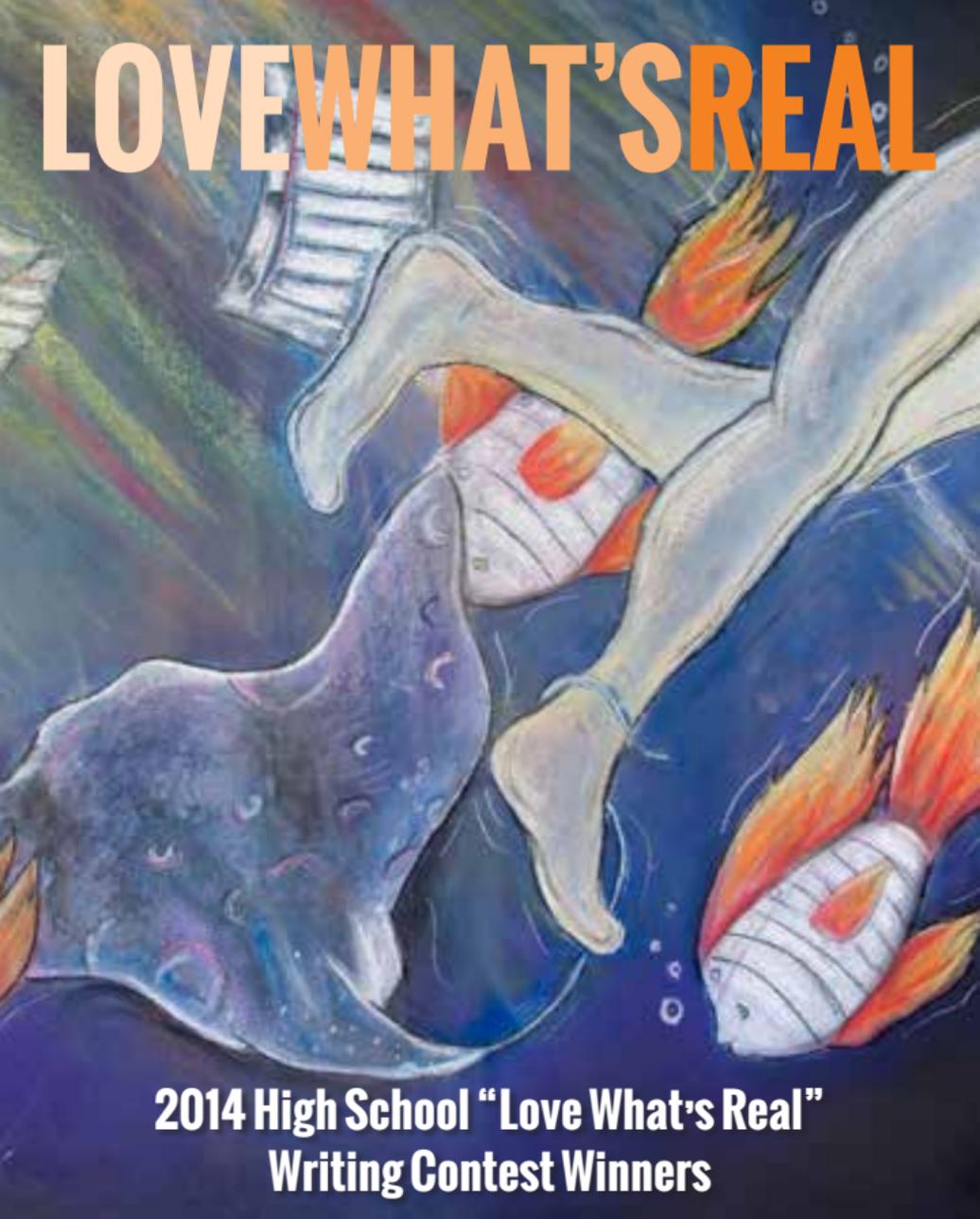


# LOVEWHAT'SREAL



**2014 High School "Love What's Real"  
Writing Contest Winners**

## Stingrays

When he asks  
if you have a boyfriend,  
tell him it's complicated.  
You're recently divorced  
from a past  
that almost took everything –  
loud music, soft mornings,  
your pencils, your paper,  
your voice.  
That sometimes old doubts  
still surface like  
stingrays in shallow water,  
and you jump back, alarmed.  
Tell him about your future –  
how it came out of nowhere,  
tugging your ankles, your toes  
until you followed it  
out to sea—

**Molly McGinnis**

*Boise High School*

*Ms. Hanson – Teacher*

*Cover art inspired by "Stingrays": Boise High School Artists – Chiara Fritsch, Jessica Scheider, Summer Thornfeldt and Sarah Whelan; Kay Shanafelt, teacher; ChalkHeART of Fame winner 2013*

February is National Teen Dating Violence Awareness and Prevention Month. Each year, 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

This is the 5th Love What's Real publication, compiled from over 2,500 student submissions for the Love What's Real writing contest. Congratulations to the Idaho's student authors who wrote about self-esteem, trust and communication in relationships.

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, Malia Collins and teen activists Fatima Tall, Cole Parkinson, Clea Wurster, Michelle Fretwell, Daniel Salato, Abbey Darmody, Khadija Khan, Hunter Pluckebaum, Zach Reider, the Center for Healthy Teen Relationships Leadership 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  
**LOVE WHAT'S REAL**  
[www.lovewhatsreal.com](http://www.lovewhatsreal.com)

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

**Are your relationships healthy?**

### **Compassion**

Are you kind and caring towards your friends, girlfriend or boyfriends? If we can be kind and expand our circle of who we care about, we can create compassionate, peaceful communities free from violence. We have to care enough to create a better world.

### **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.

### **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 and put equal effort into the relationship? 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. Celebrate each other's differences!

### **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.

## **Honesty**

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 trust.

## **Trust**

Do you trust one another to have your own space, friends, and activities? Trust is important foundation in any relationship.

## **Mindfulness**

Are you present each moment of the day? It's being present with one another – really seeing and hearing the other person – caring, and listening that makes relationships real.

