

# Teens Talk

## What our youth have to say about the state of teen mental health



We gathered a group of 10th graders from across the Greater Cincinnati area over four months of reflection, team building, and discussion to understand their thoughts on what the most significant crises and barriers to youth mental health are.

**“50% of adolescents experience a mental health crisis at some point in their lives. The good news is that promoting positive mental health can prevent some problems.”**

US Department of Health & Human Services

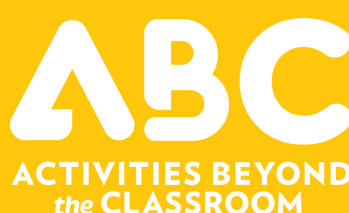


Students shared the most significant issues that need to be addressed in their schools, including:

- Bullying
- Lack of student engagement
- Suicide prevention
- Phone use
- Fights
- Smoking / vaping

They also shared ideas that would improve youth mental health, including:

- Less social media / screen time
- More exercise
- Smoking / vaping cessation
- Parental engagement / improved support systems
- Self and guided reflection
- More freedom



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