

Love What's Real



Real Moments. Real Relationships.

**2013 Middle & Junior High School
Writing Contest Winners**

Flightless

(2012 Love What's Real Selected Writing)

I am a tangerine bird
Chirping on a sunny day
Content, excited, spontaneous
I fly through the challenges
Of everyday life
Everything is fine
Until you show up
Hungry for sadness
You feed off of me
Until I can't fly anymore
I thought you were my friend
Turns out you were my biggest enemy
I will fly again
Someday

Malori Basye

*Riverglen Junior High School
Mrs. Griggs – Teacher*

Cover art inspired by "Flightless. North Junior High School Artists – Jane Alice Van Doren, Jessie Remeis, Scout Leary and Abbi Dodge; Hiram Miranda, teacher; ChalkHeART 1st Place 2012

February is National Teen Dating Violence Awareness and Prevention Month. Each year in February, the Idaho Coalition Against Sexual & Domestic Violence, through the Center for Healthy Teen Relationships, engages young people to join the movement to end abuse in relationships by writing about healthy, unhealthy, and even abusive relationships. Young people who are empowered through awareness and education on healthy relationships are less likely to engage in violence or to think violence is acceptable.

Congratulations to the Idaho's young authors who wrote on the importance of self-esteem in relationships, the impact of drama in relationships, bystander reflection, or exploring the pressure to be in a relationship. Over 2,300 students submitted writings for the Love What's Real writing contest. A special thank you to Idaho's English teachers who encouraged their students to write about relationships and to the many judges who read the amazing submissions by thousands of young people – Josie Fretwell, Melinda Garcia, Malia Collins, Daniel Salato, Abbey Darmody, Khadija Khan, Hunter Pluckebaum, the Center for Healthy Teen Relationships Executive Committee and Idaho Coalition staff.

Kelly Miller, Executive Director
Center for Healthy Teen Relationships
Idaho Coalition Against Sexual & Domestic Violence

**CENTER FOR HEALTHY
Teen Relationships**
www.lovewhatsreal.com

Friends, girlfriends, and boyfriends – all deserve healthy relationships.

Are your relationships healthy?

Respect

Are you accepted for who you are? No one should pressure you into doing things you are not comfortable with such as drinking, drugs, or unwanted physical contact.

Safety

Do you feel emotionally and physically safe? You should feel comfortable being you without fear of being put down. Being hurt or feeling pressured is definitely not safe!

Support

Do your friends care for you and want what is best for you? Your friends should understand if you can't hang out because

you have to study or if you have plans with other friends.

Individuality

Do you pretend to like something you don't or be someone you aren't? Be yourself; after all, being an individual is what makes you, you!

Equality

Do you have an equal say in relationships? From the activities you do together to the friends you hang out with, you should have equal say in the choices made in relationships.

Acceptance

Do your friends or girlfriend or boyfriend accept you for who you really are? You shouldn't have to change who you are, or compromise your beliefs to make someone like you.

Honesty and Trust

Are you always honest? Honesty builds trust. You can't have a healthy relationship without trust! If you have ever caught your friend or boyfriend or girlfriend in a huge lie, you know that it takes time to rebuild your trust.

Communication

Do you talk face to face (nt jst txt!) about your feelings? Listen to one another and hear each other out. Text or Facebook messages should be respectful, not mean or inappropriate.

Signs of Unhealthy Relationships

- Texts you all the time to find out where you are, who you're with, or what you're doing
- Has to be with you all the time
- Doesn't listen to your opinion
- Makes all the decisions in the relationship
- Makes fun of you or puts you down when you are alone or with friends

- Does things to upset you or make you cry
- Wants you to change who you are
- Asks you to give up activities you enjoy
- Won't let you hang with your friends
- Pressures you to do things you are not comfortable with
- Makes you feel guilty, "gets back at you" or punishes you for things you do for yourself
- Threatens to hurt you or him/herself as a way to control you

If you think you might be in an unhealthy or abusive relationship talk to your parents, your school counselor, or an adult you trust.

For information on healthy relationships go to www.lovewhatsreal.com or contact the Idaho Coalition Against Sexual & Domestic Violence at (208) 384-0419.

Should I?

You say you love the rain,
Yet you use an umbrella
To walk under it.
You say you love the sun,
Yet you seek for shade
To walk under it.
You text me,
Saying you want us to talk.
But in person,
We're quieter than a graveyard.
And you think I should
Believe you when you say
I Love You?

Isa Selaci

*South Junior High School
Mr. Ward – Teacher*

Irony

The day is breathtaking
Air crisp and leaves bright
But there's no time to enjoy it
The car's moving quickly

We can't get out
And he's aware
It's his routine
We've got no escape; he's got a lot to say

He parts his lips
I clench my fists
Words spill out
Methodically tearing her apart

I bite my tongue
And breathe
I shouldn't speak
If I do, he'll break me down too

Clea Wurster

*Fairmont Junior High School
Ms. Phillips – Teacher*

Unbreakable

I am a butterfly.
My wings, petite and delicate, struggle to fly
through the forceful winds of life,
But you carry me through the drafts.
I see my reflection in your eyes,
A hue of dull gray, forgettable,
But to you I'm phenomenal, beautiful, unbreakable.
You teach me to love myself by supporting me.
I am strong, dazzling, nobody else, and I learned to love it.
I'm unbreakable, I can fly, even if I'm alone.

Tatym Dudley

*Riverglen Junior High School
Ms. Griggs – Teacher*

The Arctic Seal

He's like a penguin,
Supporting the family's egg,
Cheerful, outgoing, and strong.

She's like a seal,
Searching for fresh meat.
Hunting, prowling, and haunting.

She's the drama,
Terrorizing the hiding colony.
He dives into the water,
Swishing around for food.

But then he's caught,
Pulled into the deadly trap.
Her powerful jaw,
Holds tight onto him.

She's found her prey,
They could've been friends.
But hunger prevailed,
And she will go home happy.

Ellie Hunt

*Riverglen Junior High
Ms. Griggs – Teacher*

Facebook Drama

Every time I get on,
I see another girl,
Say she's bullied,
or she hates life.

I have learned,
To live with it,
Not everyone,
Knows how bad you have it.
Not everyone has seen,
How you survive.

Barely finding clothes,
Barely affording food,
Starving and dying,
And all they care about,
Is what you wear.

Hallie Reed

*Burley Junior High
Miss Haws – Teacher*

Ravenstorm

With hair as black as night,
I watch her turn the corner.
You would think that in the sun's bright light
she would see the storm brewing.

The storm always was of thunder, never of light rain.
She was always its target
That I knew as I tried to warn her.

It was a light drizzle
as I came to her side
and glared defiantly,
until the storm dispersed.

Mariah Koyle

*Declo Junior High
Ms. Kunau – Teacher*

To Be Set Free

The crushing waves, they bury me;
Deeply submerged, I cannot breathe.
The wounded heart that guides my life,
It keeps me in a plight of strife.
I want so much to be rescued,
Flee from hurt, to be renewed.
My hope, it soars, as I see the light;
I am released, here's to my life.

