

messages to young people pdf

messages to young people pdf serve as invaluable resources for guidance, inspiration, and practical advice tailored for individuals navigating the complexities of adolescence and young adulthood. This article delves into the multifaceted nature of such messages, exploring their impact across various life domains, from personal development and education to career aspirations and societal engagement. We will examine the diverse formats these messages take, including readily downloadable PDF documents, and discuss how they empower young minds with knowledge, foster critical thinking, and encourage positive life choices. Understanding the content and accessibility of messages to young people in PDF format is crucial for educators, parents, and the young individuals themselves seeking actionable wisdom.

Understanding the Power of Messages to Young People PDF

The digital age has revolutionized access to information, and messages to young people pdf are a prime example of this accessibility. These downloadable documents offer a tangible and organized way for young individuals to engage with advice, motivational content, and educational materials. Whether it's a guide to mental well-being, a primer on financial literacy, or a collection of inspirational quotes, the PDF format ensures easy storage, sharing, and offline access, making them a powerful tool for personal growth.

The Role of Digital Resources in Youth Development

Young people today are digital natives, accustomed to accessing information online. Messages to young people pdf tap into this reality by providing content in a format that is familiar and easily consumable. These digital resources can supplement traditional learning methods and offer perspectives that might not be readily available in their immediate environment. The ability to download and revisit these messages allows for continuous learning and reinforcement of key concepts, contributing significantly to their holistic development.

Benefits of Downloadable Guidance Materials

The convenience of a PDF cannot be overstated. For young people, having access to messages to young people pdf means they can learn at their own pace, in their own space. They can revisit complex topics, reflect on motivational advice, or refer to practical tips whenever needed. This self-directed learning fosters independence and a sense of agency in their personal journeys. Furthermore, these resources can be shared among peers, creating a ripple effect of positive influence and shared growth.

Key Themes Found in Messages to Young People PDF

The spectrum of topics covered in messages to young people pdf is broad, reflecting the diverse challenges and opportunities faced by this demographic. These messages often address crucial aspects of life that shape an individual's future. From building resilience to understanding ethical conduct, the content aims to equip young minds with the tools they need to thrive.

Personal Growth and Self-Discovery

A significant portion of messages to young people pdf focuses on internal development. This includes building self-esteem, understanding emotions, and developing healthy coping mechanisms. Guidance on setting personal goals, exploring interests, and discovering one's strengths and weaknesses are common themes. The emphasis is on fostering a strong sense of self, which is foundational for navigating external pressures and making informed decisions.

Educational and Career Guidance

Navigating the educational landscape and planning for future careers can be daunting for young people. Messages to young people pdf often provide practical advice on academic success, choosing study paths, and preparing for higher education or vocational training. They may also offer insights into various career options, resume writing, interview skills, and the importance of lifelong learning. This type of guidance can demystify the process and empower them to take proactive steps towards their professional aspirations.

Mental Health and Well-being Strategies

The mental health of young people is a critical concern, and many resources are dedicated to this topic. Messages to young people pdf frequently offer strategies for managing stress, anxiety, and other common mental health challenges. They might include information on mindfulness, emotional regulation, seeking help when needed, and fostering positive relationships. These resources aim to destigmatize mental health issues and promote a proactive approach to well-being.

Social Responsibility and Community Engagement

Empowering young people to become responsible citizens is another key objective. Messages to young people pdf often highlight the importance of ethical behavior, empathy, and contributing to society. They may encourage participation in community service, understanding civic duties, and advocating for positive social change. These themes help cultivate a sense of purpose and belonging, encouraging young individuals to make a meaningful impact on the world around them.

Creating and Disseminating Effective Messages to Young People PDF

The impact of messages to young people pdf relies heavily on their quality, relevance, and accessibility. Developers of these resources must consider the specific needs and interests of their target audience to ensure the messages resonate and lead to positive outcomes. Effective dissemination strategies are also crucial for maximizing reach and engagement.