## **Justice**

Do you stand up to injustice where ever you see it? We need relationships and communities where everyone has the same opportunities and no one is oppressed or discriminated against.

## **Happiness**

Are your relationships fun! Laughing at the little things and enjoying time together, that's what makes relationships real.

## **Responsibility**

Are you responsible enough to communicate and respect your friends, girlfriend, or boyfriends boundaries? Do you love yourself and have the confidence to be yourself? It's important that you don't let relationships define you.

For information on unhealthy or abusive behaviors in a relationship, go to page 118.



### **Finding Love**

Dogs dashed across the field,  
Grass wet beneath our feet.  
Laughing and smiling.  
Brushing shoulders.

Underneath the same tree  
Pass the playground  
By the streetlight  
Slip in the same mud  
Back around again.

Empty roads  
Feet shuffling on the pavement  
Lost in conversation

Somewhere in between an old truck  
and dirty garage,  
Crushed cans and motor oil,  
We knew what we had found.

#### **Caleigh Leeson**

*Middleton High School*

*Melinda Garcia – Teacher*

### **Proof of the Mend**

We coexisted in the way telephone wires parallel train tracks.  
The promises made turned from gentle and solidly entwined  
tree roots to tangled, rusted barbed  
wire;  
A cry echoing off linoleum in a dark hallway.  
Distrust was the light; the puddles of color in my eyes.  
And that alone could've filled a room.  
It's easiest to feel the splintered fracture in stagnant air,  
But despite it all,  
I'm living proof of the mend.

**Kayce Guthmiller**

*Fresco Arts Academy*

*Leora McCloskey – Teacher*

## **Genetics**

Mom is in her slippers,  
Frying bacon  
Dad is searching for his cell phone,  
Again.

They were high school sweethearts  
Now they're pushing 50.

I've seen their homecoming picture  
Dad in a tux with bowl cut hair  
Mom in a red dress with a crown on her head  
Smiling into their future

Today I smile for the photographer  
With the homecoming queen by my side  
Hoping that commitment is  
Genetic.

**Joe Murphy**

*Centennial High School*

*Third Place Winner (Tie)*

**Autumn Sky**

New boots on sidewalk  
Thump thump,  
Heartbeats  
Sky of windy autumn blue  
Spilled through crimson leaves  
Dripping down the lamp posts  
Trailing fingers in puddles  
Muddled by the shoes of joyful children,  
Ears red with half-hearted scoldings.  
Steam spills up from recyclable brown cups  
Pumpkin, spices, coffee  
Hanging pale clouds, in the bright fall sunlight  
The air is clear,  
Cold except where our shoulders meet  
Comfortable silence  
Sometimes there is no need for words

**Hailey Voth**

*Gem State Adventist Academy  
Kimberley Mitchell – Teacher*

### **The Perfect Date**

Out in sub-zero temperatures  
setting up the stakes,  
put up the flock  
making the spread look alive  
in the fresh cut corn  
no whining about the cold,  
only excitement for the day ahead  
whistling of wings,  
the chuckle of a feeder call  
take the silhouette in the sky,  
and it falls like rain...  
Her skills are best of all,  
makes me smile like a glorious sun  
looks are just the bonus of her warm heart.

**Vincent Forbes**

*Middleton High School  
Melinda Garcia – Teacher*

**Like the Stars in the Sky**

I sometimes think back to that night,  
After the rain,  
When we looked up at the stars  
And marveled at their light in the darkness.  
And found one for each of us.  
I remember how insignificant we felt.  
We talked about how much we didn't know  
Hadn't explored up there.  
And I realize  
There is so much more than you.  
You were the brightest star in the sky for a while,  
But there are more.

**Matthew Clark**

*Boise High School*

*Sharon Hanson – Teacher*

Eating nachos as the stars crept out  
Do you remember that?  
We talked and leaned on each other's words  
each silence adhering to the breath between us  
Was the brief quiet one stifled by thought?  
Choked by tangled threads, only doomed to unravel?  
In that moment,  
my threads were linear.  
Fear vanquished by words' purity  
No loopholes, no knots,  
I simply wondered if yours were the same.

**Isabel Cortens**

*Timberline High School*

*David Archibald-Seiffer – Teacher*

**Glass**

I am glass:  
Vacant blue eyes  
And cracked skin.  
My eyes lift to see  
Porcelain eyes and pale hands  
Reaching out  
With a piece of me.  
The memory of  
Words against mirror,  
Singing a song  
Of broken trust.  
Little by little  
You gather stray shards of me  
On sidewalk  
On bathroom tile  
Slowly repairing my fragile body.  
You unveil your own scars.  
Holding hardened hand in mine  
We stay intact.  
We are glass.

**Emily Luker**

*Borah High School*

*Chuck McHenry – Teacher*

### **Her Rainbow Eye**

A year and a half ago she told the world  
A world that told her  
to go back  
A mother that told her  
to be a woman  
A society that told her  
to love a boy  
She saw life in colors and swirls  
labels no longer being labels but becoming  
definitions  
She loved herself while they all said no  
She hoped one day  
they wouldn't call her  
the lesbian girl  
but just simply the  
girl.

#### **Fatima Tall**

*Vallivue High School  
Christina Cochran – Teacher*

## **Pillars**

Opinions, ideas, dreams  
Built upon sturdy pillars  
Equally beautiful  
Equally majestic  
Together an unshakable bond  
Until the thundering avalanche  
Of jealousy,  
Miscommunication  
And icy bitterness  
Shatters all that  
Once was

**Molly Adcox**

*Bishop Kelly High School  
Yasone Krakau – Teacher*

## **Within**

What do you see when you look within?

The qualities, the things that define you.

The humor that lights up their faces.

The confidence enabling you to be yourself.

The kindness that leads you to be trusted.

The attitude people know not to mess with.

The trust that leads to relationships.

The love brought forth by compassion.

Do you see?

The greatness others see in you, when they look within.

