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EMPOWERMENT



# EXPRESS YOURSELF!™

where teens talk and the world listens

## Teen Radio

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**Express Yourself!**  
**Sunday at 3 PM Pacific**  
**November 17th 2019: Optimism with I am Me**

Kenneth Jeon and Brigitte Jia welcome the ebullient Dr. Tom Worthen, editor of the empowering book. I Am Me: Teen Artists and Writers Speak Out on Being Yourself . Award winning art is paired with poem, both created by teens, to help shake off negative influences and realize it is okay to be themselves. Each piece of art is skillfully matched with writing to reflect the attitude of a generation of teens who want to fit in, yet, feel inadequate due to societal pressures. The book is an optimistic look at the struggles that youth face and a creative way to express what they are feeling. The Gift

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### Featured Guest



#### Tom Worthen

Tom Worthen has a Ph.D. in Interpersonal Communication and has been the editor at Creative Communication since 1993. Aside from the yearly anthologies published by Creative Communication and Celebrating Art, Tom was also editor of Broken Hearts Healing: Young Poets Speak Out on Divorce.

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