



TENNESSEE
COMMISSION ON
**CHILDREN &
YOUTH**

THE ADVOCATE

Fostering Holiday Joy



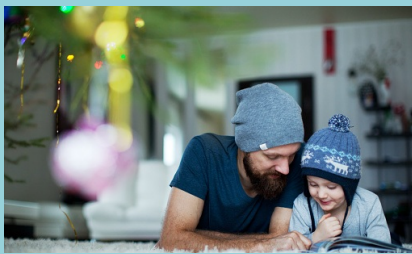
Welcome to our December newsletter. Let's celebrate the spirit of giving, gratitude, and creating memorable experiences for children and families during the holiday season. The spirit of giving benefits children and families by fostering a sense of community, empathy, and support. When individuals, organizations, and communities come together to give, whether through donations, volunteer work, or acts of kindness, they create an environment of compassion and understanding that benefits the entire community.

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Children and Youth Articles



The holidays are our yearly occasion to celebrate family, passing hours telling stories by the fire and stewing up family recipes in the kitchen. School is out and the office is closed. The kids jump out of bed each morning to see what the day has in store for them—namely, all the holiday fun that the parents have planned. But eventually, the kids will start to get restless. Here are some ideas to help you think outside the box when it comes to Christmas and holiday activities.

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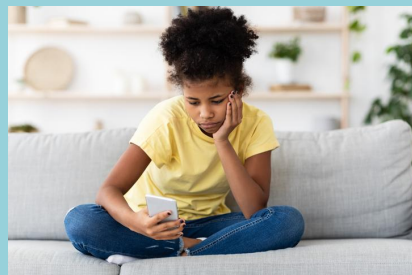


Would you like to help those in needs this holiday? Governor and First Lady Lee are continuing their beloved Christmas tradition of inviting guests to bring requested items in support of nonprofits across the state. Guests are encouraged to bring items to donate from the nonprofits' lists, click the link to view all lists. Donated items will be collected at the start of each tour and placed under Christmas trees in Conservation Hall that have been decorated to represent each nonprofit.

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America's Children: Key National Indicators of Well-Being, 2023
The Federal Interagency Forum on Child and Family Statistics (Forum) fosters collaboration among 23 Federal agencies that (1) produce and/or use statistical data on children and (2) seek to improve Federal data on those children. This year's report, *America's Children: Key National Indicators of Well-Being,*



Social media use can influence young people in a variety of ways. And with a reported rise in depression and anxiety among teens, many may wonder how social media may impact your child's mental health. Research suggests it depends on how they use it. Understanding potential connections between social media and mental health can help you guide your kids toward healthy

2023, provides the Nation with carefully selected key national indicators of our children's well-being and monitors changes in these indicators.

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social media habits.

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LGBTQ+ youth are more susceptible to homelessness than their heterosexual peers. Authors of the study “Homelessness Among Sexual Minority Youth” estimated that 12% of sexual minority youth experienced homelessness, while their heterosexual peers were at 4%.

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Mental Health Resources

[TN Partners for Health](#)

[TDMHSAS Mental Health Services](#)

[988 Hotline](#)



Find the most updated grant funding opportunities through the Federal Government as well as the State of Tennessee.

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Family Relations: Interdisciplinary Journal of Applied Family Science, published by NCFR, seeks manuscripts on the topic of artificial intelligence for publication in a special issue. This

multidisciplinary special issue of Family Relations seeks to build a platform for scientific activity around AI to leverage this emerging resource to strengthen families and family dynamics while also understanding potential detriments.

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Calendar of Events

Thursday, Dec. 14 - Tennessee Young Child Wellness Council: West Police Precinct, 5500 Charlotte Pike, Nashville TN

The Tennessee Commission on Children and Youth | [Website](#)



Tennessee Commission on Children and Youth | 502 Deaderick Street, 9th Floor - Andrew Jackson Building, Nashville, TN 37243

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