Jenna Wilson

*Buhl Middle School
Mrs. Parker – Teacher*

What's Real to Me

I'm not your average guy
I don't do you average things
Every ordinary chap is in love
Yet I'm enthralled with science and the world around you and me
This is the guy who I am, yet people don't accept that
They come from everywhere telling me I should ask someone out
Pressure may mount to great stratus but I will be stronger
Because I love what's real to me.

Grant Breidenbach

*Les Bois Junior High School
Mrs. Harvey – Teacher*

A Trickling Stream

The serene sound	By your side
Of water	Safe during
Trickling down	This dark night
The stream	I turn over
Plays like	On my side
Background music	Smiling
To this perfect night	At you
Stars stare	It's the relationships
Back at us	That are born
Each holding	From friendships
A new world	That flow
Of possibilities	Like a
Fireflies make	Trickling stream
Geometric designs	Naturally
As I'm laying	

Sara Christianson

*South Junior High School
Mr. Ward – Teacher*

I'm Me

I'm not the prettiest,
But I don't brag about my new hairdo
I'm not the funniest,
But I like laughing
I'm not the smartest,
But I don't fail my tests
I'm not the life of the party,
But I know how to have fun
I'm not the most social,
But I don't ignore people
I'm not the biggest flirt,
But I've got someone I love
I'm not the best,
I'm me.

Yocheved Ramirez

*Buhl Middle School
Mrs. Parker – Teacher*

Never Succumb

Cool kids are in relationships
That is not true
All of it depends upon you
Make sure you're ready
Don't be forced into something
That you don't want to do
You always have a choice
You always have a voice
Do not be forced out
Of your own comfort zone
Even if you have to shout
Never succumb to pressure

Spencer Adam

*Murtaugh Middle School
Ms. Pfeifer – Teacher*

As the Windmill Blows

I stand by a slender scaffold that holds the windmill shrine high
Its wheels turn, blowing the winds of mystery in my heart
The winds of consciousness, the winds of insecurity
In order to appease the pleasing structure's lust for more
One must love and commend the windmill's doors
Its blades and especially its indoor maze
Be thankful the windmill pleases your environment
And treat it right for sake

Mason Adams

*Riverglen Junior High School
Ms. Griggs – Teacher*

“Good” Enough

Teens putting one another down,
“You’re not good enough”
But what does “good enough” mean?
Is it being judgmental and disrespectful?
No, not at all.

Society has painted a picture in our heads,
Skinny, beautiful, popular,
And anyone who isn't like that is worthless.
But society is wrong,
Just be you, and that's good enough.

Megan Adams

*South Junior High School
Mrs. Strickler – Teacher*

The Friendship Flower

A smile is like a seed
A nice action is like dirt
A conversation is like water
With time the friendship will grow
It will grow and blossom
Into something beautiful
It takes tending to
Just like a delicate rose
You never want it to die
So why would you?
It takes great care
So nurture it
And don't let it die

Alexandry Albertson

*Vallivue Middle School
Mrs. Post – Teacher*

Was it Worth It?

What you see is what you get,
Everyone is doing it.
Blinded by a veil of deception,
The silliest things become most important.
You're so young, you're not in love,
The veil is starting to thicken.
Words once said can quickly spread,
Something so great becoming a prison.
But everyone expects you to follow through,
So you do.
Others bloom but you just wither,
And all because of peer pressure.
So, was it worth it?

Brianna Allred

*Les Bois Junior High School
Mrs. Harvey – Teacher*

Souls Apart

You promised me your love
For always and forever
But it belonged to another.
It feels like you pushed me
Out of the plane that we were flying so highly in.
You could have let me down easy,
Told me the truth,
Not promise a lie,
Something you couldn't give.
You broke my heart
And I'm torn apart.
It's difficult for me to love any longer,
To grasp the concept of another soul wanting mine.

Rose Armstrong

*Vallivue Middle School
Mrs. Post – Teacher*

Shadows

Our shadows on the concrete
The sun kissing our skin
In the summer wind
We blossom like flowers
We see our shadows
We smile because I know we
Love each other

Rorie Aubrey

*Vallivue Middle School
Mrs. Post – Teacher*

When I'm Ready

Just because my friends are in relationships

Doesn't mean I have to be

So what if they have girlfriends or boyfriends

I don't have to have a girlfriend

I will have one when I'm ready

Not when my friends want me to

I will have a girlfriend when the time is right

And when I find the right girl for me

Daniel Avila

McCain Middle School

Mrs. Gott – Teacher

Self-Esteem

Why won't she look at me?

Not even a glance.

Am I too clumsy?

Just give me a chance!

Is it my physique?

Or is it my complexion?

Because it's hard to argue

When I'm competing with your perfection.

And when I'm close to dying

Hiding in the dark

Don't come crying

When someone else breaks your heart.

Logan Banister

South Junior High School

Mr. Bevis – Teacher

Hero

All the pressure to be,
What they want to see.
But they don't know me,
The real me.
The hero in their midst,
Who stands up to oppressive fists.
I'm not a cop,
I'm definitely not Superman.
But I'm the first to give a helping hand,
I'm done watching,
I don't want to wait.
They say my generation is the future,
But I won't let the future
Be filled with this hate.

Mekai Barr

*South Junior High School
Ms. Olley – Teacher*

Friendship

Do what makes you happy –
Be with who makes you smile.
Laugh as much as you breathe –
Love as long as you live.

Nick Beerbower

*Notus Junior High School
Mrs. Vilord – Teacher*

Third Eye (^) ? (^)

She sees herself as beauty,
And a cutie
As a fatty,
And a tragedy.
Everything needs a label.
Why can't she just be ...
Sydney?
She feels the need to impress,
But she fears becoming depressed.
Why can't she just be she?
That is who she wants to be ... Sydney.

Sydney Bell

*South Junior High School
Mrs. Strickler – Teacher*

Life Lessons

Would you go in relationships without a thought,
Or even forget what you've been taught?
Self-esteem is your life long guide,
Your teacher through your tide.
Respect yourself and you will see,
You can climb any tree.
Let individuality show,
Like colors in a sunrise grow.
Accept others and you will find,
Acceptance will fill the mind.
Don't let others bring you down,
And your life will sparkle like a crown.

Mercedes Blackburn

*Fairmont Junior High School
Ms. Morgan – Teacher*

This is the Real Me

This is the real me
Look at my dark brown eyes
This is not the real me
Look within my dark brown eyes
That's where you'll see the real me

Look at my big white smile
This is not the real me
Look within my confused, lonely heart
That's the real me

Listen to cheerfulness in my voice
That's not the real me
Listen to the sorrow beneath that cheerfulness
That's the real me

Teasha Bonney

*Fairmont Junior High School
Ms. Morgan – Teacher*

My Trip

I'm on an everlasting trip
In my very own rocket ship
I can fly so high up in the sky
If I only try
I can reach space way up there
But first, I have to get in the air
So I gather my confidence
And wait in the silence
The countdown is going
No fear is showing
Three, two, one blast off!

