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# *TEEN SUMMER NEWSLETTER*

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TEEN VIBES: SUMMER 2025 EDITION  
YOUR GO-TO GUIDE FOR GLOWING SKIN, COOL  
FASHION, SUMMER FUN, AND SMART TECH!



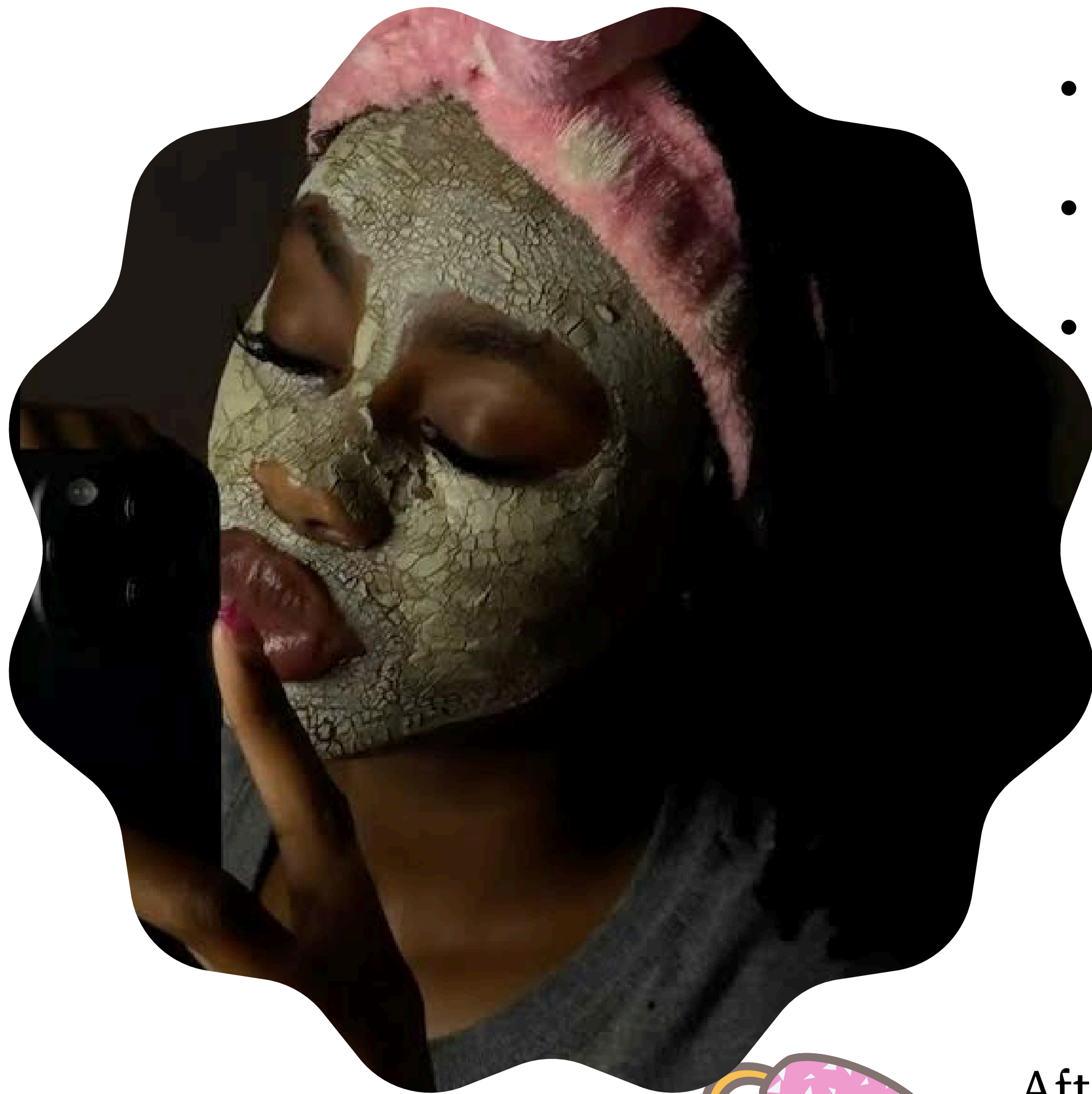


# GLOW UP: YOUR SUMMER SKINCARE SURVIVAL KIT



## Morning Routine

- Cleanse with a gentle foaming cleanser
- Moisturize with something light (gel-based = summer magic)
- Slather on SPF 30+ (yes, even if you're staying in!)