### **KC Anderson**

*Bishop Kelly High School*

*Yasone Krakau – Teacher*

I'm not your object to control,  
I've got my own mind, body, and soul.  
No man will tell me how to act.  
Just try to stop, hold me back.  
If you're ready let's take the next step,  
but we are equals, and I deserve respect.

**Sarah Adair Ashby**

*Lewiston High School*

*Jamie Bakker – Teacher*

## **Your Best Friend**

Date your best friend.

Date the easy laughter, the late night phone calls, the spontaneous adventures.

The I love you's, the movie days, the happiness.

The key to a successful relationship is to date your best friend.

Your best friend will love you for yourself,

Trust you with anything,

Be easy to communicate with,

And treat you like their equal.

**Sara Augustine**

*Bishop Kelly High School*

*Lindy Freeman – Teacher*

There is one person you have to love before you can love anyone else. One person you have to take care of. The only one you ever actually have to love. Before you can truly be there for someone else and love them more than you might even feel is possible, you have to love yourself. You need to be able to take care of yourself before you can take care of someone else.

**Sage Avichouser**

*Century High School*

*Carol Wise – Teacher*

## Love is...

Love is simple.

Love is spending your Friday nights at home.

Love is wearing sweats with your hair in a messy bun and no makeup on.

Love is sitting and watching movies all night.

Love is ordering pizza and eating it on the couch.

Love is being content with doing nothing as long as you are together.

Love is simply being happy with just being who you are.

### **Kaylee Blue**

*Vallivue High School*

*Christina Cochran – Teacher*

## Love > Cancer

Beep, beep, beep.	Easing the chemo pains.
Tangle of IV's.	Puffy cheeks,
Hazy orange pill bottles.	Bald head,
The perfume of sickness	At my worst.
Hiding	But there you are
In every corner.	Two bowls of cherry jello,
Shuffling footsteps,	Not one,
I glance up.	Two.
Resting in your hands,	Loving me,
Two bowls of cherry jello,	All the same.
My favorite.	Beep,
Your beaming smile,	Beep...
Salve to my burned skin,	Beep.

### **Sheann Brandon**

*Gem State Adventist Academy*

*Kimberley Mitchell – Teacher*

## **Our Parking Lot**

We sat and talked for hours in an empty parking lot.  
It was more like we were old friends catching up than meeting  
for the first time.

I was playing with the trinkets hanging from his mirror.

Faint music was playing in the background.

He in his seat, I in mine, hands to himself he talks about past life,  
and with tears in his eyes,

I knew this was someone I could trust.

**Madeline Bruneel**

*Middleton High School*

*Melinda Garcia – Teacher*

## **Real Love**

Respected boundaries and shared values.

I don't feel pressure,  
And he doesn't ask for more.

The smile in his eyes,  
Love through every action,  
I couldn't want more.

He loves me,  
for me.

He remembers the little things,  
And never leaves me behind.

He loves my flaws and now,  
I'm not afraid to own them,  
It's great to finally feel good enough.

To love myself first.

I live it because  
it's real.

**Macey Bunn**

*Vallivue High School*

*Christina Cochran – Teacher*

## **Tickle Fights**

Giggling, laughing, happiness  
I'm not self-conscious, not even for just a moment  
For a few seconds, I'm perfect with him  
No worries about my hair, my makeup, or my clothes  
With him – I'm me, perfectly, simply me.

**Savanna Byard**

*Gem State Adventist Academy*

*Kimberley Mitchell – Teacher*

## Hiding from Nothing

I hide  
Behind a mask  
Pretending to be someone  
Some people enjoy this person  
They're not me  
Alone  
But  
Sometimes  
Trying to be me  
Being backstage  
The dusty curtains  
The bright lights

Behind the scenes working  
To make something pretend  
I am good at pretending  
But not around her  
Silly faces  
Big smiles  
And true laughter  
At the stupidest things  
I am myself around her and  
The thing I love  
It feels Amazing,  
Not hiding

### Jacob Cantrell

*Bishop Kelly High School  
Yasone Krakau – Teacher*

## **What It Means to Be Loved**

You hold hands and sneak smiles  
At each other from across the classroom,  
And excitement fills you  
When you think about the next time  
You will be together.  
When you begin to laugh, he joins in,  
Laughing because you are laughing.  
All judgment leaves the room.  
You both know  
The other loves you for who you are  
And never wants you to change.  
And that is when you are free—  
Free to be yourself.

**Rachel Cook**

*Moscow High School*

*Susan Hodgkin – Teacher*

## **Being Real and Relationships**

In all relationships, there are many key aspects to making it work. One of the main aspects is to just be yourself. It's important to be yourself or you'll always have to be watching every move you make and make sure you act a certain way. If you are always watching yourself, it can get tiring and depressing that you have to act a certain way to satisfy the other person.

**Cordelia Cortez**

*Wilder High School*

*Charles Abel – Teacher*

## **Be Yourself**

You should never have to give up the things you love like; your worn out hat, your best ole pair of boots, your education, your jacked up truck, your country music, and you should not have to change yourself to be in love. When you do it makes yourself miserable, mad, and angry. So you should be yourself, because when you're yourself, you can be happy and your partner can see the real you.

### **Charley J Culbertson**

*Fruitland Preparatory Academy  
Gayle VanWeerdhuizen – Teacher*

## **Tested**

A relationship is a bond, a bond strengthened  
By two partners who provide an equal  
Amount of importance to each other.  
If one partner were to grow quiet  
And weary in the relationship,  
Then the bond fades and the relationship weakens,  
Eventually, the relationship becomes swallowed by conflict and struggle  
As only equality in love and compassion  
Allows a couple to remain.

### **Adam Davis**

*Moscow High School*

*Susan Hodgins – Teacher*

## **Be Real, Be Yourself in Relationships**

If you are yourself, you're off to a great start in life. You know what it's like to feel true. Nobody should have to give up their hobbies, values, or morals for a relationship. Having boundaries is vital for self-esteem; it teaches you and others what you need and desire. Ignoring your boundaries could make you gloomy and downhearted and could devastate your self-esteem. So be yourself and be happy.