Jory Bowers

*Vallivue Middle School
Mrs. Post – Teacher*

A good self-esteem is what you need
To be like a flower sprouting from a seed
You should shine bright from the ground
Don't be afraid to be yourself all around
Some will admire how pretty you are
Or some will just pick out what you need to be a star
Don't listen to what others think or say
You are beautiful in every which way

Madison Brinkman

*Buhl Middle School
Mrs. Parker – Teacher*

Just a crush between the two,
A boy and girl, it's nothing new.
Their friends step in,
They drag them into
Uncomfortable relationships.
Pressure builds,
The small crush dies.
The girl soon breaks with boy at side.
Their friends still pressure them into
Uncomfortable relationships.
Fighting begins with hurtful words,
Then the breakup can be heard.
It went too far on peer pressure alone,
Now they sit and cry at home about
Uncomfortable relationships.

Katelyn Brown

*Riverglens Junior High School
Mrs. Shindle – Teacher*

They Tell, I Tell

They tell me to change
They tell me to never leave them
They tell me it's fun
To try it one time
I tell them to stop
I tell them I won't
I tell them it's not
But they make me
Anyways

Marilla Brown

*McCain Middle School
Mrs. Gott – Teacher*

Your eyes are brighter than any star
Your beauty is so sweet
I hold you close while the sun rises
You are cuter than a swan
You are my sweet angel
We go down the road
I pick you red roses
Our hearts are each other's
Our hands go together
We smile when we see each other
We kiss in the rain
I hold you in the grass
Then tell you what's on my mind

Morgun Burgess

*South Junior High School
Mr. Ward – Teacher*

Stand

A yell echoes through the halls. A punch is thrown. All in fun, they say.
To one, it's fun ... to the other it hurts. School was safe, away from harm,
but once again this simple thing has ruined it all.
Everyone gathers to see one's gain. "Why doesn't someone do
something?" they silently say. "Maybe I will," one thinks, but to the rest this
is a game. It only takes one to stand.
So I stand.

Robin Camp

*South Junior High School
Mrs. Strickler – Teacher*

Me

You can act.
You can turn away.
You can ignore.
These are the qualities of you. The difference here is I'm not you.
I am me, standing tall and proud, not shying away from what needs to be said.
I will speak clearly and loud, even if I am outcast or shunned away.
At least my words will be said.

Robin Camp

*South Junior High School
Mrs. Strickler – Teacher*

The Single Life

I am single
Feeling free
My self-esteem sky high
Independent and strong
I am in no rush
Or hurry
To find someone
I have no pressure
I go out,
Have fun,
Laugh,
And be silly
I am perfectly content
Being single
I'm okay
I'm happy
I'm loving life

Rosie Cantu

*Murtaugh Middle School
Ms. Pfeifer –Teacher*

The Apple Tree

I followed the	I peered above
Fence line	At the tree
Strolling past	So plentiful
The green tractor	In that moment
An apple appeared	I decided
At my foot	I will wait
I picked it up	For the highest apple
Then	The one worth my time
Put it down	When it's ready
Not fresh	It will all
Not good	Fall into place
Not worthy	

Sara Christianson

*South Junior High School
Mr. Ward – Teacher*

Him

We've dated.
I've laughed, I've cried, I've loved, I've lived.
We're broken up.
Everyday it's, "hey when are you guys going to get back together?"
We're not.
I care about him, but when we get together I feel lost.
He still likes me.
And I can't find the heart to tell him the truth.
Nobody understands.
And I feel like I'm trapped.
Help me.
And maybe one day we can go back to being friends.

Sierra Crow

*Fairmont Junior High School
Ms. Phillips – Teacher*

Being a Bystander

Being a bystander can be scary when you don't know what to do. Should I tell a teacher, should I tell my parents, should I tell anyone at all? Something you should not do is to keep it to yourself. If you don't think any of these choices are good, tell a friend. They may help you out with it. If they don't help, try to figure it out yourself.

Taylor Cunningham

*South Junior High School
Mrs. Strickler – Teacher*

Love It's Real

In sixth grade they were cautious
They had many of the same classes,
And had to sit by each other in math.
She was very shy.

The pencils were scratching very fast,
She shifted position as the teacher said, "Stop"
They corrected together,
Dang, she wasn't on the top.

The moment had come,
He was leaning to ask something,
His eyes were chocolate brown and gold,
That's when she found out Love is Real.

Fay Curtiss

*Declo Junior High School
Ms. Kunau – Teacher*

Love Yourself First

You say you love somebody. How can you say that? I know you love them, but you don't love yourself. You are beautiful. You are smart. Why don't you see that you are very special? They love you for who you are. Before you say you love someone else, you have to love yourself first.

Amanda De Witt

*Buhl Middle School
Mrs. Parker – Teacher*

One Girl

The one girl that makes me think of different things,
Like maybe there are princesses and queens.
The one might be out there,
Or right in front of me.
Maybe I should see who the one could be,
Wait I found her sitting gloomily.
She was right in front me.

Kyle Downey

*Declo Junior High School
Ms. Kanau – Teacher*

YOU

Have you ever needed a best friend?
Someone that loves you for you?
Someone to fill that hole in your heart?
Someone to tell all your secrets to?
Someone to stop that terrible bully from terrorizing you?
Yes, so did I.
I found out that by looking deep inside of your beating heart,
Someone is there waiting for you.
YOU.
You just have to believe.
Then you will have a best friend,
Someone who cares.

Megan Dugger

*Vallivue Middle School
Mrs. Post – Teacher*

What do You Think of Yourself?

You all know what it's like, how it feels,
That constant "why can't I look like him or her?"
Especially in a relationship.
You're constantly asking yourself
"Do they like how I look?"

Ask yourself this,
Why should they care?
The real question is what you think of yourself.
Forget the ones who make fun of you, who tease you.
One day, they will be gone.
Then you're left thinking only about yourself.

Kris Dunstan

*Fairmont Junior High School
Ms. Morgan – Teacher*

Myself

Everyone thinks they're cool,
With all their fancy clothes,
Laughing at us without,
People think I should be her,
Or someone who is smart.

What if you just want to be yourself?
Is that bad?
Everyone just laughs,
If you say you're not that way
Should we be ourselves,
Or just like everyone else?

Kallista Everson

*Notus Junior High School
Mrs. Vilord – Teacher*

Somebody

Every time I go to bed
I think of the whole day.
Of how you treated me,
So rude, so rude.

I don't know what to say,
When you make fun of me.
Everyone just keeps on going,
Not caring, not caring.

Do I have any friends,
Or are they just pretending?
Who can I talk to,
Somebody, or nobody?
Does anyone really care,
Or am I just pretending?