## Afternoon Fix

- Aloe mist spray = instant cool-down
- Reapply sunscreen every 2 hours
- Pop on a sun hat or big shades—protect & slay!

## Nighttime Nourish

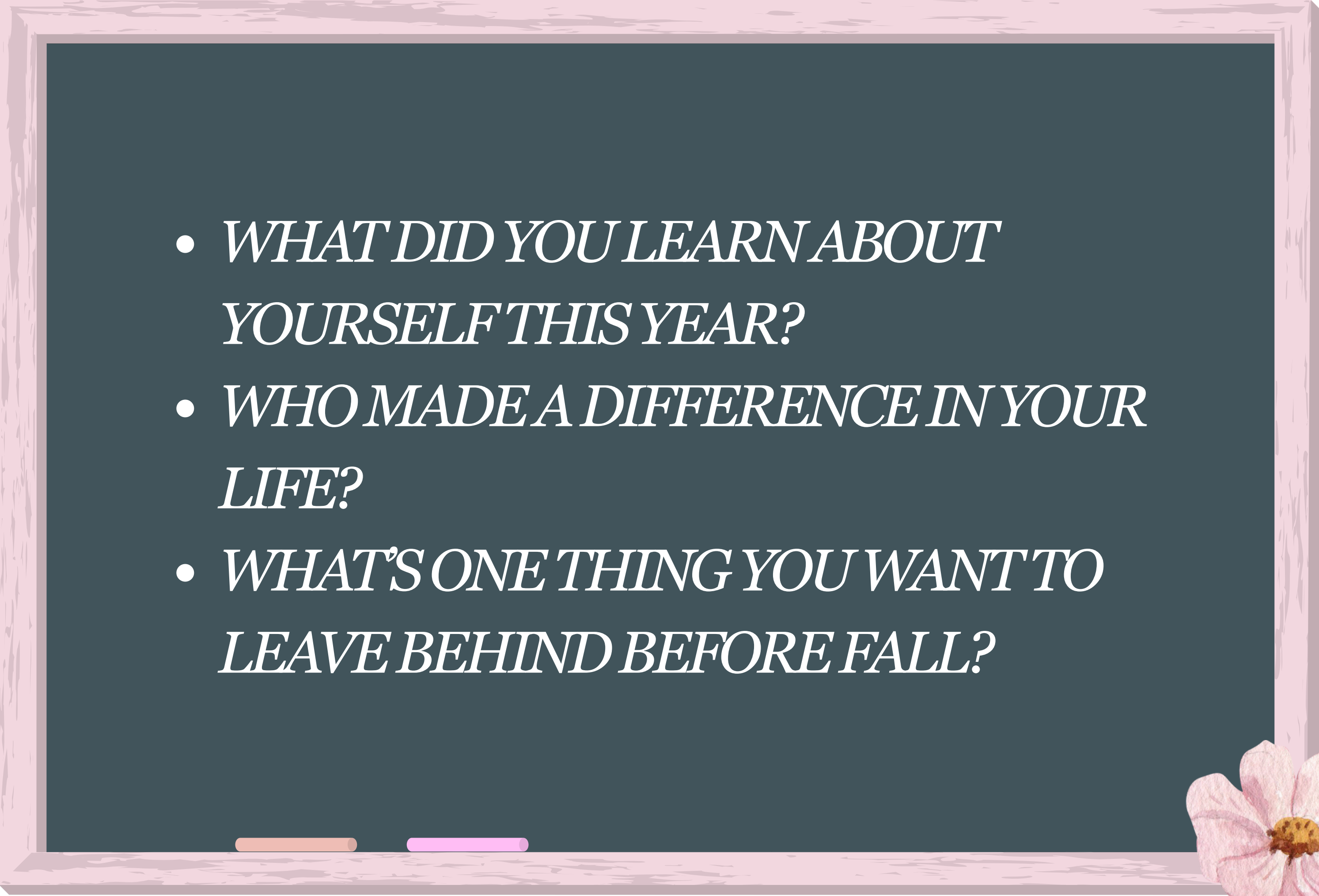
- Cleanse again (bye sweat!)
- Use aloe vera gel to soothe any redness
- Hydrate with a richer moisturizer before bed