### **Laura Daws**

*New Vision High School  
Bill Dean – Teacher*

## **Be Real, Be Yourself in Relationships**

Love yourself first,  
Love your imperfections,  
Love your crazy side,  
Love your silly side,  
Because if you don't, no one will.

**Maria Diaz**

*Filer High School*

*Kim Piersol – Teacher*

## Love is...

Love is...

daring you to let someone in  
allowing them to experience your pain  
then letting their wisdom better you.

Love is...

being obnoxious and loud  
having as much fun being you  
with acceptance from those you love.

Love is...

crying in front of a lover  
because keeping them at a distance  
will only hurt more.

Love is...

being truly you  
without hesitation  
because you know you are worth it.

**Nikki DuBose**

*Middleton High School*

*Mike Brown – Teacher*

## **Broken**

Promises and Trust  
always broken.  
Your words say one thing,  
but your actions show another  
Nothing's new  
Nothing's changed  
"I've changed, I'm different" are only words  
I'm numb to them now  
I can only hear the same lies for so long.  
Then your voice is just a buzzing.  
Your texts  
Your calls  
mean nothing by now.  
Learned to hit End & Ignore  
Moving On.

**Candida Eldridge**

*Vallivue High School*

*Christina Cochran – Teacher*

**I Am**

**I Am** that girl that had no friends

**I Am** that girl that got made fun of for wearing a cross necklace to school

**I Am** that girl that they talk about and spread rumors about

**I Am** also that girl that is going to do something with her life

**I Am** that girl that acts upon her dreams

**I Am** that girl that they will regret what they said about

**I Am**

**Alexis Ericsson**

*Soda Springs High School*

*Caitlin Pankau – Teacher*

## **Like A Fire**

You sit around a fire,  
It fills your heart with warmth.  
What does that have to do with trust?  
The fire is trust.  
The heat makes you feel warm, and complete,  
But the moment it's gone, it's gone.  
The feeling has burned out and no longer there.  
You freeze, with an empty feeling.  
Yes, you can gain it back,  
But it's a different feeling as before.  
The fire may never be how it was before.

**Katy Fetzer**

*Soda Springs High School*

*Caitlin Pankau – Teacher*

## **Astrological Love**

Like satellites, we move in elliptical orbits and  
timeworn trajectories around each other's hearts.  
We fall in and out of magnetism as we accelerate  
through the black nothingness of space, finding solace  
in the undiscovered. How cold the steel and iron of  
discovery can be, but how warm and bright the reflection.  
As I lose you to the brilliant dawn of your disappearance,  
I drift into the long loneliness – of a universe – without you.

**Evan Fishburn**

*Timberline High School*

*Laurie Roberts – Teacher*

## **Falling Into Color**

Seeing the colors of the wonderful world

Changing from black and white

Opening our eyes to the truth

Revealing all we've been missing

Truth in feelings and what we feel

Compassion in the eyes of another

Respect in holding and speaking...for us

Responsibility to protect all we hold dear

Colorfully the world is lit

Blissfully we all take it in

Thankfully only few lose everything

Lovingly we pick them up when they fall

**Sage Christine Genna**

*Bishop Kelly High School*

*Yasone Krakau – Teacher*

## Understanding Math

$$\frac{1}{2} + \frac{1}{2} = 1$$

We are granted only  $\frac{1}{2}$  our soul

Spending endless effort to search for the other  $\frac{1}{2}$

In school hallways, the gym

Bars, online, under rocks too

But,

$$1 + 1 = 2$$

And

$$2 > 1$$

Right?

Could the other  $\frac{1}{2}$  be somewhere else?

Not within a person

Rather, an idea, hobby, a passion

It is once we find the rest of our soul

That we look for another complete soul

Creating something  $> 1$

2.

**Sydney Giacomazzi**

*Timberline High School*

*Greg Hoetker – Teacher*

## **Messages with Meanings**

To have a good relationship,  
You don't have to be joined at the hip.  
You do need to be aware  
That the other person is there.  
Don't be a fool!  
Talk at school;  
Texting and Facebook just won't do.  
Abusive messages aren't good,  
They ruin people and their esteem.  
Why does it seem  
That people are mean?  
They feel powerful and put people down.  
They haven't found  
Themselves and are unsure of their beliefs.

### **Harper Gibbs**

*Soda Springs High School*

*Caitlin Pankau – Teacher*

## Healthy Relationships

So often in relationships, there is a dominant partner and a partner who feels the need to give up their own wants or needs in order to make the other person happy. Sadly, this doesn't leave either party satisfied. In order for relationships to be healthy and enjoyable, there needs to be a balance between the two. Compromising is good, but nobody should ever feel the need to push past their boundaries or feel uncomfortable.

### **Micala Gillespie**

*American Falls High School*

*Karen Ludwig – Teacher*

## Comfort

When he asks how her morning has been going,  
I find that I have stopped and am staring.  
While this might not seem like much to ask,  
It means so much that he is caring.

I can see the comfort in her eyes,  
As he gently slides his hand into hers.  
They talk for a while, then say their goodbyes,  
She walks away, he wonders how,  
In that short time, she made his day.

### **Dasha Goade**

*Fruitland High School  
Kara Walton – Teacher*

## **Teeter Totters**

A relationship is like a teeter totter; it needs both sides to equally support each other.

If one side is heavier than the other, the lighter side will need to provide more power.

If the side is too heavy, it causes the other to be dependent on it to provide the power it needs.

When either side can't equally support the other, it will force a side to work harder.

### **Francisco Godina**

*Canyon Ridge High School  
Leah Holloway – Teacher*

## **The Dance**

Love is a dance, a complicated one at that.  
Like a shimmering peacock, you flaunt your colors.  
    Showing the world the real you.  
Many dancers will come and try to change you.  
Try to get you to salsa, when you are a ballerina.  
    Do they love you for who you are?  
    Or the dance that he created,  
    If you look a little bit harder,  
You may find another, who loves you for who you are.