Kallista Everson

*Notus Junior High
Mrs. Vilord – Teacher*

Drama

It brings out people's bad side
It causes a lot of tears
It changes people's way of heart
It makes those nice people mean
It smacks you hard in the face
You wish you weren't alive
It makes you push people away
You wanna scream and cry
Drama.

Kendall Exferd

*McCain Middle School
Mrs. Gott – Teacher*

Drama

The drama
Usually starts
when two people like each other.
One person may tell a friend
who tells their friends
who tells their friends.
All the tales of the crush get twisted
And people start talking
It could be bad
or good
but probably bad
and people's real feelings towards someone
can come to the surface
Like claws ripping up their feelings
and their friendships.

Kevin Fitzgerald

*Murtaugh Middle School
Ms. Pfeifer – Teacher*

Pressure

Don't feel pressured
to like that girl that you never really noticed.
Just because you feel left behind
Doesn't mean you must.
All your friends might have someone
but that doesn't mean there's something wrong.
And don't rush into a relationship
because of that relationship bandwagon ...
You can be like its puppet
if you're not careful.
Don't let your friends say
"Why don't you have a girlfriend?"
Hey,
maybe it's not the right time.

Kevin Fitzgerald

*Murtaugh Middle School
Ms. Pfeifer – Teacher*

Dear Bystander ...

Abuse.
Never felt it?
It's the tear of trains down the tracks of your dignity.
Never seen it?
It's the dousing of fires, fires of hopeful souls.
Never heard it?
It's the screech of mocking laughter, cold and rigid as midnight wind.
Never tasted tears of it?
It's the salt of dried stream bed, a lingering tang
Never smelled the fear of it?
It's rancid meat, butchered hearts left to wither.
Don't stand by ...

Calleah Fletcher

*South Junior High School
Ms. Olley – Teacher*

Best Relationships

Best relationships come from mistakes, they said.	Now they're called obscene names.
Take a chance, nothing's going to happen if you don't make a move, they said.	Do it, they said, he'll stay.
You'll be happy, I am, they said.	Like how he's with you? Because of him you've got bruises, hunger, cuts.
But now I look, they aren't happy.	You're now his but he'll never be yours.
They're broken, lost.	
They gave everything to boys	

Aleena Follett

*South Junior High School
Mr. Ward – Teacher*

Love Like a Turtle

Love should be	Though
A turtle	It is possible
Deliberate	To endure
Measured	Through a whirlwind
Not faltering	Which gives us hope
Working towards forever	That just maybe
Sadly	We can ride
Love is not a turtle	A turtle
Love is a whirlwind	Through
Drifting	The whirlwind
Without purpose	
Striking randomly	
With no reason	

Josiah Frank

*South Junior High School
Mr. Ward – Teacher*

The self-esteem within
You look at yourself
Thinking you're all that great
But really there are greater people than you
From your self-esteem you acknowledge those great people
Making you understand to love others
From doing that you make yourself a great person.
Making other people follow
The great example set before them.

Jonathan Garzaro

*Vallivue Middle School
Mrs. Post – Teacher*

Mirror Mirror

Mirror Mirror, on the wall I just want to be thin and tall. Mirror Mirror, if I change my hair, maybe someone will start to care? Mirror Mirror, if I starve myself at least I'll be beautiful, forget my health.

Mirror Mirror, what you show is ruining me. Far too long it had watched me cry, so the mirror decided to reply, "What you think isn't true, this misery is found inside of you."

Morgan Gascon

Vallivue Middle School

Mrs. Post – Teacher

Surrounded

You are surrounded by couples
It seems like everyone is in a relationship
People saying things like "I love you"
Everyone but you and her
You want to ask her if she wants to be together
But what if she says no
Will it ruin your friendship
All of your friends are in a relationship
So why not you?

Adrian Gil

Murtaugh Middle School

Ms. Pfeifer – Teacher

You Don't Tell Anyone

You're picked on every day,
You don't tell anyone
It continues throughout the years,
You don't tell anyone
People ask you about your bruises,
You don't tell anyone
You just can't take it anymore,
But you don't tell anyone.

Adrian Gil

*Murtaugh Middle School
Ms. Pfeifer – Teacher*

Communication takes practice,
It's never perfect,
Sometimes not patient,
Sometimes not kind,
Say what's on your mind.
Lend an ear,
Listen not just hear,
To the one you love.
Communication is not one way,
It takes two,
To agree on one.
Communication is hard you see,
But in the end,
It is the key,
To that a great relationship,
We all want and need.
Say what's on your mind,
And open your heart.

Carlos Gomez

*Jefferson Middle School
Mrs. Carrier – Teacher*

I am an elephant
I travel alone, watching others laugh together,
Blue fills the room when I walk in, exposing my tears,
I smile like it's nothing,
They can't see I'm bluffing,
You say things like I don't hear them,
But word travels quickly,
I see friendship all around,
Making friendly sounds,
I am alone,
But someday I will stand tall,
I will no longer fall,
I will be stronger.

Sophie Griffin

*Riverglen Junior High School
Ms. Griggs – Teacher*

The Golden Oak

The Golden Oak in the green meadow
Stand tall with all its might
Not one can hurl a stone at it
Not one can make it cry.

It does not weep or wilt
Not bend to modern spite
It watches all the others,
Laughing and loving life

It keeps its dark secrets
Inside its faithful bough
And does not let the others know
Its heart is full of sorrow

Could I be this tree?

Jacob Gutridge

*Riverglen Junior High School
Ms. Griggs – Teacher*

No One's Afraid

No one's afraid of heights they're afraid of falling
No one's afraid of swimming they're afraid of drowning
No one's afraid of love they're afraid of rejection
But with you all the fear just fades away because I know you'll catch me

Kaianna Hagan

*Jefferson Middle School
Mrs. Carrier – Teacher*

Relationships

I have a relationship close to my heart,
and it's one that will never ever part.
This relationship keeps me warm and free,
This relationship makes me extremely happy.
So when my life is full of glee,
I know this relationship was meant to be
'Cause all I feel is nothing but free,
and that is perfectly fine with me.

Kelsie Hamilton

*Declo Junior High School
Ms. Kunau – Teacher*

Break Away

You bring me down, you test my nerves
I don't know what I do to hurt you
One day we're good, the next we're bad
What's the point, you're always sad
I'm not going to change, so stop trying
I'm tired of listening to you complain and gossip
Your negativity wears on me, and I'm done
If you're over with being my friend then break away
If I needed you I'd actually want to stay

Sierra Hamilton

*Fairmont Junior High School
Ms. Phillips – Teacher*

What Self-Esteem Means to Me

What is self-esteem?
Self-esteem is knowing who you are
Being happy with who you can be
Loving others unconditionally
Smiling at yourself in the mirror
And accepting the reflection
For whom it is and what you can be
Telling yourself that you have no limitations
Knowing that you can always become
And be whoever you want to be
And by dreaming big and being bigger
That's what self-esteem means to me

Caden Hansen

*Declo Junior High
Ms. Kunau – Teacher*

Rumors

It all begins with a rumor.
Something misspoke.
Something whispered to a mistaken ear.
Rapidly it spreads,
Like a lit cigarette thrown into dry grass.
Before your eyes, it grows.
The story morphs from person to person,
Like a child's game of telephone.
It was never meant to be this way.
It was never meant to harm so many,
Hurt so many,
cause so many tear-stained sleeves.
And all these forever scarred memories.

