



**JULY 2024**

**LET US HELP**

**TOLL-FREE:** 800.633.3353

**WEBSITE:** [mygroup.com](https://mygroup.com) > Current Participants > Resources > Work-Life

**USERNAME:** organization specific

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# The Teen Age

## Understanding your teen children

Technology and social media have shaped the way that most teens learn and grow. We can help you learn more about connecting with your teenagers of today.