Content Creation Best Practices

- **Targeted Content:** Messages should be tailored to specific age groups and their unique developmental stages.
- **Clear and Concise Language:** Avoiding jargon and using simple, understandable language is essential.
- **Actionable Advice:** Providing practical steps and concrete strategies makes the messages more impactful.
- **Engaging Format:** Incorporating visuals, stories, and interactive elements can enhance engagement.
- **Credible Sources:** Ensuring information is accurate and comes from reliable sources builds trust.

Dissemination Channels for PDF Resources

Making messages to young people pdf easily accessible is paramount. This involves leveraging various channels to reach the intended audience effectively. Digital platforms, educational institutions, and community organizations all play a vital role in this process. The goal is to ensure that these valuable resources are not only created but also widely distributed and utilized.

Measuring the Impact of Guidance Materials

To ensure the continued effectiveness of messages to young people pdf, it is important to establish mechanisms for evaluating their impact. This can involve gathering feedback from young users, tracking engagement metrics, and observing changes in behavior or attitudes. Such assessments help in refining existing content and developing new resources that better meet the evolving needs of young individuals.

The Future of Guidance Resources for Youth

As technology advances and societal needs evolve, the format and content of guidance for young people will continue to adapt. The accessibility and versatility of the PDF format suggest it will remain a relevant tool, but we may also see integration with interactive platforms and personalized learning experiences. The core purpose, however, will remain the same: to empower the next generation.

Frequently Asked Questions

What are the best ways to get young people to actually read a PDF document about important topics?

Engage them with visually appealing designs, incorporate interactive elements like quizzes or clickable links, break down dense text into bullet points or short paragraphs, use relatable language and examples, and consider making it accessible via platforms they already use, like social media sharing links or QR codes.

How can I ensure the messages in a PDF for young people are impactful and memorable?

Focus on clear, concise messaging with a strong call to action. Utilize storytelling, personal anecdotes, and peer testimonials to build connection. Incorporate positive reinforcement and highlight the benefits of adopting the message's recommendations. Make sure the tone is empowering and avoids being condescending.

What are the most common pitfalls to avoid when creating PDFs for a young audience?

Avoid overly academic or jargon-filled language, excessively long blocks of text, a dull or uninspired design, assuming prior knowledge, and patronizing tones. Also, be mindful of accessibility for those with visual impairments or learning differences, ensuring good contrast, readable fonts, and alt text for images.

Are there specific digital formats or platforms that are more effective than PDFs for reaching young people with messages?

While PDFs can be useful for detailed information, many young people prefer more dynamic formats. Short-form videos (TikTok, Reels), engaging infographics, interactive websites, social media posts, and even digital comic books can often capture attention more effectively. However, a well-designed PDF can complement these by offering more in-depth content.

What types of messages are most relevant and trending for PDFs aimed at young people right now?

Messages around mental health awareness and coping strategies, digital citizenship and online safety, environmental sustainability and climate action, career exploration and future planning, and financial literacy (budgeting, saving, investing) are currently highly relevant and trending among young audiences.

Additional Resources

Here are 9 book titles related to messages for young people, formatted as requested:

1. *Unlocking Your Inner Compass: A Teen's Guide to Finding Purpose*

This book offers practical advice and inspiring stories for teenagers navigating the complexities of self-discovery. It focuses on identifying personal values, exploring passions, and making informed decisions about future paths. Readers will find strategies for setting achievable goals and building resilience in the face of challenges. It's designed to empower young minds to take ownership of their journeys.

2. *The Resilience Blueprint: Building Strength for the Teenage Years and Beyond*

Designed to equip young people with the tools to overcome adversity, this book delves into the science and practice of resilience. It explores how to manage stress, cope with setbacks, and develop a positive mindset. Through relatable examples and actionable exercises, readers will learn to bounce back stronger from life's inevitable difficulties. This guide aims to foster a robust sense of inner strength.

3. *Decoding the Digital World: Navigating Social Media and Online Identity for Teens*

This crucial resource helps young people understand the impact of their online presence and develop healthy digital habits. It tackles issues like cyberbullying, privacy, and the pressures of social media comparison. The book provides practical tips for cultivating a positive and authentic online identity. It encourages critical thinking about digital content and promotes responsible online engagement.