Molly Hansen

*South Junior High School
Mrs. Strickler – Teacher*

The Break-Up

The bell rang,
sending out the flood of teens.
But we just stood there
as if stuck in mud.
He had just dumped
her.
We all took a step back
... Waiting ...
Bang!
She fired like a gun,
yelling and crying.
He looked at me
and winked
as he passed by.
He snuck a note into my palm.
Now she glares as we hold hands.

Bryttney Harvey

*McCain Middle School
Mrs. Gott – Teacher*

No More Drama

She came crashing back to earth. Her hopes of a perfect relationship dashed to pieces. She realized that her perfect uncomplicated relationship didn't exist, and never would. Her twelve-year-old mind couldn't handle the stress. So, there it was. The truth of her maturity. Then and there, she decided she wouldn't date. At least until she was seventeen. In the meantime, she would live her life happily, without dating.

Kylia Heaps

*Vision Charter School
Ms. Mitchell – Teacher*

The Encounter

The alarming clang of his hand slamming against the locker
Bring silence piercing through the air, as well as watcher's eyes
They can see the fire in his eyes,
As well as terror and sadness in hers
He throws her a deadly glare once more,
Then storms off to avoid the stares
Chatter resumes, as tears dribble silently down her crumpled face,
As she tries to cry the pain and fright she just encountered away.

Hannah Hilgeman

*Les Bois Junior High
Mrs. Harvey – Teacher*

The Golden Group

They all look so happy, exchanging those looks
whenever they pass each other
But why?
They're too young to even know love
But apparently, being in a so called "relationship" seems to add
popularity and importance.
Now they all belong to that unidentified group
Except me
Seen now in a different light, when they are so unchanged
Seems so foolish and pointless
But if it is, then why do I long so deeply for that?

Hannah Hilgeman

*Les Bois Junior High
Mrs. Harvey – Teacher*

Love is Happiness

Love is happiness
It's not pain
It's not tears
It's not yelling
It's not fighting
It's not a game
It's not throwing punches

Love is smiles
Love is heartwarming
Love is everything
It's not nothing

But what is nothing?
Fighting, yelling and THEN saying, "I love you"
That is a lie
It means nothing

Tasia Hodge

*Burley Junior High School
Miss Haws – Teacher*

Paint a Wall

I'm the wall and you're the paint
Truly rainbow underneath
Crimson and mauve and everything in between
But you insist I be the gray you want to me
Monotonous and unimaginative
You cover me up in many ways
And wrap me up in many lies
It's hard to break through
I am strong for as long as I can be
But you tear me down inside and out
I'm the wall and you're the paint

Kendra Hollar

*Riverglen Junior High
Ms. Griggs – Teacher*

When He Looks at Me

He looks at me I know it's true
When he says I love you
His words mean nothing though
His actions are what speaks
When he looks at me that's all I need
He holds me close
and he never wants to let go
He respects my decisions.
He trusts me
and at this moment, when he looks at me
That's when I know that it's all true

Hannah Horner

*Burley Junior High School
Miss Haws – Teacher*

Don't be a Bystander, Do Something

You see it happen
You don't know what to do
Don't just stand there
But you're frozen
Your body is trapped in some kind of freeze mode
This feeling inside you
You don't know what it is
But you know it's not right
Don't just stand there
Do something
But what
There is no one around
Your heart is beating outside of your chest
This moment will stick with you
Just do it
Don't regret

Hattie Hruza

*Vallivue Middle School
Mrs. Post – Teacher*

Society

As we grow up our families have always told us to be ourselves.
But in society that is the hardest thing to do.
In society's eye, you have to be pretty, thin, and popular.
If you aren't like that, then you're an outcast.
People judge too quickly.
It's not you that is ugly.
It's society.

AnnMarie Johnson

*Notus Jr. Sr. High School
Mrs. Vilord – Teacher*

RDNG BTWN THE TXT

I was out one day with friends,
to get away from
HIM.
At least I thought I got away from
HIM.
Until he texted me things
I didn't want to answer:
Where are you?
Who are you with?
I'm going to find you,
If you don't answer!
Your time is up.
You can't get away.
I didn't answer
I didn't have to
I refuse to be with someone like
HIM.

Adriana Kay

*McCain Middle School
Mrs. Gott – Teacher*

Cut Out

Days pass on like silence,
People walk by as if you weren't there,
Soon you stop to wonder if they ever cared,
It feels like there is no hope,
Eventually there is a person,
Who seems to be the best,
They try to pull you out of your hole using strings,
Everyone else is just holding the scissors.

Tyler Ladman

*South Junior High
Ms. Olley – Teacher*

All they wanted was to be friends
That's all they ever wanted
But their friends had a different idea
The pressure was too great for them to take
It lasted for three days and it was over
Their friendship was gone and replaced with anger
Their friends had no idea
The pressure was too great

Zack Lamkey

*Riverglen Junior High
Ms. Griggs – Teacher*

Pressure

The pressure is overwhelming.
Laughing, good times are gone forever,
Hiding away.

The pressure is overwhelming.
Wishing I could leave, so scared,
With quivering hands,
Shuttering heartbeat.

The pressure is overwhelming.
Wanting to leave your death's grip,
Not knowing what to do.

The pressure is overwhelming.
Wishing I was not scared,
Strong enough to fend for myself.

The pressure is overwhelming.
Dreading what would happen to everyone,
Fearing the worst ...

Chelsee Larson

*Fairmont Junior High
Ms. Morgan – Teacher*

Love

The passion toward each other,
 Grace between one another.
Happiness when you're together,
 Caring alongside one another
Devotion toward each other,
 Love is what fills our hearts with joy.

Austin Ledford

*Notus Junior School
Mrs. Vilord – Teacher*

I Wished

I wished I could've stopped him
When he assaulted that defenseless girl.
The tears running down her face were like a waterfall
Her plead for mercy was sincere.
The savage look on his face was unbearable
Showing no regret or remorse for his victim
I wanted to confront him, but when we locked eyes, I trembled.
His glare was paralyzing,
My heartbeat hastened, and fear engulfed me
I backed away.
I could've stopped him.

Winston Lie

*Fairmont Junior High
Ms. Phillips – Teacher*

I Wish She Knew

Everyday
There is that girl.
We see each other.
We exchange glances.
I can't express how lovely she is.
I can't tell her how I feel,
Except the fact
That I wish she knew.

