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Growing up in El Paso, Texas, Christina Leos saw many of her peers become teenage parents before graduating from high school. When she went to college at Stanford University, she realized that it wasn't just her hometown that saw such high rates of teenage pregnancy- had communities facing similar challenges across the country. I became interested in understanding where the gaps were-why people don't have access to this important information? Leos tells Fast Company. In 2015, Leos began a postgraduate course in Health Behavior at the University of North Carolina, Chapel Hill, to dig into these issues. There, she met Elizabeth Chen, who for two years taught science at a high school in rural eastern North Carolina through Teach for America. Chen and her TFA colleague Vichi Jagannatan made up the entire science department at their school, and they saw 20% of their students become pregnant by the 10th grade. Chen and Jagannatan, as a result of their experience in high school, began collaborating on ways to use technology to improve access to sex education; as soon as Leos met with them, they formed MyHealthEd, Inc. and started working together. Mobile phones are actually the number one way (teens) access information. (Screenshot: Real Conversation) The solution they landed on is an app called Real Talk, a startup that will be available for those aged 13 and over to download this fall. Initially they thought to target high school students, but in conversation with more than 300 teens in North Carolina, Texas and Connecticut to get an idea of what innovations or programs might be most effective, they learned most of the students they spoke to were having sex before 9th grade. And especially in that young demographic, mobile phones are really the number one as they get access to information, says Leos. This explains the app's format: When teens open it, they can choose a topic they wonder about-anything from acne to the crush on STIs- and confessional stories will unfold, text-message-style, explaining some of the common problems around the issue; The app also adapts responses to gender identification, including transgender and gender nonbinary teens. The co-founders of Real Talk got these stories through their focus groups with teens, and many of them contributed to the ad posted on Instagram in the run-up to the app's launch. Once the app is launched, Leos and her co-founders will seek to extend the word to their targeted demographic of high school and early high school through a campaign largely driven by social media. which has proven effective in getting young teens engaged before the run, will, Leos predicts, be a major pull; Stories from the app will populate Instagram feeds, and as soon as they click on them, kids will be directed to download the app. This strategy strategy Effective for other initiatives aimed at addressing under-discussed youth health issues-Sad Girls Club, an effort to get millennials to talk about mental health has blossomed to more than 16,000 Instagram followers. We hope that word of mouth and peer-to-peer will be our best way to reach teens, says Leos. The founders of Real Talk do not rule out partnerships with schools and practitioners, but want the app to focus on spreading advice and starting conversations in a way that feels organic to its users. We really wanted to come to this point from the perspective of the person at the center of the design, says Leos. And what they noticed was not enough room for open dialogue on sex and growing up. In recent years, across the U.S., the number of teens reporting birth control information has declined; in rural areas, it fell to just under 50%, the Guttmacher Institute found. About 57% of men and 43% of middle- and middle-school women say they had sex for the first time before learning anything about birth control. Less than 5% of LGBT students reported receiving any appropriate or inclusive sex education. While teenage pregnancy rates are steadily declining, in 2014, there were fewer than 25 births for every 1,000 women aged 15 to 19, and in the same age group, the rate was 1 in 4. With a staunchly conservative political regime threatening to strip funding from critical resources such as Planned Parenthood and national teen pregnancy research programs, while advocating for abstinence-only education that studies have consistently proved ineffective, Real Talk co-founders wanted to ease the way for teens to take more agency over their own education and get a safe space to study their subjects. Teenagers, particularly young teens, often turn to other people who they know have gone through something similar if they seek advice, Leos says. But in schools where frank talk about sex is taboo, there is no real way for these conversations to become commonplace. Real Talk is designed to act as a stand-in for a wise, experienced teen friend often needed when faced with issues related to sex for the first time. One story that pops up in the Real Talk channel, for example, describes, from the perspective of a teenage girl, how she asked her boyfriend to take things slower and why, although it was scary, she was glad she did; another teen ranting about acne and how it ruins her life. All stories include links to reputable web sources more information that teens can access. Getting the story to be believable, says Leos, was a challenge in