4. *The Art of Authentic Connection: Building Meaningful Relationships as a Teenager*

Focusing on the importance of genuine human connection, this book guides teenagers in developing strong and healthy relationships. It explores communication skills, empathy, and how to navigate friendships, family dynamics, and potential romantic interests. The text emphasizes the value of vulnerability and setting healthy boundaries. Readers will learn how to foster deeper connections in their lives.

5. *Your Voice Matters: A Young Person's Handbook for Advocacy and Change*

This empowering book inspires young people to discover their ability to make a difference in their communities and the world. It provides practical steps for identifying issues they care about, researching solutions, and effectively communicating their ideas. The book highlights inspiring examples of youth activism. It encourages readers to find their passion and translate it into impactful action.

6. *Mindful Me: Cultivating Calm and Focus in a Busy Teen Life*

Introducing the practice of mindfulness, this book offers accessible techniques for teenagers to

manage stress and improve their emotional well-being. It explores how to be present in the moment, reduce anxiety, and enhance concentration. Through simple exercises and explanations, young readers can learn to cultivate inner peace amidst the chaos of their daily lives. This guide promotes a healthier relationship with thoughts and feelings.

7. The Future Architect: Crafting Your Path to Success and Fulfillment

This forward-looking book encourages teenagers to actively design their own futures by exploring career possibilities and personal development. It emphasizes the importance of lifelong learning, skill acquisition, and embracing opportunities. The book provides guidance on setting ambitious goals and developing the mindset needed to achieve them. It's about empowering young people to see themselves as creators of their destinies.

8. Beyond the Surface: Understanding Emotions and Building Emotional Intelligence for Teens

This comprehensive guide helps young people to better understand and manage their emotions, a key component of emotional intelligence. It offers insights into recognizing different feelings, expressing them constructively, and developing empathy for others. The book provides practical strategies for navigating challenging emotions and building healthier emotional responses. It aims to foster self-awareness and interpersonal skills.

9. The Power of Perspective: Shifting Your Mindset for a Brighter Future

This uplifting book explores the profound impact of our thoughts and beliefs on our experiences and futures. It guides teenagers in understanding how to identify and challenge negative thought patterns, cultivate optimism, and embrace a growth mindset. Through relatable anecdotes and practical exercises, readers will learn to reframe challenges and unlock their potential. It's about empowering young minds to shape their reality through intentional thinking.

[Messages To Young People Pdf](#)

Messages to Young People: A Guide to Navigating Life's Challenges

Are you feeling lost, overwhelmed, and unsure of your path? Do you grapple with anxiety, pressure to succeed, and the constant barrage of social media comparisons? You're not alone. Millions of young people struggle with similar feelings, leaving them feeling isolated and uncertain about their future. This ebook provides a lifeline, offering practical advice and inspiring messages to help you navigate the complexities of young adulthood and build a fulfilling life.

This ebook, *Navigating Your Twenties: A Practical Guide for Young Adults*, offers clear, actionable strategies to overcome these challenges and build a brighter future.

Contents:

Introduction: Understanding the Unique Challenges Faced by Young People Today

Chapter 1: Managing Anxiety and Stress: Techniques for Self-Care and Resilience

Chapter 2: Building Healthy Relationships: Navigating Friendship, Romance, and Family Dynamics
Chapter 3: Achieving Your Goals: Setting Realistic Expectations and Overcoming Procrastination
Chapter 4: Developing a Strong Sense of Self: Embracing Your Uniqueness and Building Confidence
Chapter 5: Making Informed Decisions: Critical Thinking and Problem-Solving Skills
Chapter 6: The Power of Positive Self-Talk: Reframing Negative Thoughts and Beliefs
Chapter 7: Navigating Social Media and Technology: Maintaining Healthy Boundaries and
Protecting Your Mental Health
Conclusion: Embracing the Journey and Building a Fulfilling Life

Navigating Your Twenties: A Practical Guide for Young Adults

Introduction: Understanding the Unique Challenges Faced by Young People Today

Young adulthood is a period of immense transition and change. It's a time of exploration, self-discovery, and establishing independence. However, this pivotal stage also presents unique challenges that can feel overwhelming. Pressure to succeed academically and professionally, navigating complex social dynamics, managing mental health, and the constant bombardment of information through social media all contribute to a sense of anxiety and uncertainty. This ebook is designed to equip you with the tools and strategies necessary to navigate these challenges effectively and build a fulfilling life. We'll explore practical techniques for stress management, relationship building, goal setting, and developing a strong sense of self. Remember, you are not alone in this journey, and with the right support and guidance, you can overcome any obstacle.