### **Hunter Gopp**

*Fruitland High School  
Kara Walton – Teacher*

## **The Vase**

The vase was white, with pure intentions.  
Painted with love and acceptance.  
It was bright, with colours and laughs.  
We painted memories, made to last.  
One day, the ink turned black.  
We couldn't take those words back.  
Trust was broken like the vase on my floor.  
Its beautiful pieces are no more.  
Fidelity is a delicate thing.  
Easy to be broken, like strings.  
It can be broken, and repaired,  
but that responsibility must be shared.

**Frances Mari Grimaldo**

*Orofino Jr./Sr. High School*

*Kaye Weller – Teacher*

## Sick Day

I knock on the door  
and she answers,  
sicker than I've ever seen her  
a hoodie  
sweatpants  
wrapped in a blanket  
and yet she's  
never been more beautiful than this.  
sure I've seen her dolled up  
for homecoming  
and prom . . .  
but here,  
making those angry, pouty faces,  
fighting to drink her water,  
to rehydrate,  
complaining of freezing  
Asking me why I am there when she looks so bad . . .  
She's *gorgeous*.  
Where else would I be?

**Juan Guerrero**

*Middleton High School  
Melinda Garcia – Teacher*

## Together No More

Through notes and laughter,  
You spoke,  
Asked me to be your girl.  
Each day you walked me home,  
Hand in hand, always laughing.  
Never pressured,  
Never pushed too far,  
Made me feel safe.

But as you fell silent,  
We drifted apart.  
When I said goodbye, I prayed,  
I didn't break your heart,  
I simply wasn't ready  
To say *those* words,  
And *that* wasn't fair to you.

**Jade Haines**

*Caldwell High School  
Andrea Arnold – Teacher*

## **Be Real, Be Yourself in Relationships**

Ugly, fat, dumb, disgusting, worthless,  
unloved, dead. Welcome to my world  
of lies. I sit in this lonesome  
abode of my soul and try to  
deviate from this hateful world.  
He won't ever love me for me.  
This stark and utter horror slaps me right in the face.  
How can I go on this way?  
It's time to face the fact that I must love  
myself first before I expect him to; I must.

**Destaney Handy**

*Ririe High School*

*Annette Morrell – Teacher*

## **Ever After**

I wore my grandmother's wedding dress,  
A few sizes too big,  
Hidden in the attic,  
Ready for the big day.

He wore an old T-shirt,  
But that was fine.  
The bouquet was picked  
From my mother's garden.

There was no minister,  
No witnesses,  
No grand celebration,  
Two kids having fun.

And before our moms caught us,  
We had wed ourselves then and there  
On my overused trampoline  
Married, at 6.

**Laura Hannon**

*Moscow High School  
Susan Hodgkin – Teacher*

## **A Perfect Night**

Smiles as he opens the door for me  
I compliment his shirt.  
Embarrassed about the messy house,  
He tugs me towards the family room  
Movies on the couch  
His arm on my shoulder for the scary parts  
Throwing popcorn at each other when it's slow  
He teases me about my laugh...  
Gives me an apologetic squeeze  
Notices the popcorn in my hair  
Doesn't say anything about it  
A perfect night.

**Sierra Hibbert**

*Middleton High School*

*Melinda Garcia – Teacher*

## **One Day**

One day, you shall love and be loved

Be seen as a beauty of the world,

A cherished gift, a person full of worth

One day your golden potential shall show

and will shine the brightest of all

You possess the key already, to open up this side

just be yourself; no one else!

It's your decision though, to use the key,

or lock away the true you

One day, someday, today

**Hannah Hilgeman**

*Bishop Kelly High School*

*Bobbie Shea – Teacher*

## **Just A Friend**

Woke up today, was done already,  
School and work were pushing me off a cliff.  
I twiddled my fingers over a text,  
A single reply: "In five minutes."  
He came rushing through the door,  
Hands full of my favorite things:  
Chocolate mint ice cream, Nerds, and Young Guns.  
Smiling like the Cheshire cat, pointing at me.  
Somehow I ended up  
With ice cream in my hair,  
And Nerds up my nose.

### **Ashton Hinrichs**

*Middleton High School  
Melinda Garcia – Teacher*

## Sunlight

Alone she stands  
    Wilting away

A bud that cannot bloom  
    In the shadow of despair  
With a desire to see the sun

But who are you?  
    Hiding from the light  
    Hidden in the dark

Growing like a weed  
    Bitter and dry

The dead tree you sprouted  
    Blocks out her light

Looming the shadow  
    That makes her wither away

She can't find her sun  
    Until she's out of your shade.

**Kyla Humphrey**

*Caldwell High School*

*Andrea Arnold – Teacher*

## **We Are Equal**

Love conquers,  
It kills.  
It's felt through cheap thrills,  
But true love-  
Is equality.

Two people.  
Not one,  
Not a boss  
Nor an employee.

But two,  
Working together,  
In harmony.

We are the same.  
Both equal.  
Not one above the other.  
Not a teacher,  
To a student,  
A parent,  
To their child.

Our love is equal  
We are equal.

**Mia Jasper**

*Caldwell High School  
Andrea Arnold – Teacher*

## **Can't Stop Talking**

Our first big fight  
We were furious with each other  
We didn't talk for a month  
Slowly the problem went away  
We started teasing each other again  
After talking it out we realized how silly we were  
The communication was lost  
We just needed to talk it out  
Now we can't stop talking

**Betsy Jenkins**

*Filer High School*

*Kim Piersol – Teacher*

## **Two-way Street**

Everyone can exchange words but do they communicate?

Allow your internal voice to be heard.

Do not flinch back in fear of saying the wrong words.

Communicate what must be said before you have a head on collision.

Expose the feelings and thoughts many keep hidden.

If it is never said it will remain the same.

One voice can be the difference between anarchy and change.

Hear the words for what they are and communicate.

