

# HAPPY NEWS TEENS

## Youth mental health is improving



USA

Scientists say youth mental health is finally improving. After years of rising anxiety, loneliness and stress, new data shows that more young people are starting to thrive.

There's been a drop in severe anxiety and suicidal thoughts, more teens reporting good or excellent mental health, and fewer saying they feel lonely. Experts think that bigger conversations about mental health, better support, and helpful apps and outreach are making a real difference.

### Quote of the Week

*We rise by lifting others.*

Robert G Ingersoll

## TikTokers save Christmas

A school in Texas, USA, gives Christmas gifts to all 400 of its students each year, many of whom come from disadvantaged backgrounds, but this year, the school couldn't afford it. Not wanting any child to miss out, teacher Emily "Kyle" Murphy turned to TikTok for help. Her video went viral, and donations poured in, including nearly \$17,000 (£12,900) worth of toys! Thanks to the kindness of strangers, every student will now receive a Christmas gift this year.

Image: Emily "Kyle" Murphy



## Mindful Minute

Think of three kind things you can do for others this week. Write them down and tick them off as you go.



## Billie Eilish donates \$11.5m to charity

Billie Eilish just proved she's not only a superstar on stage but off it too - she's donating an incredible \$11.5million (£8.75million) from her world tour to charities fighting for a better future. The money will support climate action, food equity, efforts to cut carbon pollution and more. She has even encouraged billionaires across the world to step up and use their wealth to help the planet. Do you think her powerful message will inspire others to do the same?



Image:Getty Images

Italy



## The world's oldest barista

Italy is celebrating an incredible milestone thanks to 101-year-old Anna Possi, who's officially the world's oldest barista, and still happily serving coffees every day. Anna has been running her cafe, Bar Centrale, since 1958, and says staying active, chatting with customers and doing what she loves is the secret to her long life. She says she has no plans to slow down anytime soon!

Image:Der Spiegel

## Plastic wet wipes to be banned

England has officially announced a ban on wet wipes that contain plastic, a move that will help protect rivers, oceans, and wildlife. The ban kicks in from spring 2027 and comes after experts revealed that plastic wet wipes cause huge sewer blockages and break down into tiny microplastics that harm the environment. The change means companies will now switch to biodegradable, plastic-free versions instead.



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