

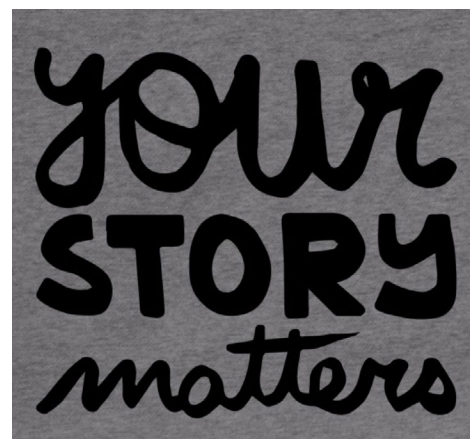


# Teen Health & Wellness

**Staying Connected During COVID-19. You Are Not Alone.**

[Teen Health & Wellness](#), Rosen's award-winning digital resource, has been updated to include [coronavirus information](#); these updates will continue as the situation unfolds. The content will present facts, not fear, in a balanced, readable, and measured format.

**To stay connected during COVID-19**, we are inviting students to share their voices through our [Personal Story Project](#). This tool allows students to share and publish their experiences, and to find strength and hope in one another's stories. Sharing challenges confronted and overcome is more than empowering; it's a way to say, "[You are not alone.](#)"



## Share Your Voice

Sharing your feelings can help you connect with other teens who are facing the same fears and concerns during the coronavirus outbreak. Your story can provide hope and comfort or empower them to face their own challenges. For example:

- *What is helping you cope with the COVID-19 outbreak?*
- *How have things changed for you, your friends, and your family?*
- *How do you, your friends, and your family stay in touch?*
- *How are you helping to support others in your school or local community?*

If your story is accepted for publication, it will be posted on Teen Health & Wellness and featured on our homepage. (All stories are published with the author's first name only.) You'll need to sign a release form that gives us permission to publish your story. If you are under 18, you'll also need to ask a parent or guardian to sign this form. Read [Personal Stories from our archive](#) and invite your teens to raise their voices in response to the COVID-19 pandemic and [publish their own](#).

If you are not yet part of the Teen Health & Wellness family, or have any questions, connect with us [here](#).

**Stay well. Keep safe, and take care of each other.**