**Mykel Johnson**

*Lapwai High School*

*Sheila Scott – Teacher*

## **Love.**

The first sip of coffee in the morning.  
The gentle way snow falls to the ground.  
The feeling after discovering a new favorite song.  
The open road and a full tank of gas.  
The bright lights of a Friday night football game.  
The smell of a used book.  
The colors of fall.  
The black and white of an old movie.  
The warmth of curling up by the fire.  
And you.

### **Carly Klassen**

*Bishop Kelly High School  
Yasone Krakau – Teacher*

## Who's That Girl?

The reflection looking back in the mirror was petrifying  
Salty, mascara-filled, tears trickling down her cheeks  
She sobbed over the boy who'd just broken her heart  
For months she'd compromised her morals, family, friends, and values  
in order to appease him, and this is  
how he reciprocated the feelings?  
She suddenly realized that the only thing worse than losing him was  
that she'd lost herself in the quest to  
keep the boy...  
Never again

### **Paxton Klein**

*Bishop Kelly High School*

*Lindy Freeman – Teacher*

## **Growing Up**

Arms holding me close  
Eyes smiling down on me  
From my very first breath  
Teaching and guiding me  
Forming me into who I am  
Holding my hand until it's time  
Until it's time to let me go  
A piece of her heart walking away  
A piece of my heart left at home  
Her arms holding me close  
Tearful eyes smiling down on me  
Proud of who I am  
Proud of where I'm going

**Anna Kreslins**

*Bishop Kelly High School  
Yasone Krakau – Teacher*

## **Don't Change**

Relationships are compromise.  
Both going halfway  
Not 50/50  
But 100% each day  
Being yourself  
Not begging to change  
Like chameleon  
Changing colors  
To a different shade  
Being loved for who you are  
Not who you are expected to be  
Loving the person for the way they are  
Not the way you want them to be.

**Tanner Leavitt**

*Vision Charter School*

*Becky Mitchell – Teacher*

## **Just Be You**

You're attracted to someone.  
You think they're perfect,  
but you don't have much in common.  
You want them to like you,  
so you pretend to be someone you're not.  
You pretend that you're into stuff you don't like.  
You live a lie.  
You cross boundaries.  
You feel uncomfortable in your own skin.  
They lose interest.  
You're left with regrets.  
Why would you put yourself through that,  
When you can Just Be You?

**Mikayla Lincoln**

*Wilder High School*

*Charles Abel – Teacher*

## Te Amo

I said, "Can we be friends?"  
You said, "Podemos ser amigos?"  
That was when we were five,  
and we understood each other.

Now you say, "Tu eres el mundo para mi,"  
and I say, "What?"  
Now I say, "You are my whole world,"  
and you say, "Que?"

But as your lips brush mine,  
warm like sunlight,  
I realize there is one language with no barriers.  
My heart says, "Te amo."  
Yours says, "I love you."

**Kalyn Lopez**

*Capital High School*

*Dianne Ruxton – Teacher*

## Expression

Confident words spoken at night

The rush of telling a secret

As the mask is ripped away

Breath escapes

The heart skips a beat

A unique taste expresses itself

Wide eyes

Open ears

Thoughts leak from the mind

Free words escape the mouth

The chains that were felt – fall

Words flow free like the rain drops

That falls upon the ground below

Like the everlasting sun that

shines

Anew the trust will come.

**Victoria Dawn Lynn**

*Idaho Virtual Academy*

*Becky Bermensolo – Teacher*

## **The Key to Love**

The key to love is understanding...  
The ability to comprehend  
Not only spoken words  
But those unspoken gestures  
The little things that say  
So much by themselves.  
The key to love is forgiveness..  
To accept each other's faults  
And to pardon mistakes,  
Without forgetting  
But with remembering  
What you learn from them.  
The key to love is trust..  
Though dark doubts  
Lay in hollowed thoughts  
It must shine brightly on  
With reassuring radiance

**Tiffany Maldonado**

*Timberline High School*

*Greg Hoetker – Teacher*

## **When Infatuation Fails**

How does a friend become entrenched in another,  
Often oblivious to everything around her?  
Has she forgotten to look at herself in the mirror,  
Seeing not herself, but a piece, yearning for attention,  
Putting long-lasting friendships on the wayside,  
To focus on her new-found love interest.  
Her friends tire of shrugging off the disregard.  
How many times can we be ignored before casting her aside?  
When it all comes crashing down, is it worth it?

### **Miles Maxcer**

*Moscow High School*

*Susan Hodgins – Teacher*

## **Unconditional Love**

Sweat drips hurriedly from my brow  
I place my hand softly on the moist ground  
The quarterback says, "Hut!"  
I turn to make the block,  
and miss.

As I walk back to the huddle  
Knowing I caused failure,  
Thinking we can't succeed

I turn to my rock.

She sits in the stands  
In snow or heat  
My mother perched high  
like a bird,  
in her seat.

Though she says nothing,  
I know she believes.

**Tyler McCarney**

*Middleton High School  
Melinda Garcia – Teacher*

## Simple

Your family means more than anything to you  
So they mean more than anything to me.  
You wear soft shirts I can lay my head on  
And I wear your favorite jeans that fit just right  
I go to your games  
You come to my performances  
I know your middle name, birthday, likes and dislikes  
But most importantly  
I know how you feel  
And in any given moment  
I know I feel the same

**Sara Meyers**

*Bishop Kelly High School*

*Lindy Freeman – Teacher*

## **Because of “Why”**

If you don't trust your girlfriend,  
Then think, why is that so?  
Was I something that she did to you,  
Or do you even know?  
Oftentimes, it's simply this:  
Though silly it may be,  
It's only insecurity  
You think, “why would she love me?”  
And because you do not know,  
You assume that it's a lie  
That she doesn't really love you.  
All because of “why?”

### **Flint Miller**

*Rockland High School*

*Keith Miller – Teacher*

## **Faithful to Yourself**

What's the point in a relationship  
if happiness isn't there?  
or if you only care about her joy,  
and throw your own into the air?  
Sometimes you have to realize  
that, though painful it may be,  
a relationship without happiness  
is a cold and empty sea.  
It's dark and deep and lifeless  
with no sunshine to be found,  
and in reality you're better off  
finding some dry ground  
  
Find someone who makes you happy

### **Flint Miller**

*Rockland High School*

*Keith Miller – Teacher*

## Laughter

Laughter, a light in the subtle darkness of life.