Brandon Locati

*Riverglen Junior High
Ms. Griggs – Teacher*

Individuality

Her perfect blonde curls swaying as she walks
My plain brown hair still tangled from sleep
She's got everything I don't –
looks,
boys,
money,
Envy from everyone; she's queen bee.
But I've got something she doesn't:
a personality, individuality
Everyone wants to be like her.
But I don't; I enjoy being real –
Being me.

Jazmin Lomax

*McCain Middle School
Mrs. Gott – Teacher*

If Only

If only the world knew the trials of tomorrow
If only we knew how to be content with each other
If only we realized the main part of life
That we're all equal together
That we need the fire of confidence
The fire everyone blows out
If only everyone saw the pain we cause each other
The hurting no one can fix except you
If only we knew we have the power to do so

Jahnesta MacConkey

*South Junior High
Ms. Olley – Teacher*

Drama

Drama is friction between people.
The friction that is caused by people's decisions.
People's decisions that don't agree.
Decision that are made based on what the person wants.
One world.
Seven billion people.
It is impossible for everyone to get everything they want.
When somebody wants something, they try.
But people have common interests.
When people try to attain the same thing, they collide.
Collisions can have tremendous amounts of friction.
Friction like Drama.

Evan Magnusson

*South Junior High
Mrs. Strickler – Teacher*

Trust

Those evil rumors,
Those nasty thoughts,
Those dreadful tears,
Where do they begin?
When do they start?
How do they arise?
Drama,
Drama,
Drama,
The collapse of happiness
The limit of love,
The border of joy.
Drama, is not overruling.
Don't let it end you,
Don't let it destroy you,
Don't let it mangle your heart,
Trust.
Trust in yourself,
Trust in your companion,
Trust in your love.
Trust will beat that drama.

Ally Marsh

*East Junior High School
Ms. Byron – Teacher*

Jealousy

You have your own life
Use it, use it
It's your time to shine
Use your time
Don't worry if you don't
Have expensive things or if
That's not your boyfriend
That's not what matters
To us

Abby McCleskey

*McCain Middle School
Mrs. Gott – Teacher*

I see a tear run down your cheek
All the secrets you want me to keep
You won't know how much it hurts
The way you look is undisturbed
You fall then get back up with no curve
Your skin is strong unlike mine
Yet it's not at this time
You are the greatest friend
Truly I hope this friendship will never end

Rachelle Mitchell

*Burley Junior High School
Miss Haws – Teacher*

In this desolate world
You need to stay strong
In this cold hard
world
All you need is love
In this abusive world
You need to know your boundaries
In this crazy world
You can't be vulnerable
Because only you know yourself
Don't let anyone tell you otherwise
In this amazing world
You are beautiful, strong, happy
In your beautiful world

Rachelle Mitchell

*Burley Junior High School
Miss Haws – Teacher*

Glass

Glass crackles like my soul
A million pieces of something
That was once beautiful
Each piece being a memory of
Sadness, love, and anger

A hurricane of emotion
But after the storm calms
And that gray parts
The love is still visible
In a world that was once in
Pieces

Ashley Morgan

*South Junior High School
Ms. Olley – Teacher*

It's a Great Day

I always feel so enthusiastic,
I think that it's just so fantastic!
I am the most transcendent that I could ever hope to be.
For any help that people need they know to always come to me.
I know I'll have a smile on each and every day.

There is such a great array
of laughter coming my way,
I hope yours won't hide away.

Sydra Morrison

*Murtaugh Middle School
Ms. Preter – Teacher*

Drama in a Relationship/Bystander Reflection

I gaze at a couple who appears so content
They joke and laugh, having a blast
For them, this truly was a special event
Their smiles then collapse
And the scowls arise
They get so livid, it's like they get stuck in each other's traps,
Getting imprisoned in all the lies
I watch them all the time, from a special view
Because in reality,
This couple is me and you

Erin Noble

*Les Bois Junior High School
Mrs. Harvey – Teacher*

It's Time

I have to be who she wants me to be
Never can I be me
I have ideas, she pushes me aside
I'm on an endless terrible ride
I cannot run
I have no more fun
I used to think that she was a friend
But now it is time for this friendship to end

Charlotte Nyblade

*Burley Junior High School
Miss Haws – Teacher*

Childhood

Our childhood was probably
The best any two friends ever had
We played,
Laughed
No secrets kept
And enjoyed each other's company

No matter what I love you for being there
Through ups and downs
Helped me get back up

I just wished I opened my eyes earlier
And saw what I had

Jesus Padilla

*South Junior High
Mr. Ward – Teacher*

Ghost

Deep inside myself
I find a world
That is all my own
I have millions of friends
Summer never ends
It's a place where I'm truly a star

On the outside
I have secrets to hide
And I feel I just don't belong
I have only one friend
School days never end
I'm invisible, a ghost in the hall

Emilee Parkin

*Riverglen Junior High School
Ms. Griggs – Teacher*

Friendship

Feeling loved by your friends is like wearing a golden crown,
It's something of great importance or a feeling of trust and joy.

It's not about who has the coolest story on Monday, or
Who got the coolest gift on Christmas or their birthday.

It's about showing compassion and respect.

Friendship isn't a store bought item or a gift given to someone,
It's a trait that grows bigger and bigger.

Brandon Patrick

Notus Junior High School

Mrs. Vilord – Teacher

Love

Love is feeling free,
Walking through meadows of vibrant yellows and greens,
Not worrying about what tomorrow is going to be.
It's about living in the moment with that person,
It's about going out to a special place and not thinking
about anything else.

Brandon Patrick

Notus Junior High School

Mrs. Vilrod – Teacher

Listen

The words flow free like perspiration
I need no motivation, I need inspiration
My thoughts turn into communications
And now, they're famous quotations
Head held high, don't be shy
Confidence makes an immense difference
Don't let your self-esteem become less and less
Don't sit back and watch it collapse into a massive mess
Don't curl up into a fetal position
With your head hung low, just stand up and listen

Sarah Pearce

*Vallivue Middle School
Mrs. Post – Teacher*

Pressure

Pressure.
The long two-syllable word.
It pushes, it pulls,
And worst of all, it pounds on you.
Struggling to escape, it feeds on your nerves.
What decision do I make?
“Come one, nothing to it,” it taunts.
You run away,
But it comes running after you.
Soon enough you are trapped again.
“Help!” you yell, but no one can save you.
Pressure.
They long two-syllable word.

Caitlyn Pearson

*McCain Middle School
Mrs. Gott – Teacher*

Self-Esteem

Self-esteem
Looks
like a soft teddy bear
Feels
like a warm fleece blanket
Sounds
like your favorite song
Tastes
like fudge brownies
And
Lets you
love yourself

Reese Petross

*McCain Middle School
Mrs. Gott – Teacher*

Mornings

In the mornings this is what you do
Try to match your clothes
Try to look pretty
Try your best to look so perfect
But really you don't need that at all
You don't need the makeup to hide your pretty face
You don't need the clothes to match at all
To be the best person of all
All you need is a good self-esteem

Rebecca Plummer

*Vallivue Middle School
Mrs. Post – Teacher*

Drama walks a crowded road
It will never walk alone
Takes everything and covers it in sticky sorrow
Burns you to ashes on the ground
Then you blow away and there is no memory
It is ignored and it will always get away
Drama walks a crowded road
It will never walk alone.