*PRO TIP: KEEP YOUR ALOE IN THE FRIDGE FOR THE ULTIMATE COOL TREAT.*

# *REAL TALK: REFLECTING ON THE SCHOOL YEAR*

*WHETHER YOU ACED THOSE FINALS OR SURVIVED THE CHAOS,  
GIVE YOURSELF CREDIT.*

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- *WHAT DID YOU LEARN ABOUT YOURSELF THIS YEAR?*
  - *WHO MADE A DIFFERENCE IN YOUR LIFE?*
  - *WHAT'S ONE THING YOU WANT TO LEAVE BEHIND BEFORE FALL?*

*TAKE A MOMENT TO JOURNAL, BREATHE, AND PLAN YOUR SUMMER  
GLOW-UP—MENTALLY AND EMOTIONALLY.*





# *ATLADVENTURES: SUMMER FUN IN ATLANTA*

*DON'T JUST SCROLL ALL SUMMER—EXPLORE!*

- *PIEDMONT PARK – PICNIC, PADDLEBOAT, OR PEOPLE-WATCH.*
- *SKYVIEW ATLANTA – INSTA-WORTHY VIEWS FROM THE GIANT FERRIS WHEEL.*
- *HIGH MUSEUM OF ART – FOR YOUR ARTSY SIDE.*
- *ATLANTA BELTLINE – MURALS, SCOOTERS, AND FOOD TRUCKS = YES.*
- *SIX FLAGS OVER GEORGIA – FOR THE ADRENALINE JUNKIES.*
- *FREE OUTDOOR MOVIES – BRING SNACKS AND A BLANKET!*

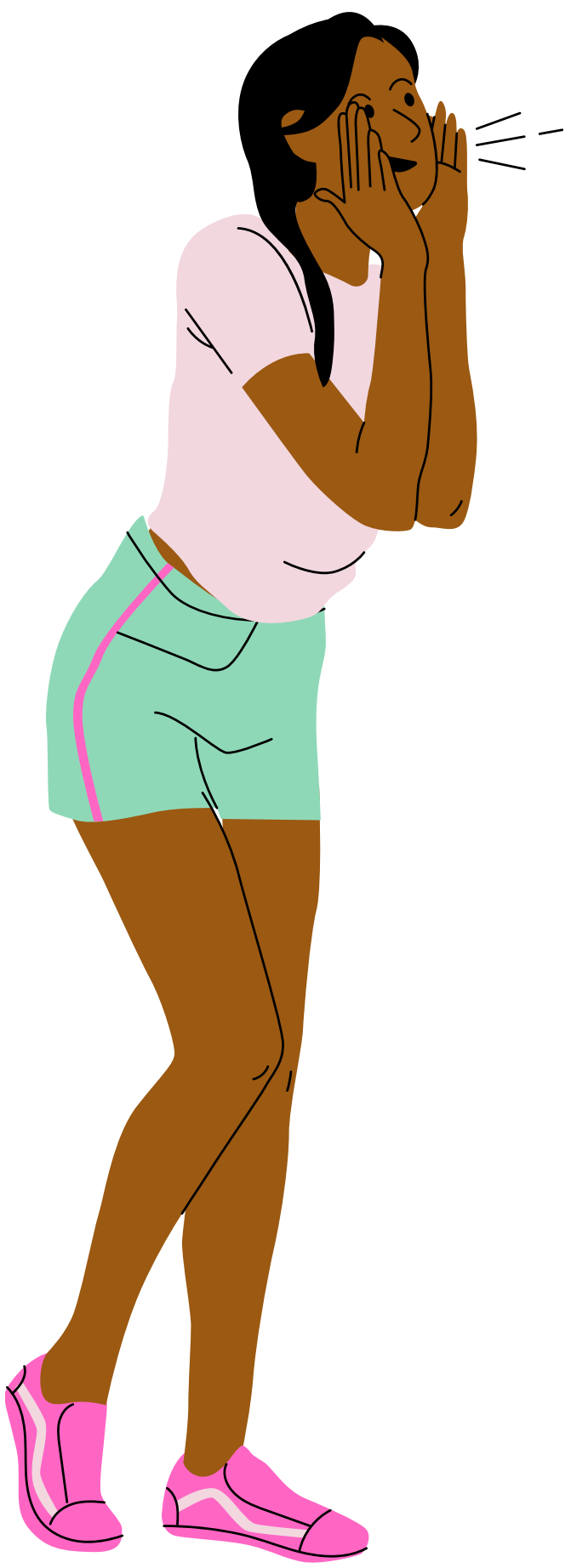


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# *TEEN TALK: LET'S GET REAL*

