



## **Living from the Inside Out**

### **Short Synopsis**

What is the reality for kids today? Facebook. Twitter. YouTube. Grades. Class rank. Test scores. Resume building and competition that builds a narcissistic, it's all about me culture of cruelty. Where is the joy? Where is the passion for learning – and for living? Researchers report teen depression, stress and anxiety are at an all-time high – and a belief that happiness comes with money, fame and material goods. With 10 percent of the nation taking anti-depressant medication, some argue that there is a set of values that are upside down.

Teens, parents, coaches and researchers share their perspectives...

"I think kids need to live from the inside out... you should live from your inner core, from your values, from what is true to you and project that to everyone else."

-- Chandler DeWitt, teen author of *Inside Out: Real Stories about the Inner Choices That Shape our Lives*.

"People who have extrinsic values and thinking about gaining material wealth or fame... those are difficult to attain... those tend to lead to anxiety and depression. The best way to guard against becoming depressed? To have close relationships that you value and that are very stable. That seems to be what we are missing now in modern life."

-- Jean Twenge, PhD, San Diego State University

"We have the best kids, we've sent kids to Harvard, Yale and Dartmouth... but to me, that's not the ultimate goal of the school. The mission of the school is to complete the whole person."

-- Sharon Coheley, educator

"When you come [to college] you learn and you follow the curriculum and you get the grades and you graduate... great. That's only training unless you change from the inside out. The word education comes from the Greek derivative *educo*, which means to change from within."

-- Dr. Nido Qubein, President of High Point University

"If you want something that's going to work in the long term, you focus on values, you focus on character, you focus on finding something that you're passionate about...that might not get them into Harvard, though, so you're taking a risk when you do that."

-- Keith Campbell, PhD, University of Georgia

"When parents and when communities begin to pull together around shared value systems and shared principles and common goals, they can begin to change cultures. Are they going to change over night? Absolutely not, but the reality is, we have to try."

-- Stacey DeWitt, Founder and CEO, Connect with Kids