



## New Newsletter!

Hi Matthew,

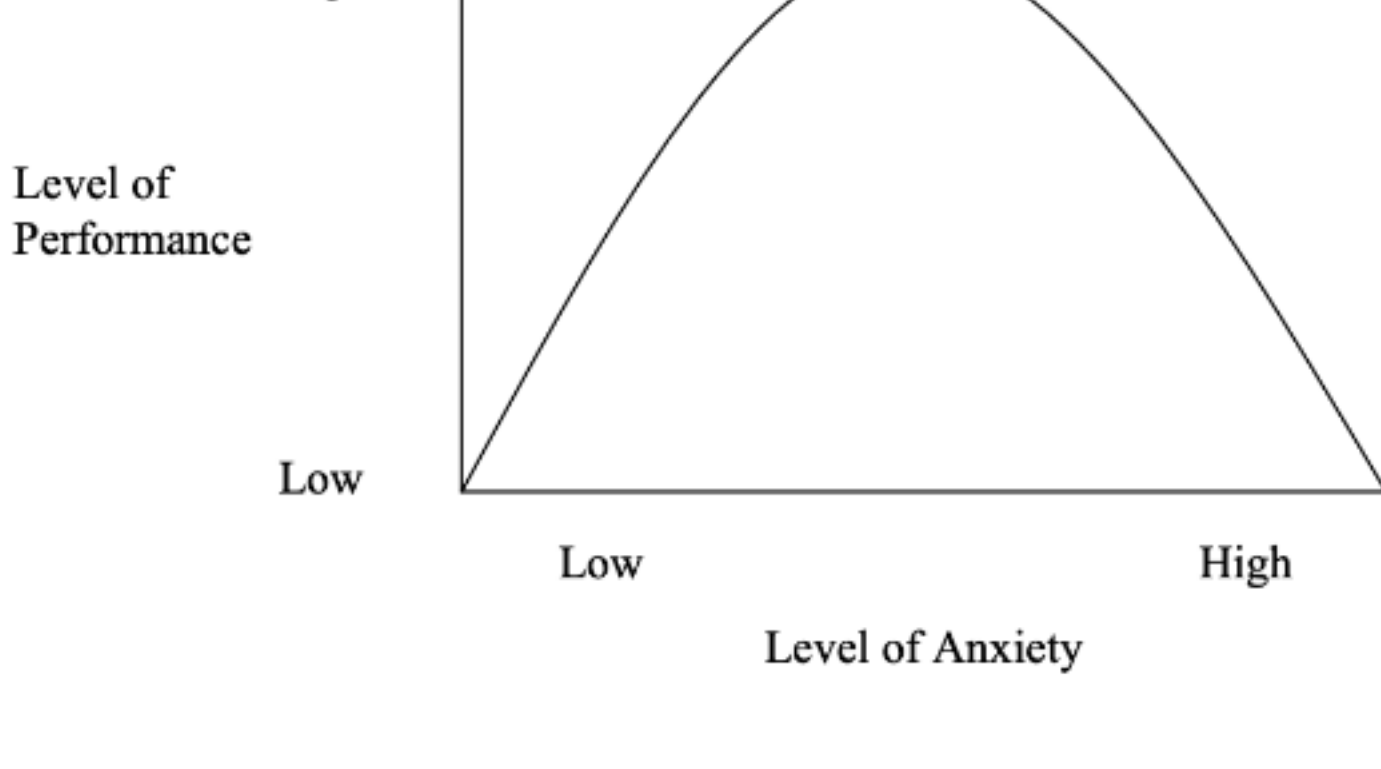
We hope you enjoy the first issue of our Newsletter!

It's hard to keep up with what's going on with teenagers these days. We know because we're constantly reading studies, think pieces, teen-generated content, and talking to experts and parents.

This newsletter is going to be the best of the best. We'll cover what you need to know regarding the science of parenting teens, what's new in teen culture, and practical tips for creating healthy and constructive conversations with your teen.

### Feature

#### Relationship between Anxiety and Performance



### Teens Are Under Too Much Pressure

Now that our teens have been back in school for a few weeks, we thought it was a good time to revisit one of our favorite subjects, 'School Stress'.

Today's generation of teens is facing more pressure to perform at a high level than ever before. Not only is it negatively affecting their mental health and well being but it's ironically affecting their performance ...