Chapter 1: Managing Anxiety and Stress: Techniques for Self-Care and Resilience

Anxiety and stress are common experiences during young adulthood. Academic pressures, job hunting, relationship issues, and financial concerns can significantly impact mental wellbeing. However, there are effective strategies to manage these feelings. This chapter focuses on practical self-care techniques such as:

Mindfulness and Meditation: Learning to be present in the moment can significantly reduce anxiety. Guided meditation apps and mindfulness exercises can help cultivate a calmer state of mind.

(Keyword: Mindfulness exercises for anxiety)

Physical Exercise: Regular physical activity releases endorphins, which have mood-boosting effects. Finding an enjoyable form of exercise, whether it's yoga, running, or team sports, is crucial.

(Keyword: Exercise and mental health)

Healthy Diet and Sleep: Nourishing your body with a balanced diet and ensuring adequate sleep are

fundamental to managing stress. Poor nutrition and lack of sleep can exacerbate anxiety and other mental health issues. (Keyword: Diet and sleep for anxiety)

Time Management Techniques: Effective time management reduces feelings of being overwhelmed. Prioritizing tasks, breaking down large projects into smaller, manageable steps, and utilizing productivity tools can make a significant difference. (Keyword: Time management techniques for students)

Seeking Support: Don't hesitate to reach out for support when needed. Talking to friends, family, or a mental health professional can provide valuable perspective and guidance. (Keyword: Mental health resources for young adults)

Chapter 2: Building Healthy Relationships: Navigating Friendship, Romance, and Family Dynamics

Healthy relationships are crucial for overall well-being. This chapter explores the complexities of navigating different types of relationships during young adulthood, including:

Friendship: Building strong, supportive friendships requires open communication, empathy, and mutual respect. Learning to set healthy boundaries and manage conflicts constructively is essential. (Keyword: Healthy friendships for young adults)

Romance: Romantic relationships can be both rewarding and challenging. Open communication, trust, and mutual understanding are key to a healthy relationship. Learning to identify red flags and setting healthy boundaries is crucial. (Keyword: Healthy romantic relationships)

Family Dynamics: Maintaining healthy relationships with family members can be complex, especially during a period of significant life changes. Open communication and respectful boundaries are essential for navigating family dynamics. (Keyword: Family relationships and communication)

Communication Skills: Effective communication is the foundation of any healthy relationship. Learning active listening, assertive communication, and conflict-resolution techniques are invaluable skills. (Keyword: Communication skills for relationships)

Chapter 3: Achieving Your Goals: Setting Realistic Expectations and Overcoming Procrastination

Setting and achieving goals is a fundamental aspect of personal growth and fulfillment. This chapter explores strategies for goal setting and overcoming common obstacles:

SMART Goals: Setting SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals provides clarity and direction. Breaking down large goals into smaller, manageable steps makes them less daunting. (Keyword: SMART goals examples)

Overcoming Procrastination: Procrastination is a common obstacle to achieving goals. Identifying the underlying causes of procrastination and implementing strategies such as time blocking, the Pomodoro Technique, and reward systems can help. (Keyword: Overcoming procrastination)

Developing a Growth Mindset: Embracing challenges as opportunities for learning and growth is crucial for achieving goals. A growth mindset fosters resilience and perseverance in the face of setbacks. (Keyword: Growth mindset and success)

Seeking Mentorship: Seeking guidance and support from mentors can provide valuable insights and accelerate progress towards goals. (Keyword: Finding a mentor)

Chapter 4: Developing a Strong Sense of Self: Embracing Your Uniqueness and Building Confidence

Developing a strong sense of self is essential for navigating life's challenges and building a fulfilling life. This chapter explores strategies for self-discovery and building confidence:

Self-Reflection: Regular self-reflection through journaling, meditation, or other introspective practices helps to understand your values, beliefs, and aspirations. (Keyword: Self-reflection techniques)