itself. Teenagers they met in their focus group didn't hold their eye rolls when Leos and her co-founders said or wrote something that wasn't scanned as a teenager; they'll soon be Include more emoticons and take wholesale use of popular teenage words. 'Cringey' is the word of choice to describe all the things we talk about on the app, says Leos. Real Talk has raised more than \$400,000 in grants from the U.S. Department of Health and Human Services of the U.S. Department of Adolescent Health and Yale University, where Jagannatan receives her MBA. The app is also part of the San Francisco based Fast Forward Accelerator 2017 cohort, which has provided additional funding and will be hosting a couple of demo days at the Bay Area pre-launch. Future app deployments, Leos says, will potentially include an exchange feature so that groups of friends can share stories with each other, as well as moderate a comment feature in which teens can answer stories and ask additional questions. mYour will laser cutting something out of wood, designing an object out of your own interests. Once you're running on the website, you should start entering the search term. This is where you can really start digging deeper into what you want to build. For example: In the search bar I chose the Tea Bag which led me to all these amazing things! The coolest part about Thingiverse is there's a bunch of different ideas that you can choose from, so don't need to stress. The tea bag is that it had 29 different ideas. For example: I choose this tea bag holder. There are many ideas to choose from! Once you've found what you want to do, click on it and click download this thing! (it will be located in the bottom right corner) Once you download this item it will be located in the bottom left corner of the page. As soon as you go to the main screen go to the magn looking glass at the top right of the computer screen. Once you've downloaded the item, you should see your model in this form. In the left column there is a part with the markings of Construction Equipment, click on it and the tab will fall down. You can choose different slices, for different effects. You should see both of these items in a different layout. The first is stacked with slices, and the second is interconnected in slices. By resumring your item you will it allow it to fit the exact measurements of the laser cutting machine. The measurements should be exactly 4.70MM (thickness) in millimeters Save it all. (Save the file. DXF) It's time to print! You have to get OK from the teachers. Now that you have everything saved as . DXF you're ready to copy it on a flash drive. First, open the finder and look for the file. Once you find it just drag it into the drive's flash drive and you're good to go. Now that you have yours. DXF file on flash drive you're finally ready to cut. Insert a flash drive into the USB drive of a computer connected to the laser cutter you Then go to the laser cutting software and click the file and then click the import button. Once Once Select this button screen will pop up with all the files in the computer on it. Once your flash drive is open find yours. DXF file and double click on it to import it into the software. Now that your file is imported you are almost ready to cut back. The first step towards reduction is to ensure that the file is imported on the right scale. If that doesn't happen: highlight all parts of the file, hold the CTRL on the keyboard and drag the angle to make the pieces bigger. If so: Put a sheet of wood in a laser cutter, click download, del everything, and load the current.to check and make sure that the tree is located in a safe way to hit the esc on the machine, then press the test If the tests go well and your wood is positioned correctly you can close the laser hatch cutter and press the start button. Now you're laser cutting. Now that you have been patiently waiting for all the pieces to be cut out you are ready to collect them. Just apply wood glue or hot glue as needed to the pieces and place them together as they are cut out to be together. If you make an item with interconnected teeth on it you may not need glue, but instead just press your teeth into its matching pairs and it should stick together great. Good job, you made your first laser cut! James Leynse/Getty Images As the school year draws to a close for some teachers, others need to prepare for summer school activities. Keep your students motivated and busy by creating some fun, practical activities that will keep them inspired to learn throughout the summer. Here you'll find a collection of lessons, activities and ideas to use in your summer school classroom. Melissa Koepka/Getty Images It will be difficult for any child to stay motivated at summer school when all their friends are out of the game. A great way to keep students participating in learning is to take them on a tour. Use these articles to help you plan a fun outing for your elementary school students. Field Trips RulesField Trip Ideas Ideas

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