Click on the button below to learn more about how and why academic anxiety is on the rise and how we can help our teens find a healthy school-life balance.

[READ MORE \(4 Min\)](#)

### Teen Trends



#### TEEN VOGUE: How to Avoid 'Catfishing'

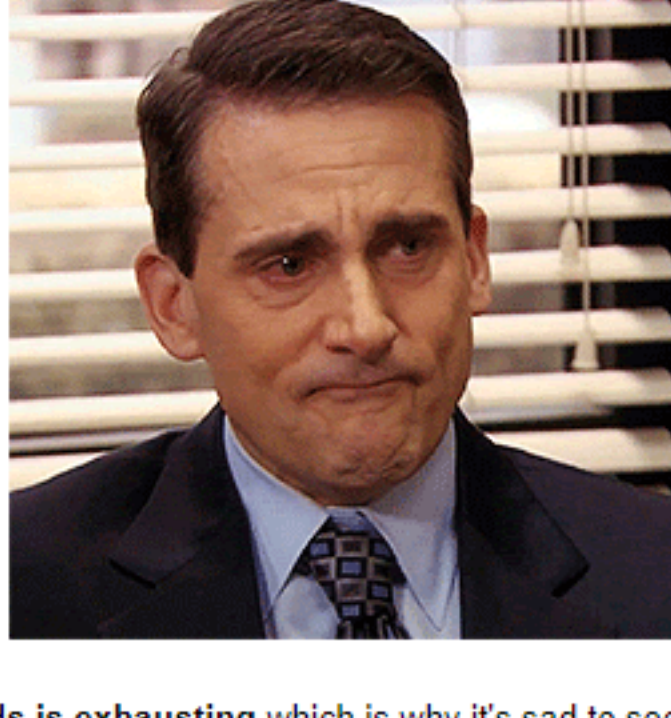
'Catfishing' is a disturbing online trend where people create fake online identities to lure others into sham relationships. Teens are especially vulnerable as the online world makes up an increasingly large portion of how they socialize, both on social media and on dating apps.

Teen Vogue, which you should absolutely be subscribed to as they have turned into a legitimate journalistic juggernaut, recently published a comprehensive article detailing what catfishing is and how to tell if you're being catfished.

All parents of teens should read this article (especially if your teen is of dating age) and we also recommend encouraging your teen(s) to read it and asking what they think:

[Read Teen Vogue's Catfishing Article \(10 Min Read\)](#)

### FYI: GIFs are 'cringe' now



Keeping up with online trends is exhausting which is why it's sad to see another trend we've only recently gotten comfortable with bite the dust. The unfortunate truth is that today's teens have moved beyond the GIF, and even Giphy (the world's largest GIF company) is admitting it.

Click the button below if you want to read how Giphy's multimillion-dollar business fell out of fashion but the main takeaway now is that if you're a GIF user, be prepared for teens to roll their eyes at you.

[READ MORE \(5 Min Read\)](#)

### Practical Parenting Corner



#### Two Teens Talk About Starting the College Application Process

If you've got a teen that's going to be applying for college anytime soon you have to give this recent podcast episode a listen.

This is Episode 1 of a series where we follow Samantha and Kyla (two high school seniors in NYC) as they navigate the college application process and give us feedback on what it's like, what their parents are doing that works and doesn't work, and what advice they have for other teens and parents of teens:

[Give it a Listen \(25 Min\)](#)

#### How NOT to Talk to a Teen About College Stress

This post we wrote last year is the perfect companion piece to the feature article on anxiety AND the podcast episode linked above.

Read how our founder Mya learned the hard way how trying to help her son with school stress can sometimes backfire:

[READ MORE \(4 Min\)](#)

