



FOR IMMEDIATE RELEASE

Living and Learning from the Inside Out

Television special and corresponding teen-authored book offer solutions to change a competitive, cruel culture to a culture of caring

ATLANTA -- With recent news reports of bullying, privacy issues online and student suicides, **Living from the Inside Out**, a new half-hour television special produced by Connect with Kids, offers a particularly timely message for schools and families: a call for cultural change that focuses on shifting our priorities from valuing materialism, fame, accolades and other external, often shallow rewards to timeless, internal values that will sustain our children and our nation.

In the wake of the tragic suicide of a Rutgers University student, his parents issued a statement hoping that the family's personal tragedy will "serve as a call for compassion, empathy and human dignity." How has 21st century life altered the challenge of living a life that demonstrates those timeless qualities? How must we parent – and educate – today's "Internet Generation," whose online realities highlight a need for personal integrity and internal values that go beyond the trophies, test scores and prestige that so many seek?

The TV special **Living from the Inside Out**, to be broadcast on 35 local ABC, CBS, NBC, and Fox-affiliated stations throughout November and December, offers solutions for parents and educators. Additionally, TV stations will broadcast news reports related to the half-hour special and extended interviews with several experts and students featured in the show, including:

- **Chandler DeWitt**, High Point University student and teen author of **Inside Out: Real Stories about the Inner Choices That Shape Our Lives**, and **Dr. Nido R. Qubein**, President of High Point University. Together, they share a powerful message: Learn to live from the inside out, rather than allow life to turn us inside out. Dr. Qubein reminds us that the word education comes from the Greek derivative "educio," which means to develop or change from within. Chandler DeWitt shares her own experiences and belief that teens need to take the time to "discover their spirit" and stop checking off the to-do list set by others.
- **Jean Twenge**, PhD and Assistant Professor at San Diego State University, and **Keith Campbell**, PhD and Professor at University of Georgia. Twenge and Campbell authored one of nation's most comprehensive studies focusing on child mental health dating back seven decades, finding that college students today report three times higher depression and anxiety rates than those of students of the 1930s Great Depression era.

The half-hour special, corresponding leader's guide and teen-authored book for students will also be distributed to school districts nationwide through the Connect with Kids education network. This program's powerful messages and corresponding educational materials for use in schools and at home can help us take action - one parent, one student, and one community at a time.

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For more information, to schedule an interview, or to become a participating television partner, contact:

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