

Popping Bubbles

You need three things in life in order to be happy:

something to **do**,
something to **love**,
and something to **hope** for.

- Dick Van Dyke



About Us

Popping Bubbles supports communities from within to create programs and networks that foster the unique needs and wants of individuals. We specialize in remote areas, and have been working across the north american arctic for the past four years, with great success.

In remote and rural areas, communities face different and at times harsher realities than the rest of the country, such as a steep rise in youth suicide, substance abuse, and domestic violence. These areas are logistically hard to service, and are largely overlooked-- but this also means that every bit of programming we DO offer is that much more desperately needed. Our mission is to pop the social and physical barriers that prevent people from living happy and successful lives. We are a registered 501(c)3 charity.

What We Do

We help communities develop self-sustaining enrichment programs to foster happy, healthy lifestyles. Each community is unique, with different strengths we can empower to help support suicide prevention.

Our programs include:

- *Motivational speaking* - from entrepreneurs to actors, athletes to teachers, each Popping Bubbles ambassador inspires us to dream big.
- *Self help/ Support groups* - in many communities there is little to zero support for individuals struggling with addiction/ alcohol/ relationship problems; which is why we support and implement these groups to provide a safe unjudgemental outlet for communities to come together and start healing
- *Skills workshops* - from art, to traditional dance and storytelling, literacy and language classes, we will not only inspire, but also provide tactical skills.
- *Wellbeing courses* - from nutrition to meditation, we support a holistic approach to wellbeing.
- *Sports programs, competitions & tournaments*
- *Community and cultural events*

Our programs are designed to provide local leaders, teachers, principals and parents, the tools to sustain the Popping Bubbles message. Once our tour has completed, our connection continues through our social network and online content platform that provides continued support, inspiration, and access to resources, while also connecting communities with one another.



Our Story

Popping Bubbles was born from the passion of our President, Ariel Tweto, TV personality, producer and star of Discovery Channel show “Flying Wild Alaska.”

Growing up in Unalakleet, Alaska (pop. 700), Ariel has been touched by suicide far too many times. In 2013 she began touring Alaska and Northern Canada to talk about suicide prevention and spread her message of positivity, goal setting, anti-bullying and the importance of community and cultural preservation.

Why “Popping Bubbles?” Our name came from a radio interview on one of Ariel’s first tours, when she said:

“We all live in little bubbles – never leaving the village, hanging out with only certain people, not trying a new food, not being open to different ethnicities, religions, ways of life – I want to go around and pop them!”

Last year alone, Ariel and Popping Bubbles visited over 10 villages in the Canadian Nunavut territory, and 14 towns in the Alaskan Lower Yukon School District.

From these roots, Popping Bubbles became a non-profit organization in 2015. Having seen first-hand the shift when someone feels empowered by knowledge or a new skill, we have expanded beyond motivational speaking to support customized enrichment programs within each community.



From skills workshops, to sports programs & tournaments, community and cultural events, we work directly with community leaders to develop our programs for on-going success.

We will keep connected to our Popping Bubbles communities, through our website that serves as the hub for additional resources, and social channels, Facebook, Instagram, Twitter, YouTube, that provide continuous bubble-popping content and allow communities to connect to one-another and their motivational speakers.



Upcoming Projects

Contests, Tournaments, & Scholarships

We are working with the communities we've already visited to see how we can expand our programs. We've seen an amazing result from friendly tournaments and competitions that help inspire and motivate young people in the community. Therefore, we are excited to announce we will now include: academic scholarships, and artistic/design competitions as part of the Popping Bubbles program!

Popping Bubbles Video Series

Suicide is a sensitive subject, and it can be difficult or even be perceived as "shameful" to seek out information on research, causes or prevention. We want to end that stigma, and are developing a new line of educational and inspirational videos, curated by leaders in both video production and the mental health fields.

Celebrity Ambassadors

We are constantly building our network of Popping Bubbles ambassadors – from actors to pro-athletes, chefs, and entrepreneurs, these inspirational individuals will become part of the speaking tours, online community, and our educational video series. A diverse board of advisors, from non-profit to business strategy, to mental health professionals have also come on-board to help grow Popping Bubbles and our cause.

Fundraising + Advocacy

We are working on a multi-platform campaign including social media, PR/media out-reach, and events fundraising to help spread the Popping Bubbles message. Stay tuned for our upcoming fundraising and awareness events - from a charity run and concert, to silent auction.

Support Networks

We are building both virtual and hands-on support. We all need someone to lean on at times- and our dream is to offer that support to everyone regardless of geography. When online/ phone support isnt enough- we will work with communities to set up support networks; and facilitate professional support.



About Our Cause

Suicide kills more people than conflicts, wars and natural catastrophes.

According to the World Health Organization, globally there are 1.5 million violent deaths every year, of which 800,000 are suicides. This corresponds to roughly one death by suicide every 40 seconds.

Arctic the problem is even more serious. Alaska has the highest suicide rate in the U.S., with an average of 140 deaths per year. Just in the Nunavut Territory in 2013, 45 people took their own lives and there were countless more attempts.

Every 40 seconds around the world, someone ends their life by suicide.

- World Health Organization

Suicide is one of the top three causes of death among people ages 15 to 44 in some countries, and the second leading cause of death among young people ages 15 to 29 worldwide. These figures do not include suicide attempts, which are even more frequent. Studies show that for every one person who commits suicide, another 20 people made the attempt.

A recent study completed in the U.S. found suicide rates in rural areas are almost three times higher than that of urban areas, especially for young people. In Alaska and the Canadian

There are many similarities between Nunavut and Alaska: remote locations, lack of sunlight, social problems, mental health issues, and loss of tradition to name a few. In these areas, and globally, suicide is a complex issue with no single cause or cure. People are afraid to talk about suicide and the resources that do exist are minimal, especially in remote communities. Popping Bubbles wants to help change this.



Meet Ariel

Ariel Tweto grew up in Unalakleet, Alaska U.S., with her two sisters and parents, whom she cites as role models, teaching her goal setting and a strong work ethic. Ariel is an avid athlete and has run every day since August of 2001.

After high school, Ariel attended Boston's Emerson College on a basketball scholarship, before migrating to Chapman University in Southern California for a warmer climate and to study communications and TV production. While there, she conceived and created her first national TV show featuring herself and her family of pilots, aptly named "Flying Wild Alaska."

TV personality, writer, producer, pilot and true citizen of the world, Ariel currently travels between California and her hometown. Current projects include the second season of "Native Shorts" on PBS & FNX, the documentary "Flying Again," "The Tweto Show", as well as an animated series!



Ariel's Reach and Audience:

30K+ – Twitter Followers

50K+ – Facebook Likes

19K – Instagram Followers

1.8 Million Viewers – Discovery Channel's "Flying Wild Alaska" Season 3 (2012)

Support

We are currently seeking support to aid in the aforementioned projects. We are able to offer donors and sponsors a variety of incentives/terms for their contribution, including tax exemption credits as an IRS recognized non-profit organization.

For more information, or to get involved,

get in touch at: hello@poppingbubbles.org