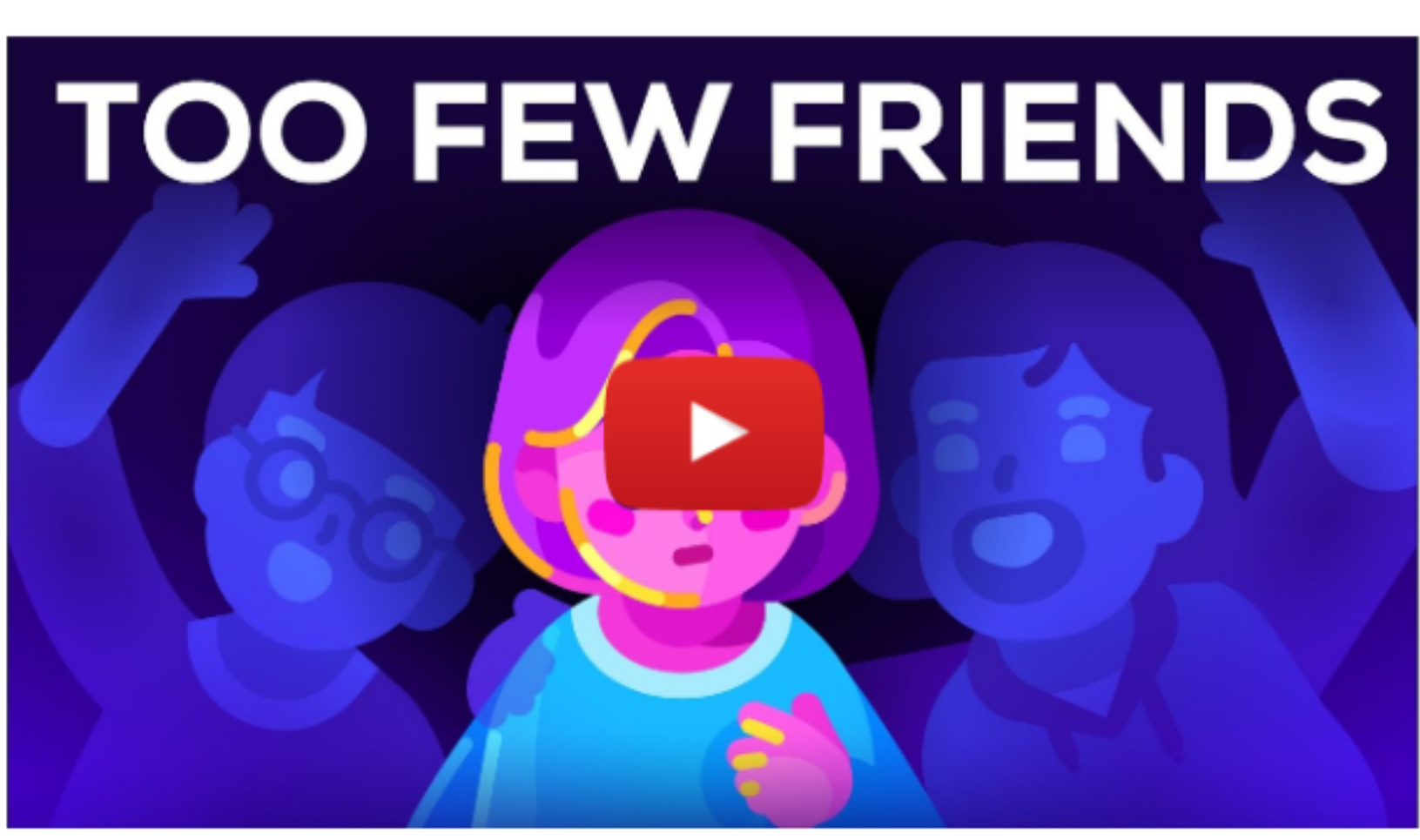
### Science Nuggets

#### VIDEO: How to Make Friends

Teens are lonelier than ever and the pandemic has NOT helped. In this video from In a Nutshell (also a great follow), they break down the science of friendships, how they work, and how to make more of them. Here's one of our favorite factoids from the video:

*"The average American teenager spends more time on TikTok every day than socializing at parties, events, or on the phone with their friends combined."*

We recommend sharing this with your teen:



### We hope you liked our newsletter, please FORWARD IT TO A FRIEND!

There's another issue coming to your inbox in 2 weeks so keep a lookout.

If you have any questions, comments, or suggestions about what to include we'd love to hear from you. Just hit reply!

Thanks for Reading,  
Mya & The Teen Brain Trust Team

P.S. If you were forwarded this email and would like to subscribe, [you can do so here](#).



Sent to: [matthewjlam@gmail.com](mailto:matthewjlam@gmail.com)

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