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1. *FEELING OVERWHELMED BY SOCIAL PRESSURE? IT'S OKAY TO UNPLUG.*
2. *FRIENDS DRAMA? RESPECT YOUR PEACE.*
3. *BODY IMAGE STRESS? EVERY BODY IS A SUMMER BODY.*
4. *TAKE BREAKS FROM THE 'PERFECT LIFE' ON SOCIAL—SOCIAL MEDIA ISN'T REAL LIFE.*



*YOU'RE DOING BETTER THAN YOU THINK.*



# *STYLE WATCH: 2025 MET GALA+*

## *DIY FASHION*

### *MET GALA HIGHLIGHTS:*

*SILVER + CHROME =  
FUTURISTIC VIBES*



*FLORAL GLAM TOOK  
OVER THE RED  
CARPET*

*BIG COLLARS, BIGGER  
STATEMENTS*



# *DIY TREND CHALLENGE:*

## *OUTFIT ONE*

*DOLLAR TREE FLOWER SKIRT –  
GLUE FAUX FLOWERS ONTO AN OLD  
SKIRT FOR MAJOR GARDEN  
GODDESS ENERGY*



## *OUTFIT TWO*

*PATCHWORK JEANS – GRAB THRIFT  
STORE JEANS AND ADD BOLD FABRIC  
SCRAPS, OLD TEES, OR DENIM PATCHES.  
INSTANT STREETWEAR WIN.*





# *STEM ZONE: NEXT-GEN TECH & PHONES*

*LOVE YOUR PHONE? GET HYPED FOR WHAT'S NEXT:  
TOP UPCOMING PHONES FOR 2025 INCLUDE:*

- *IPHONE 17 PRO – THINNER, SMARTER AI, INSANE CAMERA*
- *SAMSUNG GALAXY Z FOLD 6 – FLEX THAT FOLD!*
- *GOOGLE PIXEL 9 – AI-POWERED EVERYTHING*



*WANT MORE? CHECK OUT  
THE FULL LIST: STUFF.TV  
PHONE GUIDE*

<https://www.stuff.tv/features/most-anticipated-upcoming-phones/>



# *LET'S TALK CHATGPT: THE RIGHT & WRONG WAY TO USE IT*

*USE AI AS YOUR SIDEKICK, NOT YOUR SHORTCUT!*



## *RIGHT WAYS:*

- *BRAINSTORM IDEAS FOR SCHOOL PROJECTS*
- *GET HELP UNDERSTANDING TOUGH TOPICS*
- *LEARN NEW SKILLS OR PRACTICE WRITING*
- *COME UP WITH CREATIVE DIYS OR RECIPES*




## *MISTAKEN WAYS:*

- *COPY/PASTE HOMEWORK (TEACHERS ARE TECH-SAVVY!)*
- *USE IT TO REPLACE REAL CONVERSATIONS OR THERAPY*
- *EXPECT IT TO KNOW EVERYTHING—ALWAYS FACT-CHECK*



# *SERVE, SHINE, AND STAND OUT: SUMMER VOLUNTEERING FOR TEENS*

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- *ANIMAL SHELTERS – WALK DOGS, CLEAN CAGES, HELP WITH ADOPTIONS.*
  - *FOOD BANKS – SORT DONATIONS, PACK MEALS FOR FAMILIES IN NEED.*
  - *PARKS & REC – HELP RUN CAMPS, CLEAN UP PARKS AND TRAILS*
  - *SENIOR CENTERS – CHAT, PLAY GAMES, OR HELP WITH TECH.*
  - *HOSPITALS – GREET VISITORS, DELIVER MAIL, OR ASSIST STAFF.*



*LOOKING FOR A MEANINGFUL WAY TO SPEND YOUR SUMMER? VOLUNTEERING NOT ONLY HELPS YOUR COMMUNITY—IT ALSO BUILDS SKILLS, FRIENDSHIPS, AND A STRONGER COLLEGE APPLICATION. A WELL-ROUNDED FUTURE STARTS WITH SERVICE TODAY*

<https://teenserviceconnect.org/.org/>



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*HAVE THE BEST SUMMER EVER—STAY  
CURIOUS, STAY STYLISH, AND STAY YOU!*

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