It's a rope thrown out to others that connect all walks of life.

No matter the situation a laugh can pull two lone strangers together,

Yet mine is a little different than those of the strangers around me.

Almost every person who I sit by in class has a thought in their head  
the moment they see me.

The connection that we all feel, laughter.

**Ryan Miller**

*Bishop Kelly High School*

*Lindy Freeman – Teacher*

## A Light

A light in the distance  
Becoming dimmer with her every step back.  
Forgetting who she is,  
Stumbling farther into the darkness,  
She becomes someone else.  
Until they save her.  
They show her the way,  
The light becoming brighter with their every step forward.  
They lead her all the way to the light  
Until she is blinded by its beauty.  
Soaking in its warmth,  
The rays of light caress her face.  
Becoming engulfed,  
She finds herself.

**Samantha Miller**

*Bishop Kelly High School*

*Lindy Freeman – Teacher*

## **Falling Slowly**

Falling slowly  
Abandoning initial precaution  
Leaning into his depths  
Leaking my secrets  
Imparting me with his own  
Nestling into each other's souls  
Guarding me from the threat of heartache  
Securing my faith  
Letting him see my un-camouflaged self  
Opening my hands to his warmth  
Willowing away the waves of doubt  
Leaving me with clarity  
Yearning our trust

**Chloe Munroe**

*Timberline High School  
Doug Englert – Teacher*

## **Be Yourself**

Be yourself,  
That's all it takes.  
Someone likes you for who you are  
Not who you think you should be.  
If you're funny, be funny.  
If you're weird, be weird.  
If you're smart, be smart.  
But no matter what you think you are,  
You're different.  
Be different.  
Be yourself.

### **Levi Nesbitt**

*New Plymouth High School  
Pierrette Madrid-Harris – Teacher*

## **A Deal**

I knew you  
You were the weird kid,  
Silently sitting in the back of class with your sunglasses on.  
I could feel your eyes swimming around the room,  
Constantly floating my way.  
The teacher called out partners,  
"Julie and John!"  
The others chuckled.  
I picked up my books and moved next to you.  
You smiled and stuck out your hand.  
I looked at it,  
Curiously,  
Before placing mine in yours and shaking it.  
I smiled.

**Rylee Ochoa**

*Moscow High School  
Susan Hodgkin – Teacher*

## **The Staircase of the Relationship**

Walking up this Relationship

One step at a time

When you get ahead

And I shamefully fall behind

We help each other out

To get back in line

We don't get frustrated with each other

We simply trust in one another

To make the right decisions

And not to have bad suspicions

It's a long difficult Journey

But if you finish

The consequences you're earning

It is what came true, our wish.

**Kyle Olson**

*Soda Springs High School*

*Caitlin Pankau – Teacher*

## Perspective

I can't believe it's over  
    I've had enough of him  
I miss her  
    I'm over him  
We could work this out  
    Relationship status: "Taken"  
She still loves me  
    Why did I ever date him?  
I'll offer to take her bag  
    As long as I don't have to  
She'll love this bracelet  
    He never even knew me  
She seems tired  
    At least I don't have to walk  
It'll work  
    Meet my boyfriend  
I was wrong

**Abby Orlovich**

*Capital High School*

*Dianne Ruxton – Teacher*

## **Trials of Trust**

“So hard to earn, so easily burned”

– *Neil Peart*

Trust is not found in nature, but  
Forged in the fires of a space between two  
People. Mutual respect built like a  
Tall skyscraper. But like any building  
Susceptible to fire, wind, rain, or neglect.  
Without it, respect lies shattered on the floor  
Like a broken mirror. The trials of renewal  
Are the walk across the shards and the humble  
Beg of forgiveness.

**Christian Pankopf**

*Moscow High School*

*Susan Hodgkin – Teacher*

## **Perfect**

She is perfect,

In every way.

Should I have to change?

To be accepted by her.

Can I be myself?

I shouldn't have to.

Shouldn't have to change for her.

I can be myself,

I can be accepted by her.

To be with her.

**Jake Pennington**

*Filer High School*

*Kim Piersol – Teacher*

## **Be Yourself**

If you like the rain:

Go ahead,

Run through it.

If you like the sun:

Don't hesitate,

Bask in the warmth.

If you like the wind:

Never hold back,

Open a window.

If you're different:

There are no limits,

Might as well be yourself.

**Elena Peralta**

*Filer High School*

*Kim Piersol – Teacher*

## **Never Ending Construction**

Your walls are built up high and thick.  
They have been in construction since you were born.  
Every tear you shed, every lie you were fed.  
Each and every time, you added a brick.  
Tear by tear, lie by lie, your walls were built up so thick and so high.  
When I tell you the truth and don't feed you lies, I extract a brick.  
I hope I'm the one that breaks down your walls.

**Trinity Peterson**

*Rocky Mountain High School*

*Lynn Fouts – Teacher*

## **How Will You Know?**

Lies are hard to remember,  
The truth is hard to forget.  
Believe yourself  
That's how you will know  
Queasy, upset feeling in your gut  
Know it  
The silent words  
Coming from your heart  
Hear it  
Tight constriction in your muscles  
React to it  
Trust your instincts  
Trust your choices  
Trust the calm feelings  
From the people you are with.

**Alexina Peterson**

*Wilder High School*

*Charles Abel – Teacher*

Fake reflection.  
You see the eyes.  
They seem brightened and gay.  
Lying, they hide all of their truth away.  
We crave.  
Wanting changes  
to make us someone else.  
Under our skin, pain of disguise  
grows.  
Happy eyes.  
When they shine through.  
Color changes. So can  
you.  
Media clone.  
Open those eyes.  
Tear down the wall you've made.  
Look again in the mirror.  
Smile again.  
Speak through the heart.  
Dance to the music's real beat.

