Rosen’s Teen Health & Wellness connects young adults with credible information on health and wellness topics. The site is easy to use and allows students to type in a search, browse by subject area, or browse by topic from A to Z on every screen.

Look inside to learn about the main segments of the Teen Health & Wellness database. Additional features include:

- Audio versions of all articles
- Instant translation to over 50 languages
- Personalized calculators for body mass index, budgets, and more
- Photos, illustrations, and charts enhancing a diverse collection of articles
- Glossary of health terms
- Tool for saving and sharing articles via Facebook and other social media
- RSS feeds for following a topic

If you are in Alaska and cannot enter the database, call 1-800-440-2919 anytime for a user ID and password.

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Explore these places to go at the **Teen Health & Wellness** site

### Personal Story
By sharing their own personal stories, teens can connect with others who are dealing with the same challenges. Teens whose stories are accepted for publication will receive a letter of commendation and a monetary gift.

### In the News
Current events, news, and research in teen health and wellness.

### Dr. Jan’s Corner
This section features questions and answers submitted by teen users and answered by a licensed psychologist. From here, users can click on articles about any topic addressed in Dr. Jan’s Corner.

### Hotlines
Help available 24/7 for teens in crisis.

### Watch It
Dynamic, high-interest videos addressing a wide range of teen issues. Videos are either made professionally or submitted by teens.

#### Send Us Your Video
1. Choose an issue you’re passionate about.
2. Create a short public service announcement.
3. Send us your video.
4. Win prizes!

To learn more about the “It’s Your Cause” Video Challenge, click on **Submit your own video** on the Teen Health & Wellness homepage.

### Cast Your Vote
Allows teens to share their opinion on a topic. After voting, they can see poll results. An article about the topic is also available.

### Did You Know?
Highlights interesting, little-known facts and statistics about an issue.