Tyler Porter

*South Junior High
Mrs. Strickler – Teacher*

Love is Laughter

I love him because he's
Fun.
Not because of his image,
Or his appearance,
But because
We laugh.
Love is laughter.
You shouldn't be knee deep in a
Ridiculous, serious, complex
Relationship.
That's why I love him,
Because we laugh,
For love is laughter.

Katelyn Powell

*South Junior High
Mr. Ward – Teacher*

Quiet I Remained

I saw how much they hurt her
Yet, I didn't say a thing
Afraid of what my friends would say
If I dared to intervene

Everyone said mean comments,
Directly to her face
I watched her eyes fill up with tears
But quiet I remained

I don't want to be the silent one
No longer will I watch her cry
I have power within me to stand up to bullies
I just have to try

Hannah Prigge

*Fairmont Junior High School
Ms. Phillips – Teacher*

Before the Storm

A barrage of rain fell. The chill that hung in the murky air seeped through my bones and sat there. The chill accompanied the pit in my stomach like close friends reunited. Against instinct, I lifted my chin, walking through the storm, which still seemed calmer than what was about to happen. It pricked as the violent wind whipped my hair against my swollen face, the sign of his neglect.

I knocked on devil's door.

Taylor Renner

*Fairmont Junior High
Ms. Morgan – Teacher*

Bystander

I wish I would've said something
I wish I could've stopped what was going on
But all I did was stand and watch
You were helpless, you couldn't defend yourself
He was bigger than you
He knocked you into the lockers, and you fell to the ground
He disappeared, preventing consequences
As I stood in shock the bell rang
Soon the crowds surrounded me
And I drifted into the halls again

Grace Richmond

*Rigby Junior High
Ms. Rucklos – Teacher*

Charm

You took my hands
Though they were cold,
Redeemed my body
Young for old.
Returned my silver
Hair to gold
And said it was a dream.

You stole the shadow
From my eyes,
Replaced the dark
With starry skies.

Then softly laughed
At my surprise
And said inhale the theme.

You kissed a smile
From every frown,
Our bodies danced
In eiderdown.
We fell so deep
As if to drown
In passion's racing stream.

Desteni Riffe

*South Junior High
Mr. Bevis – Teacher*

Good Friends

Good friends never leave you when you're in trouble.

Good friends comfort you when you're sad.

Good friends forgive you when you do something wrong.

Good friends don't lead you to do something bad.

Good friends don't lie.

Good friends don't talk behind your back.

Maybe good friends are what a lot of us lack.

Jace Riley

Notus Junior High School

Mrs. Vilord – Teacher

Imperfectly Beautiful

You're beautiful,

Whether you're a size 0 or 13,

Light or dark skinned,

Be you,

Whether you're 4 or 6 feet tall,

Calm or wild,

Be you,

Don't let your insecurities build up,

Never let anyone tell you you're wrong,

Words hurt,

And are forgiven but never forgotten,

Learn to love and accept yourself how you are

Anahi Ruiz

Fairmont Junior High School

Ms. Philips – Teacher

If You Can't Love

You and I could never be separated
But
You were never happy
You always put yourself down
Sometimes you put me down
I know if you can't love yourself
You can't love me
I don't want to do this
But
We're through

Mason Ryneerson

*McCain Middle School
Mrs. Gott – Teacher*

Mr. Player

Actions speak louder than words
And your action speaks loud and clear
One minute you love me
The next you love her
Well I can't take the hurt
And I won't take the pain
So goodbye Mr. Player
Hope you have fun with your game

Angelica Santana

*South Junior High School
Mr. Ward – Teacher*

Freedom ... <3

I love when we laugh,
I hate when we fight,
So don't leave me crying,
All through the night.
Bruises on my arms,
Cuts on my legs,
So don't be like that dog,
Where all he does is beg.
I will never go back,
Not even once more,
Because I felt so much freedom,
When I walked out that door ...

Megan Seitz

*Post Falls Middle School
Mrs. Vellucci – Teacher*

It's You

See it every day
every night
the tears streaming
face reddening
Hear it pounding through their chest
dropping to the ground
rolling across the floor
breaking into a million pieces
You see, you hear, but you didn't feel
the TV flashes a terrifying story
thinking that will never happen to
me
it's sad but it won't scar
It won't get broken
thrown deep into the ocean
swallowed by a shark
that's you, chewing me up.

Mataysia Shannon

*Riverglen Junior High
Ms. Griggs – Teacher*

I Don't Care

As you turn and walk away
I tell myself, "I don't care."
I see you flirting with other girls
But I still tell myself, "I don't care."
I read the sweet things you say to her.
The same things you used to say to me.
But again I tell myself, "I don't care."
I see you holding her hand and giving her hugs.
But I tell myself, "I don't care."
Even though I really do.

Abigail Slusser

*Declo Junior High School
Ms. Kunau – Teacher*

MiStaKeS

Mistakes are bulldozers
running you over every time.
A simple one can tear up friends,
bigger ones can make you want to die.
Oh, the drama of mistakes!
One word wrong,
another friend gone,
flattened by the bulldozer.
But
sometimes you're the one
to be flattened.
MiStaKeS.

Lila Smith

*McCain Middle School
Mrs. Gott – Teacher*

Drama

Students, hallways, locker rooms

lunch

Crying, laughing, dating

and breaking hearts.

This is what Drama is all about

Emotion from the girls,

Guys thinking they are tough

Drama, Drama, Drama

Camilo Solis

Declo Junior High

Ms. Kunau – Teacher

PUSH

They PUSH me to do it

They SHOVE and bug me about it

They say it will FEEL good

They say I will feel so much BETTER

They do that ... Should I?

Dakota Stacy

McCain Middle School

Mrs. Gott – Teacher

God's Art

People try,
To be society's clone,
But I love myself,
And I hope I'm not alone.

Love yourself,
You are perfect,
Be yourself,
It is worth it.

Protect yourself,
From the bad things in life,
You are the one
Who has to pay the price.
Put yourself first,
Listen to your heart,
Love yourself
You are God's art.

Lynnsey Tracy

*Declo Junior High
Ms. Kunau – Teacher*

The Beauty Within

Standing tall, I feel powerful.
The cold, refreshing, wind rushes past, nothing can hurt me.
I am powerful, because I accept who I am; I let others in,
into my depths and furthest reaches
I was once a person who was scared of what people thought.
Now, I believe in myself, I accept my imperfections,
I reach out and touch the cold hard structure of the mirror,
and for once, I'm pleased.

Aurora Wellington

*South Junior High School
Mrs. Strickler – Teacher*

Storm of a Bully

Short, red-haired, freckled face, tin grin,
racing like the wind in a hurricane,
trying to escape the tortures of a twister,
while storm clouds gather in his eyes.

