

Statewide Culmination Event for TMI:

**Teens and Tweens (TNT)  
EmPOWERment  
Conference**

This annual conference has been held on the campus of Alabama A&M University in Normal, Alabama, in late June. Youth and adult engage in a series of workshops presented by professional speakers.

The objectives of the  
**Teens and Tweens  
EmPOWERment Conference**  
are to:

- Provide quality leadership and learning experiences for youth
- Provide the opportunities for youth to gain knowledge about college life and career choices
- Encourage the development of decision-making and problem-solving skills
- Provide opportunities for youth to develop self-esteem and social skills
- Recognize and reward youth for their participation in TMI program

Contact your local youth development agent for conference details.

TMI classes prepare teens to adopt healthier lifestyles, make career decisions, and to better understand government issues and their role as productive citizens.



For more information about **TMI**

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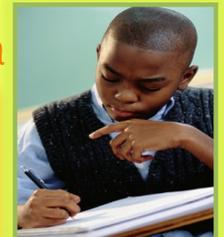
THAT'S **TMI!**

**TMI**  
Teens Making Impact

A SERIES OF TOPICS INCLUDE:

**Life Choices**      **Health and Physical Fitness**

**Civic Education**



**Etiquette**

**Career Focus**



# TMI

## Teens Making Impact

### ABOUT TMI

Teens Making Impact (TMI) was created to empower youth with the skills they need to make wise decisions and to help them become productive citizens.

### THE GOALS OF TMI ARE TO HELP TEENS:

- Improve their life coping skills for personal growth and development to meet daily challenges
- Develop decision-making skills
- Increase social and psychological skills
- Improve academically

As a result of participation in TMI, youth will gain the necessary knowledge and skills that will impact their lives and prepare them for the future.



### ABOUT TMI

### A SERIES OF TOPICS WHICH EXPLORES THE FOLLOWING:

#### **Life Choices**

An exploration of character traits, decision making and problem solving with practical exercises and interactive approaches to help youth turn problems in to positive solutions.

#### **Health and Physical Fitness**

Personalized approaches to healthy eating using the MyPyramid and focus on getting healthy and staying healthy through physical fitness.

#### **Etiquette**

Etiquette and grace for minding your manners in social settings and at mealtime.

#### **Career Focus**

Real world simulations and practical exercises to familiarize teens with various career options and workforce preparation tips including interest assessments and interview skills.



#### **Civic Education**

A focus on civic engagement, understanding citizenship, government and community-based service.

*“Empowering youth to make positive change or positive impacts...”*