Identifying Your Strengths and Weaknesses: Understanding your strengths and weaknesses allows you to leverage your talents and address areas needing improvement. (Keyword: SWOT analysis personal)

Building Self-Compassion: Treating yourself with kindness and understanding, especially during challenging times, is crucial for building self-esteem. (Keyword: Self-compassion exercises)

Positive Affirmations: Repeating positive affirmations can help to reframe negative thoughts and build self-confidence. (Keyword: Positive affirmations for self-esteem)

Chapter 5: Making Informed Decisions: Critical Thinking and Problem-Solving Skills

Making informed decisions is a crucial life skill. This chapter explores strategies for critical thinking and problem-solving:

Critical Thinking Skills: Developing critical thinking skills involves analyzing information objectively, identifying biases, and evaluating evidence. (Keyword: Critical thinking skills)

Problem-Solving Strategies: Effective problem-solving involves identifying the problem, brainstorming solutions, evaluating options, and implementing the best solution. (Keyword: Problem-solving techniques)

Decision-Making Frameworks: Utilizing decision-making frameworks, such as cost-benefit analysis or decision trees, can help to make more informed choices. (Keyword: Decision-making models)

Chapter 6: The Power of Positive Self-Talk: Reframing Negative Thoughts and Beliefs

Negative self-talk can significantly impact self-esteem and overall well-being. This chapter explores strategies for reframing negative thoughts and beliefs:

Identifying Negative Thought Patterns: Becoming aware of negative thought patterns is the first step in changing them. (Keyword: Negative thought patterns)

Cognitive Restructuring: Cognitive restructuring involves challenging negative thoughts and replacing them with more realistic and positive ones. (Keyword: Cognitive restructuring techniques)

Self-Compassion Meditation: Practicing self-compassion meditation can help to cultivate self-acceptance and reduce self-criticism. (Keyword: Self-compassion meditation scripts)

Chapter 7: Navigating Social Media and Technology: Maintaining Healthy Boundaries and Protecting Your Mental Health

Social media and technology can be both beneficial and detrimental to mental health. This chapter explores strategies for maintaining healthy boundaries and protecting your well-being:

Mindful Social Media Use: Practicing mindful social media use involves setting limits on screen time and being aware of the impact of social media on your mood. (Keyword: Mindful social media use)

Digital Detox: Regular digital detoxes can help to reduce stress and improve mental well-being. (Keyword: Digital detox benefits)

Protecting Your Privacy: Protecting your online privacy is crucial for maintaining your safety and security. (Keyword: Online privacy tips)

Conclusion: Embracing the Journey and Building a Fulfilling Life

Young adulthood is a journey of self-discovery and growth. Embrace the challenges, celebrate your successes, and remember that you are not alone. By implementing the strategies outlined in this ebook, you can build a fulfilling and meaningful life.

FAQs:

1. What age group is this ebook for? This ebook is geared towards young adults, typically ages 18-25, but the principles can be beneficial for anyone navigating significant life transitions.
2. Is this ebook suitable for those with pre-existing mental health conditions? While this ebook offers helpful strategies, it's not a replacement for professional mental health care. If you have a pre-existing condition, please consult with a mental health professional.
3. How long will it take to read this ebook? The reading time will vary depending on your pace, but it's designed to be easily digestible in short bursts.
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9. Where can I get support if I need it? A list of resources is provided in the ebook and further resources can be found online.

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messages to young people pdf: *An Opening Word to the Full-Time Trainees Concerning Regulations and Opinions* Witness Lee, 1994-03-01 At the time of regeneration, all believers receive the divine life and are begotten as children of God. Yet, this life most grow and it does so by regulation unto maturity and function. This regulation comes from revelation and issues in obedience. This word is crucial for our progress and training in the divine life for our maturity and function in our living and service to God.

