

TEENS IN ACTION

MAKE A DIFFERENCE: DISCOVER

Explore these resources to learn more about connecting with your community, feeling a sense of belonging, and how you can make a positive impact on the people around you. Please track your time as you read, watch, and listen.

We will also ask for a short reflection on each resource, and there will be space left to fill that in on the timesheet.

WEBSITES & ARTICLES

[America Has a Loneliness Epidemic: Here Are 6 Steps to Address It – NPR](#)

[How To Make New Friends With These Expert Tips on Connection – Teen Vogue](#)

[When the Prescription Is for a Dance Class, not a Pill -- New York Times](#)

[Connectedness & Health: The Science of Social Connection – Stanford Medicine](#)

YOUTUBE VIDEOS

[Choose one or more online videos on the Teens in Action YouTube playlist](#) (total runtime 3 hours, 25 mins)

DOCUMENTARIES

[Growing People: Young People Building Community at a Hawaiian Farm, 18m, 2013 – Kanopy](#)

This short documentary provides an intimate look at the MA'O program through the stories of three sisters Miki, U'ilani and Sheila Arasato.

[Reject, 87m – Kanopy](#)

A scientific and solution-oriented look at the roots of bullying and violent behavior. Pioneers in education show models of acceptance that influence physical and mental health, self-esteem and even IQ.

[Won't You Be My Neighbor?, 95m – Check out from the library](#)

Here is a behind-the-scenes look at Fred Rogers, his guiding philosophy, and how he created the groundbreaking TV series Mister Rogers' Neighborhood. Certainly, his actions promoting kindness and understanding continue to inspire and to make a difference.

[The Barefoot Artist, 83m, 2014 – Kanopy](#)

This documentary follows artist Lily Yeh, who travels the world to places that experienced trauma and poverty. She collaborates with local people to create public art or structures that tell their story and help to heal what was broken.

[Faces Places, 89m, 2017 – Kanopy](#)

Agnes Varda, the godmother of French New Wave cinema, and JR, a guerilla photographer, admired each other's work and activism. When they meet by chance, they decide to collaborate to make a film about their road trip of public art projects.

PODCASTS

Listen from the website links below or access the [TIA Spotify playlist](#), where they are all listed (total run time: 5h 15m).

[Make America Happy Again -- The Happiness Lab with Dr. Laurie Santos](#)

[You're Not Alone in Feeling Lonely -- House Calls with Dr. Vivek Murthy](#)

[Community as the Best "Safety Net" When It Comes to Mental Health & Suicide -- The PoWEr of CommUNITY](#)

[Text a Friend . . . Right Now! -- The Happiness Lab with Dr. Laurie Santos](#)

[The "Quiet Catastrophe" Brewing in Our Social Lives -- The Ezra Klein Show](#)

[The Civic Standard -- Rumble Strip Vermont](#)

[The Help-Yourself City -- 99% Invisible](#)

[The Civic Standard in a 100 Year Flood -- Rumble Strip Vermont](#)

BOOKS

[Everyday Ubuntu: Living Better Together, The African Way by Mungi Ngomane](#)

[Seek You: A Journey through American Loneliness by Kristen Radtke](#)

[Design for Belonging: How to Build Inclusion and Collaboration in Your Communities by Susie Wise](#)

[Better Than We Found it: Conversations to Help Save the World by Frederick Joseph](#)

[Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience by Berné Brown](#)



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