

HAPPY NEWS TEENS

Rugby tackles loneliness



Rugby League legends like Keith

Senior and Adrian Morley are teaming up with the UK Government to tackle rising male loneliness with a powerful new programme in Wigan and Wakefield. Using the strength of sport and honest conversations, they're helping boys and young men build confidence, ditch toxic online influences and find real, supportive friendships. With over £330,000 invested and sessions designed to boost mental fitness and resilience, this project is all about giving young men a place to belong and the tools to thrive when life gets tough.

Quote of the Week

Almost everything will work again if you unplug it for a few minutes, including you.

Anne Lamott



Mindful Minute

Pause the scroll: Next time you're aimlessly scrolling, switch off your phone for 60 seconds and let your brain breathe.



The mobile game keeping an ancient language alive

A remote Aboriginal community in Australia is using gaming to save its nearly-lost Nyiyaparli language - and it's working. With only eight fluent speakers left, they created a mobile game where players explore their wetlands as junior rangers, collecting cultural objects and hearing real Nyiyaparli words spoken by elders. The game has already won awards, sparked huge excitement among locals, and is inspiring other Indigenous groups to use tech to keep ancient languages alive.



Image credit: Nyiyaparli Widi

USA

NYC's free vending machine

A new initiative in The Bronx, New York City has launched the first-of-its-kind free food vending machine, stocked with fresh produce, eggs and other groceries. It's operated by the nonprofit, Change Food For Good, and runs on a trust-based model: no payment, no paperwork - just pick what you need. It's been used by over 1,100 families so far and the organisation hopes to roll out more across the city.



Offline and loving it!

More young people are ditching their phones and heading to special offline events, where devices are switched off or locked away so everyone can properly connect. These phone-free meet-ups are popping up in cities like London and Amsterdam and are proving hugely popular with people who want real conversations and a break from constant notifications. Organisers say the rapidly rising trend shows that many young people are craving genuine moments, and less screen-time!

Worldwide