messages to young people pdf: *True Education* Ellen Gould Harmon White, 2000

messages to young people pdf: *The Promise of Adolescence* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Division of Behavioral and Social Sciences and Education, Board on Children, Youth, and Families, Committee on the Neurobiological and Socio-behavioral Science of Adolescent Development and Its Applications, 2019-07-26 Adolescence—beginning with the onset of puberty and ending in the mid-20s—is a critical period of development during which key areas of the brain mature and develop. These changes in brain structure, function, and connectivity mark adolescence as a period of opportunity to discover new vistas, to form relationships with peers and adults, and to explore one's developing identity. It is also a period of resilience that can ameliorate childhood setbacks and set the stage for a thriving trajectory over the life course. Because adolescents comprise nearly one-fourth of the entire U.S. population, the nation needs policies and practices that will better leverage these developmental opportunities to harness the promise of adolescence—rather than focusing myopically on containing its risks. This report examines the neurobiological and socio-behavioral science of adolescent development and outlines how this knowledge can be applied, both to promote adolescent well-being, resilience, and development, and to rectify structural barriers and inequalities in opportunity, enabling all adolescents to flourish.

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love of God.? In this work Lewis examines four varieties of love, as approached from the Greek language: storge, the most basic form; philia, the rarest and perhaps most insightful; eros, passionate love; and agape, the love of God, the greatest and least selfish. ?Throughout this compassionate and reasoned study, he encourages readers to open themselves to all forms of love—the key to understanding that brings us closer to God.? There is no safe investment. To love at all is to be vulnerable . . . draw nearer to God, not be trying to avoid the sufferings inherent in all loves, but by accepting them and offering them to Him; throwing away all defensive armor. If our hearts need to be broken, and if He chooses this as the way in which they should break, so be it.? In *Four Loves*, C. S. Lewis explores love to help you · Strengthen your interpersonal relationships · Understand the difference between needed pleasures and appreciation pleasures and need-love and gift-love · Care for the people in your life, avoid pitfalls, and improve your relationship with God The *Four Loves* holds a mirror to our current society and leaves no doubt that our modern understanding of love is heavily misunderstood.

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healthy development of the next generation. Although 'millennials' have received attention in the popular media in recent years, young adults are too rarely treated as a distinct population in policy, programs, and research. Instead, they are often grouped with adolescents or, more often, with all adults. Currently, the nation is experiencing economic restructuring, widening inequality, a rapidly rising ratio of older adults, and an increasingly diverse population. The possible transformative effects of these features make focus on young adults especially important. A systematic approach to understanding and responding to the unique circumstances and needs of today's young adults can help to pave the way to a more productive and equitable tomorrow for young adults in particular and our society at large. Investing in The Health and Well-Being of Young Adults describes what is meant by the term young adulthood, who young adults are, what they are doing, and what they need. This study recommends actions that nonprofit programs and federal, state, and local agencies can take to help young adults make a successful transition from adolescence to adulthood. According to this report, young adults should be considered as a separate group from adolescents and older adults. Investing in The Health and Well-Being of Young Adults makes the case that increased efforts to improve high school and college graduate rates and education and workforce development systems that are more closely tied to high-demand economic sectors will help this age group achieve greater opportunity and success. The report also discusses the health status of young adults and makes recommendations to develop evidence-based practices for young adults for medical and behavioral health, including preventions. What happens during the young adult years has profound implications for the rest of the life course, and the stability and progress of society at large depends on how any cohort of young adults fares as a whole. Investing in The Health and Well-Being of Young Adults will provide a roadmap to improving outcomes for this age group as they transition from adolescence to adulthood.

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material and instruction should be made available in a single volume, this handbook has been prepared by authorization of the Ellen G. White publications, to whom Mrs. White committed the custody of her books and manuscripts. These selections have been drawn from the whole range of Mrs. White's writings on this subject, including some now out of print, such as the following: *Health, or How to Live* (1865); *Christian Temperance and Bible Hygiene* (1890); *Special Testimonies* (1892-1912); and *Drunkenness and Crime* (1907). Both in the outline and in the content of subject matter, the compilers have earnestly sought to reflect the emphasis which the author placed on the various phases of temperance.

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teachers and therapists to help children cope with a range of emotions and teach them that they indeed hold the power to choose their actions and reactions. Try not to say 'never.'. That brainwashes you to fail. It means that you won't have the chance To raise the victory sail. I Choose to Try Again was developed alongside counselors and parents to be used as a resource in a social emotional curriculum.

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