



Claudia McBride and Addie Rausch are youth empowerment mentors dedicated to giving tweens and teens the critical life skills necessary to be happy, successful, and responsible people now and as they become adults. They offer these free helpful resources on their website.

Gain the tools to connect with your Teen or Tween as their life coach:

- Stress Quiz
- Success Quiz
- Positive Suggestions
- Teen Social hour Registration
- Teen Empowerment Course

Find: Printables, free lessons, quizzes