What's it like to juggle jumbo jets for a living? She's here to tell you.</i>	<b>I'm a Nutritionist</b> <i>Get a taste of what these experts on health eating do and how to prepare for this career.</i>
<b>DEBATE</b>	<b>Are School Spirit Days Out of Control?</b>	<b>Should You Be Able to Use ChatGPT for Homework?</b>	<b>Do You Always Have to Text Back?</b>	<b>Is It Ever OK to Fib?</b>