

PODCASTS for TEENS

★ D-Composed

Walt Disney was no musician, yet Disney music has become the soundtrack of our lives. In D-Composed, Isaiah Campbell, author and Disney enthusiast, rolls up his sleeves and digs deep into the history of Disney music and its impact on culture, leaving no stone unturned and no topic unaddressed. Whether you love history, music, or Disney, you are sure to learn something new and finally know why you whistle while you work.

★ Mike Smith, The Harbor by Jostens

<https://youtu.be/OlQeOSoMoMM>



★ The Consistency Project

Simplifying nutrition, health, and wellbeing by breaking down the concepts and actions we can all take to live fuller, more functional lives. From EC Synkowski, founder of OptimizeMe Nutrition.

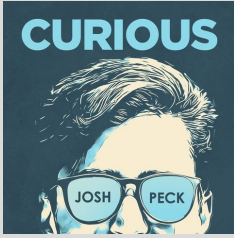
★ Chasing Excellence

Ben Bergeron

Chasing Excellence is a show dedicated to dissecting what it means to live a life of excellence, both inside the gym & out. On each episode, we'll deep dive on various aspects of being an athlete & maximizing your potential.

The following list came from a Good Housekeeping article:
<https://www.goodhousekeeping.com/life/parenting/g32157389/best-podcasts-for-teens/>

Curious With Josh Peck



Josh Peck, the one-time star of *Drake & Josh*, delves into topics that are of interest to him. He also interviews guest stars, including YouTuber Jason Nash and *Parks & Rec* star Nick Swardson.

Dear Hank & John



WNYC STUDIOS

The "Hank" and "John" in this case are, of course, Hank Green and John Green, brothers, authors, and YouTubers. (You may have heard about one of John's little novels, *The Fault in Our Stars*.) On their podcast, they answer questions like how to quit a job, how to find time to do little things, and can bees feel happiness and sadness.

Harry Potter and the Sacred Text



NOT SORRY PRODUCTIONS

Some teens might claim flippantly that Harry Potter is like a religion to them. This podcast takes that seriously, studying the books as if they were spiritual texts, and discussing themes like commitment, revenge, and forgiveness and how they fit into the context of these themes in other religions.

Let's Be Real With Sammy Jaye



IHEARTRADIO

Actual teenager Sammy Jaye, just 17 years old, heads up the interviews on this podcast. Past guests have included Jordan Fisher, Kesha, and Bachelor stars Ashley and Jared.

MentalMusic



MENTALMUSIC

This is a podcast made for and by teens, focusing on mental health. Episodes focus on topics like insomnia, how sound affects everyday life, and social media and mental health.

Part-Time Genius



IHEARTRADIO

For teens who love asking absurd questions, this podcast may just have the answers. Hosts Will and Mango investigate topics like weird inventions, how rats keep outsmarting humans, and reasons to love raccoons.

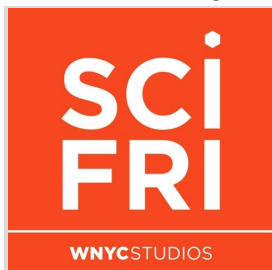
Radiolab



WNYC STUDIOS

Adults, teens, maybe even brainy kids can get into the explorations behind Radiolab, since the hosts break down scientific concepts to make them broadly accessible. Recent episodes have focused on how experts arrived at six feet as the distance people need to stay apart to stop the spread of germs, and the mysteries still going on in outer space.

Science Friday



WNYC STUDIOS

Science Friday, or "Sci Fri" to the initiated, is another podcast for science lovers: It focuses more on current events, and the scientific concepts that are in the news.

The Socially Awkward Podcast



WEBER BOYS ENTERTAINMENT

You don't have to be socially awkward to enjoy The Socially Awkward Podcast. The hosts, Justin and Zac Weber (aka "The Weber Boys"), aren't teens, but the stories about their lives are good for a laugh.

Song Exploder



RADIOTOPIA

For music fans (and possible future songwriters?), this podcast has musicians take apart their own song and explain how they were made. It mostly focuses on indie rock acts, but guests have everyone from FKA Twigs to K-pop Star Eric Nam to '90s radio staple Semisonic.

Stuff You Missed in History Class



IHEARTRADIO

History is full of weird, wonderful stories that are often glossed over in academic settings. This podcast uncovers some of those incidents, like the government's weird obsession with margarine, the "flying ambulance" developed for Napoleon's army, and the tale of the first woman to circumnavigate the globe ... on a bike!

TED Talks Daily



TED TALKS

Every teen has probably dipped into a TED Talk or two. The podcast maintains what's enjoyable about them: they're short, easily digestible nuggets of interesting information.

Teen Girl Talk



FRANKLIN COTA

Hosts Franklin and Susie Cota aren't teenagers, but they delve into books, movies, and TV shows made for teens, talking about the portrayal of the teenage years while remembering their own pasts. It's a good excuse to watch some old teen movies together.

The Moth



THE MOTH

The Moth is a historic literary tradition, and for decades has been a platform for people to get up in front of an audience, alone, and tell a personal story. The podcast collects some of their favorite performances and makes them available for a wider audience. It's a great listen for anyone interested in pursuing careers in writing or storytelling.

This American Life



WBEZ

This is another podcast you can probably cajole your teen into listening to with you. A public-radio institution, it features slices of life, focusing on a different theme each week.

Views With David Dobrik and Jason Nash



CADENCE 13

They seem like an unlikely pair at first: David Dobrik is a 20-year-old YouTube millionaire, and Jason Nash is a 40-something single dad. But they both are vloggers, and their podcast delves into what it's like living life in the public eye.

Wait Wait ... Don't Tell Me!



NPR

Trivia buffs will thrill to this current-events quiz show, which features special guests like Stephen Colbert, Kumail Nanjiani, and Jennifer Lee. Shout out the answers and see who in your family wins bragging

Adult ISH



YR MEDIA

YR Media is a media company run and produced by young people who are interested in careers in journalism and media — ie, it's made by teens. They have a bunch of podcasts, but *Adult ISH* is a good one for older teens who are soon to be headed into the real world.