



Newsletter N° 1, January 2017

Youth World Report Card

Inform Yourself!

As of January 2017...

- there are 1.8 billion youth in the world making up a quarter of the world's population
- 121 million youth are not in school
- 1.6 million youth die each year from violence
- 20% of the youth population will experience a mental health issue in any given year
- 150 million youth use tobacco, and half of those youth who continue to smoke will die from a tobacco related illness
- 11.8 million youth have HIV and 6,000 young girls become infected every day
- 11% of all births are to teen mothers aged 15-19
- 42 million children were defined as overweight in 2015



At TeenSmart, we believe adolescence is an opportunity for healthy growth. Preventing high-risk behaviors in early adolescence provides human and economic benefits that continue to accrue over lifetimes. That is why we use smart data to create smart interventions for teen health empowerment in order to minimize six different risky behaviors:



View more youth statistics on the UN Youth Stat's page by [visiting this link](#).

Take Action

New year, new you?

Here at TeenSmart, we always try to practice what we preach. For this newsletter we turned to our **Health Contents Director, Mariana Harnecker**, to ask what advice she has for us to stay healthy in the new year. Though seemingly simple, these practical daily tips have been scientifically proven to help you achieve better emotional and physical health.



1. **Practice gratitude:** At the end of the day, make a mental list of 5 things for which you are thankful.
2. **Share time with loved ones:** Set aside at least 30 minutes each day to simply share time with a loved one. Give that person 100% of your attention by turning off distractions.
3. **Head out for a walk:** Let the sunrise or sunset be your walking companion.
4. **Sleep:** Reset and restore yourself by sleeping for at least 8 hours.

Celebrate with us!

The results from 2016 are in! Last year alone, **1,132 youth from all over Central America completed TeenSmart's online health empowerment courses!!** These young people are now in possession of the knowledge and skills that will empower them to clarify their goals and to live according to their values.

Many of our implementing partners host celebrations for the graduates. Check out some of the photos below and make sure to visit our [Facebook page](#) to see more!



Be Inspired

Whatever your life's work is, do it well.

- Martin Luther King, Jr.

The function of education is to teach one to think intensively and to think critically. Intelligence plus character - that is the goal of true education.

- Martin Luther King, Jr.



Connect with us

