

# Youth Today

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# YOUTH *today*

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NATIONAL YOUTH-AT-RISK

**SPECIAL 10TH EDITION**

## YOUTH *today*

JULY/AUGUST 2014 WWW.YOUTHTODAY.ORG VOL. 23, NO. 4

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**Better friends, more benefits**  
The relationship between after-school and schools is stronger than ever. What does it mean?  
By David Diaz

**Best of after-school**  
After-school programs and activities are becoming an essential part of the education equation.  
By David Diaz

**Gathering data**  
Researchers are using information about their youth to make the world a better place.  
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**Profile: Carla Sanger**  
A former professional athlete and advocate, Sanger is now a coach.  
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## YOUTH *today*

JANUARY/FEBRUARY 2014 WWW.YOUTHTODAY.ORG VOL. 23, NO. 1

**MENTAL HEALTH**

### SELF-HARM

Identifying and supporting teens who intentionally hurt themselves

For some students, stress in their lives can lead to dangerous behavior, such as self-harm or suicide.

**Getting at the Roots of Trauma**  
When trauma and stress cause teens to act out, it's important to understand the root of the problem.

**Eating Disorders**  
A young person who struggles with an eating disorder may be able to get help.

**Teen Suicide**  
Why teens commit suicide — and what can be done to prevent it.

**Yoga Stretches Kids' Bodies — and Minds**  
Other mental health issues and danger signs, this page explores how yoga can help teens.

**Yoga Stretches Kids' Bodies — and Minds**  
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## YOUTH *today*

OCT-NOV-DEC 2013 WWW.YOUTHTODAY.ORG VOL. 23, NO. 6

**FOCUS: LGBTQ YOUTH**

### TRANSTEENS

Transgender teens come face to face with New York's transgender law. What does it mean for them?

**DRUMBEAT**

**Program Provides a Safe Space for Rhythmic Reflection**  
An online program provides a safe space for rhythmic reflection.

**Proven Program Provides a Safe Space for Rhythmic Reflection**  
An online program provides a safe space for rhythmic reflection.

## You serve America's Youth Let us serve you

**Youth Today** is the **ONLY** national publication focused entirely on the latest news, best practices, information and issues surrounding youth and those who work with them.

## Yoga, Meditation Lessons Work for Some Teens

By Meredith Rosenberg

NEW YORK — On a sunny school day last year, the last thing 20 teenagers seemed interested in was a yoga class. Most hadn't even bothered changing out of their jeans, leather jackets and baseball caps. Despite appearances, one in particular was different.

John was a senior at Humanities Preparatory Academy, a small alternative public high school for students deemed at-risk, yet with the academic potential to attend college. He's been assigned to the yoga class for the past three years.

"I thought it would just be a class of breathing, just calming the body down, that's it," said John, 18.

At-risk youth are those under 18 who are likely to drop out of school for a variety of reasons: substance abuse problems, a troubled home life or getting into trouble with the law. Trauma, poverty and violence often factor in as well.

Programs for at-risk youth have gained in popularity throughout the years as yoga has become more popular. Another contributing factor is that serious yoga practitioners and instructors are taught that they have a duty to give back to, or serve, underserved communities.



Meredith Rosenberg

Students at alternative high school in New York don't bother changing clothes for their yoga lesson.

Contact Spencer Cullom at (470)578-2975 or [scullom@youthtoday.org](mailto:scullom@youthtoday.org) for a complimentary print issue of Youth Today.

Read the full story on YouthToday.org at <http://bit.ly/1BkDykJ>