

NEWSLETTER



CONNI'S CORNER

HEY! My name is Conni Rasmussen and I am the founder of Simple Teen life LLC. Born and raised in Virginia near the shores of the Chesapeake Bay my favorite things in life are my family, summer, water sports, dolphins, coffee, camping, reading, gardening, teaching and hanging out with teenagers. Our first newsletter will introduce you to all things Simple Teen Life!



WHAT IS STL

We are a small business that started as a simple conversation in 2018 between Conni and a group of teenagers. Deciding teen life was too chaotic we decided to bring awareness to adults about the need to SLOW TEEN LIFE DOWN! Aside from our founder, our staff is powered by 100% teenage brains!

MEET "BIRDY"



STAFF STORY

"I remember this day so vividly. It was my first time participating in a STL event. I didn't know what to expect but I was willing to try new things. I was tasked with selling the bird feeder. I am not really good at talking to people so it surprised me I was able to sell some of the bird feeders we created. I somehow got a new nickname. I decided to tell this story bc I hope that everyone today is able to enjoy the weather and try something new." Story by CeCe aka as BIRDY now!



TEEN RUN

We spread our message that teens need to SLOW LIFE DOWN at local vendor shows and soon through our Simple Teen Box! Our logo, Instagram TEEN account, our soon to launch You Tube Channel and Simple Teen Box are all teen created and managed. Its a company BY teens FOR teens!



DOWNTIME IN A BOX

Teens know that teens don't have enough time to pursue their hobbies and explore new things. So we invented Simple Teen Box.

Once a month a teen is guaranteed a box of fun that will not improve test scores but make way for downtime prescribed BY teens FOR teens! Available on line June 15!



During the school closures due to COVID we teamed up with Va Kids Belong and local teens in Va Beach to create survival kits for TEENS in foster care.

Va Kids Belong. It's amazing, the great things teenagers are capable of! Simple Teen Life LLC, a local group in Hampton Roads that is operated BY teenagers, FOR teenagers caught wind of our Survival Kit drive and asked to do a spin off version specifically for teens. With nothing more than a heart for kids like them in foster care and a GoFundMe page, they raised enough for over a dozen teen-specific Survival Kits for a local foster care agency. WOW. Huge shout out to these young people for their commitment to their fellow teens during this tough time!

...and that my friends is STL summarized.
 Teens with purpose while making the world a kinder place.
SLOW TEEN LIFE DOWN