Swirlies, captivity, lunch money gone,
Weatherman calls for a hailstorm!
That bully is a mean old mister!
I'm just one siren, how can I give warning?

With a roller coaster of emotion,
roaring with a big explosion,
Volcanoes of windows shatter,
Teachers flood with endless chatter.

Travet Whitehead

*Declo Junior High School
Ms. Kunau – Teacher*

Grand Snow Geese

When you stand up for others, including you
There's more than one great thing you do.
You let that bully know you won't stand down
So tell your neighbors, tell the whole town.
Like the grand snow geese you'll fly,
But remember you always see more than one grand goose up in the sky.

Hailey Windley

*Vallivue Middle School
Mrs. Post – Teacher*

Self-Esteem

I try so hard to fit in,
to be pretty, to be skinny,
to be a part of everything.

I want to be like them.
The girls that get the guys.
The girls that are perfect,
talented,
and beautiful.

But then there's me.
The girl that attempts to sing,
that wears too much makeup,
that's destined to be a loner.

See me,
notice me,
make me feel normal,
Help break my chains of low
self-esteem.

Destiny Winn

*South Junior High
Mrs. Strickler – Teacher*

Who I Am!

I am who I am
My voice will reach to your heart
Singing reach the stars

I am who I am
Fantasy, fiction, it calls
A reader at heart

I am who I am
Using my brain to excel
I work hard at school

I am who I am
Don't change me.

Bailey Wolfe

*Riverglenn Junior High School
Ms. Griggs – Teacher*

Keep It High

Self-esteem lets you love yourself
It brings out your true identity
It shows the world who you are
It shows you to yourself

Self-esteem understands you
It holds you tight and stands by you
It believes in you and your abilities

If your self-esteem is high
It'll look like you care
It can make you feel wonderful
It'll show self-respect
You'll hear positives instead of negatives
Self-esteem will make you, you

Caitlyn Wood

*Fairmont Junior High
Ms. Morgan – Teacher*

What's Wrong With Love

Love shouldn't be about fighting
Love shouldn't be about money
Love shouldn't be about anyone but two people
Love shouldn't be about gender
Love is about love
Love is about knowing what's real
Love is about how you feel for them
Love should be special
Love shouldn't be taken for granted but it is
And that's what's wrong with love

Nika Wright

*South Junior High School
Mr. Ward – Teacher*

Buhl Middle School

Madison Brinkman
Amanda De Witt
Yocheved Ramirez –
Honorable Mention
Jenna Wilson – *3rd Place (tie)*

Burley Junior High School

Tasia Hodge
Hannah Horner
Rachelle Mitchell
Charlotte Nyblade
Hallie Reed – *2nd Place (tie)*

Declo Junior High School

Fay Curtiss
Kyle Downey
Kelsie Hamilton
Caden Hansen
Mariah Koyle – *3rd Place (tie)*
Abigail Slusser
Camilo Solis
Lynnsey Tracy
Travet Whitehead

East Junior High School

Ally Marsh

Fairmont Junior High School

Mercedes Blackburn
Teasha Bonney
Sierra Crow
Kris Dunstan
Sierra Hamilton
Chelsee Larson
Winston Lie
Hannah Prigge
Taylor Renner
Anahi Ruiz
Caitlyn Wood
Clea Wurster – *1st Place (tie)*

Jefferson Middle School

Carlos Gomez
Kaianna Hagan

Les Bois Junior High School

Brianna Allred
Grant Breidenbach –
Honorable Mention
Hannah Hilgeman
Erin Noble

McCain Middle School

Daniel Avila
Marilla Brown
Kendall Exferd
Bryttney Harvey
Adriana Kay
Jazmin Lomax
Abby McCleskey
Caitlyn Pearson
Reese Petross
Mason Rynearson
Lila Smith
Dakota Stacy

Murtaugh Middle School

Spencer Adam
Rosie Cantu
Kevin Fitzgerald
Adrian Gil
Sydra Morrison

Notus Junior High School

Nick Beerbower
Kallista Everson
AnnMarie Johnson
Austin Ledford
Brandon Patrick
Jace Riley

Post Falls Middle School

Megan Seitz

Rigby Junior High School

Grace Richmond

Riverglen Junior High School

Mason Adams
Katelyn Brown
Tatym Dudley – *2nd Place (tie)*
Sophie Griffin
Jacob Guttridge
Kendra Hollar
Ellie Hunt – *2nd Place (tie)*
Zach Lamkey
Brandon Locati
Emilee Parkin
Mataysia Shannon
Bailey Wolfe

South Junior High School

Megan Adams
Logan Banister
Mekai Barr
Sydney Bell
Morgun Burgess
Robin Camp
Sara Christianson –
Honorable Mention
Taylor Cunningham
Calleah Fletcher
Aleena Follett
Josiah Frank
Molly Hansen
Tyler Ladman
Jahnesta MacConkey
Evan Magnusson
Ashley Morgan
Jesus Padilla
Tyler Porter
Katelyn Powell
Desteni Riffe
Angelica Santana
Isa Selaci – *1st Place (tie)*
Aurora Wellington
Destiny Winn
Nika Wright

Vallivue Middle School

Alexandry Albertson
Rose Armstrong
Rorie Aubrey
Jory Bowers
Megan Dugger
Jonathan Garzaro
Morgan Gascon
Hattie Hruza
Sarah Pearce
Rebecca Plummer
Hailey Windley

Vision Charter School

Kylia Heaps

Executive Committee

Idaho Coalition Against Sexual & Domestic Violence
Idaho Department of Education • St. Luke's Children's Hospital
American Academy of Pediatrics Idaho Chapter
Boise State University Criminal Justice
Boys & Girls Clubs of Ada County • Central District Health
Drug Free Idaho • Health Educators • Idaho Children's Trust Fund
Idaho School Counselors Association • Idaho Dept. of Health & Welfare
Nampa Family Justice Center • School Nurse Organization of Idaho
Silver Sage Girl Scout Council • Treasure Valley Family YMCA
Upstream Prevention Concepts

Community Programs

Advocates Against Family Violence • Advocates for Survivors of Domestic Violence
Alternatives to Violence of the Palouse • Bingham Crisis Center
Boundary County Youth Crisis DV Hotline • Central District Health Department
Coeur d'Alene Tribal STOP Violence Program • Crisis Center of Magic Valley
Domestic Violence Sexual Assault Center • Eastern Idaho Public Health District
Elmore Co. Domestic Violence Council • Family Crisis Center • Family Safety Network
Family Services Alliance of SE Idaho • Gem County Family Resource Center
Lemhi County Crisis Intervention • North Idaho Violence Prevention Center
Mini Cassia Shelter for Women & Children • Oneida Crisis Center • Priest River Ministries
ROSE Advocates • Shoshone Co. Women's Resource Center • Valley Crisis Center
Women's & Children's Alliance • YWCA of Lewiston-Clarkston

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