

Abstract:

Many Healthy teens have shared characteristics such as self-esteem and a support system yet there are significant variances in what that looks like according to socioeconomic background, gender, special accommodations etc. . Several diverse role models and their stories are featured in *Healthy Teens: A Day in the Life*. A medium such as a video, comic book, social media post/story, illustration or podcast that's narrated by a teen would be used as demonstration. *Healthy Teens: A Day in the Life* includes challenges and how to develop through them using use internal motivation, external resources/support available. *Healthy Teens: A Day in the Life* would simulate practices of the topics listed below.

Morning Routine/ Breakfast

Healthy Relationship to self & family – Self-care, hygiene, appropriate attire, exercise/stretching, praying/meditating/mindfulness, eating nutritious food, goal setting, ideally parents are affirming and complimentary which benefits teen's self esteem

Academics/School

Health Relationships with friends, peers, teachers – respect school/classroom rules, recognized and rewarded for participation/performance, safe diverse environment, Mental Health support when needed from guidance counselor/school psychologist, healthy meals and snacks provided,

After School Social Life, Hobbies & Homework Clubs and Sports

Health Relationships with friends, significant others, peers, teachers – positive peer pressure, healthy life style choices, limit scree time, active living, secure attachment style, body image/self-esteem, date safety, healthy romantic relationships, safe consensual sex 18+/birth control options, abstinence

After School Job

Health Relationships with coworkers, customers and supervisors – team player, addressing issues with supervisors, responsibility, accountability, time management

Dinner/Family Life

Healthy Relationship to self & family - eating nutritious food, discussing highs and lows of the day, chores/helping prepare or clean up after meal

Family Life/Evening Routine/Me Time

Healthy Relationship to self-family, neighbors, religious clergy, community, elderly/those in need - Self-care, hygiene (making necessary appointments Dental, PCP/Gynecologist, Dermatologist), exercise/stretching, praying/meditating/mindfulness, journaling, goal setting, visiting House of Worship/yoga, volunteering, community service, acts of good deeds, rest