

**SUBMISSION GUIDELINES:**

Sharing stories is a powerful way to connect with other people. By sharing your own personal story, you can connect with teens who are dealing with the same challenges that you are. By telling your story, you can reach out and help someone better understand their own experience. You are telling someone that they are not alone.

Rosen Publishing is looking for teens to share their personal stories for possible publication in a Web site for teens called Teen Health & Wellness: Real Life, Real Answers. This online resource is available in school and public libraries throughout the United States. The Web site covers a range of topics in a teen's world: Dealing with parents or sisters/brothers, being a new American, bullies and bullying, pressure to do well in school, friendship, staying fit, overcoming an eating disorder, dealing with a serious illness, how to help a friend who is taking drugs or drinking, and much more.

**What have you had to deal with or overcome? Write from your personal experiences.**

**HERE ARE SOME IDEAS TO GET YOU STARTED:**

- Identify a situation or challenge that “changed” your life.
- What was it like and how did it make you feel?
- How did you deal with the problem or find a way to live with it?
- What did you learn about yourself and those around you?
- What advice do you have for another teen going through the same thing?

**THERE ARE JUST A FEW RULES...**

- Stories should be 250-1,000 words.
- Include your name, year of birth, home address/city/state/zip, telephone number, and the name of your school or library on each submission. If possible, include your email address. You must be 13 to 19 years old to be published. On the Web site, authors will be identified with first name only—unless you request anonymity.
- Choose your words wisely. We can't publish slurs or profanity.
- We can't return submissions, so keep a copy for yourself.
- We need parent/guardian permission if you're under 18. We'll send you a form to include with your submission if it's accepted. Just fill it out and send it back, even if you get published anonymously or under a screen name.
- Include the following originality statement at the end of each submission: “This will certify that the above work is completely original,” followed by your full name to affirm this is your work.
- Request anonymity. If due to the very personal nature of a piece you don't want your name published, we will of course respect your request, but you still must include name and address information.
- Writing may be edited, and we reserve the right to publish our edited version without your prior approval.
- All works submitted become the property of Rosen Publishing and all copyrights are assigned to Rosen Publishing. We retain the non exclusive rights to publish all such works in any format.

**DEADLINE FOR SUBMISSIONS:**

Personal Stories will be added to Teen Health & Wellness on an ongoing basis. You can send us your Personal Story any time!

**PUBLISHED STORIES:**

If an essay is selected for the database, teen writers will receive 1) a letter of commendation from Rosen Publishing notifying them of acceptance and 2) a \$25 gift certificate to Barnes & Noble or Chapters.

**QUESTIONS OR REQUESTS FOR A SAMPLE:**

Contact **Miriam Gilbert**, Director of Electronic Sales and Marketing, via email at [miriamg@rosenpub.com](mailto:miriamg@rosenpub.com) or via mail at Rosen Publishing, 29 East 21st Street, New York, NY 10010.

**SAMPLE STORY:**

Brian's Story (*about Bullying*)

When I think of someone being bullied, I usually think of someone beating another person up or taking his or her lunch money. I know it sounds kind of corny, but that's how I view a bully. At least I did before I was bullied. It all started the beginning of sophomore year, when slapping a kid in the face was considered "hilarious." The joke lasted a week or two, but for one particular person it did not. It continued on for some time. It actually is still going on to this present day. Only it doesn't stop with a single slap. It continues on with name-calling, taking my things and then breaking them, and even sexually harassing me when others aren't around. I tell myself not to stoop to his level, because then I will be no better than him, but it continues. People laugh every now and then when he touches me or breaks something of mine.

Sometimes in bed I lay awake thinking, why? Why does he do this? Then one night it dawned on me. He does this because he is upset with his own life. The kid who bullies me is not too good looking and doesn't have a lot of friends. I am pretty sure that he is even depressed from time to time because of this. I try not to make it seem like it is a big deal because I know it will only make matters worse and give him even more attention. So every time he hits me or calls me names I know it's because he just wants attention, no matter whom he hurts in the process.

I've learned a lot over the past two years about bullies. Not just who they are or why they are bullies, but how to break the cycle. I hear about people being bullied, and then they become bullies because they feel they need to lash out at others to compensate for the fact that they feel inadequate. I, on the other hand, will not become a bully. I will break the chain and not hurt someone the way someone has hurt me. Hopefully by doing this I will have made a difference and let one kid live a non-tormented life.

—Brian

You can view more stories—on topics ranging from scoliosis and the death of a parent to volunteering and religious discrimination—on Teen Health & Wellness here: <http://www.teenhealthandwellness.com/static/personalstoryproject>

**To learn more about TEEN HEALTH & WELLNESS: REAL LIFE, REAL ANSWERS visit**  
**[WWW.TEENHEALTHANDWELLNESS.COM](http://WWW.TEENHEALTHANDWELLNESS.COM)**