**Lea Peterson**

*Filer High School*

*Kim Piersol – Teacher*

I don't think  
I should have to change  
To make you happy  
If you can't accept  
Me for who I am,  
Just leave

**Michael Reichlein**

*Filer High School*

*Kim Piersol – Teacher*

## **As You See Me**

When will I be able to  
See me like you do  
Come out from the darkness  
As myself  
Let all my insecurities go  
And know you love me  
It's hard to be myself  
While being so insecure  
I need to know  
It's okay to be me

**Jordan Renfro**

*Bishop Kelly High School  
Yasone Krakau – Teacher*

## **Love Yourself to Love Others**

Emotions overload your heart,  
A sense you've never felt,  
you are now in learning of,  
A trust called love for self.

Now that you've discovered it,  
Let it shine so bright,  
That all who see you now for you,  
May see that radiant light.

Everybody loves you so,  
Knowing you are real,  
A person who is confident,  
Capable to feel.

Friendship is more,  
Than just for show,  
It is a trust,  
To those you know.

**Joshua Richins**

*Fruitland High School  
Kara Walton – Teacher*

## **Being Yourself in Relationships**

In any relationship, being yourself is absolutely necessary. It isn't healthy for either person when one tries to be someone they're not just to please the other. People can't be perfect; if they try to make their partner happy one hundred percent of the time, all they'll accomplish is lowering their own self-esteem. No one should have to change their beliefs and opinions or redraw their boundary lines just because someone else wants them to.

**Emily Riggan**

*Calvary Christian Academy*

*Jason Hill – Teacher*

## **The Artist**

You are the artist.  
Your life is the paper.  
With every wrong line,  
You make a mistake.  
With every erase,  
You fix your problems.  
With every bold line,  
You strengthen your relationships.  
You and your finished portrait  
Paints the outcome  
Of your decisions.

**Kacie Robbins**

*Moscow High School  
Susan Hodgkin – Teacher*

## **Simplicity**

The happiest memories consist not of fancy dinners.

The number of smiles cannot be counted in gifts.

The connection grows on simplistic pleasures,

Activities allowing us to be ourselves.

Walks to the park overlooked by the goodbye kiss of the daytime,

A soft, summer sunset.

Dancing as an autumn downpour falls on us and sticks to our eye lashes,

With the smell of rain on hot cement and smiles on our faces,

We grow closer.

**Rebecca Rodeghiero**

*Bishop Kelly High School*

*Yasone Krakau – Teacher*

## **I Deserve Better**

Demanding orders doesn't fly with me  
Telling me what to say and what to be?  
He said if I loved him I'd do as he says  
What if I don't want things to go that way?  
If I give my opinion he'll threaten to leave  
Well maybe him leaving is just what I need.  
I deserve better I'm beginning to see  
I think I'll move on and see just what is in store for me.

**Savanha Rodriguez**

*Wilder High School*

*Charles Abel – Teacher*

## **Mistakes**

Love was a porcupine.

I was certain when I felt the pins and needles,  
but the rain washed away my delusions.

Love was a cloud.

For a summer I floated, but the feeling dissipated,  
and I was drowning.

But in the calm before the storm, I saw my ignorance.

So now, I stare at the ocean.

Knowing, if I look at it long enough...  
the wind will wipe the water from my eyes.

**Hannah Samuelson**

*Vision Charter School*

*Becky Mitchell – Teacher*

## **Equality**

He is not above her  
She is not below him  
They love each other equally  
They're even to one another  
He would wash the dishes  
And she would change the tire  
Neither one is superior  
They are true and natural lovers

**Clayton Schoessler**

*Bliss High School*

*Matt Valadao – Teacher*

## **Be You**

You were born the way you are for a reason.

Love yourself for who you are,  
Not what everyone else wants you to be.  
You're expected to be one thing in life;  
YOU.

There is no one out there that looks like,  
Talks like,  
Or acts like you.

Get up every morning and look in the mirror,  
Say to yourself  
I AM WHO I AM AND THAT'S PERFECT.

**Alli Schomburg**

*Boise High School*

*Cindy Hartley – Teacher*

## **The Shelf**

I changed my grain  
To fit in a lower shelf,  
With other grains of wood.

That shelf, my goal,  
Was just a toll

That I did pay,  
To enter the way.

That payment,  
Was a part of my grain,  
Chipped away.

The shelf door locked behind me,  
It was too late to turn back,

I rotted away,  
Because of my choice,  
To change myself  
When I just  
Should've been my original self.

**Dallin Seyfried**

*Soda Springs High School  
Caitlin Pankau – Teacher*

## **Love Is**

Love is not a pound of makeup

Or a pretty dress

Love isn't money or nice gifts

And love is not just a kiss

Love isn't to be wished

Or to be forced

And can't be faked

Love is to be real and true

Love is two people that feel the same

Love is how you are,

And how you want to be.

Love is who you are,

Not who he wants you to be.

### **Kyle Sims**

*Soda Springs High School*

*Caitlin Pankau – Teacher*

## Circles

Spinning	Not me now
Spinning, spinning, spinning	Just a girl
Faster, faster, faster, faster, faster	A blur
Going	His girl
In circles	His blur
And circles	His thing
Forever	Spill
Don't stop	And fall
Spin spin spin	Spinning
Blur twirl whirling	Spinning, spinning, spinning
Spinning, spinning, spinning	But spinning
So easy	Only leaves
So much fun	You
Keep going	Dizzy

**Bethany Skidmore**

*Caldwell High School*

*Andrea Arnold – Teacher*

## **Better**

There are days  
when you tug at your shirt  
wrinkle your nose in the mirror  
and wonder:

*Why aren't I pretty? Clever? Happy?*

You don't realize that you are.

I see it. I see the way you're torn down ...

You claim it's love.

I know it's not.

If it was, it would make you better.

Stronger.

You are beautiful.

Those who matter will see it.

Those who don't see it

don't matter.

**Keely Snow**

*Vision Charter School*

*Becky Mitchell – Teacher*

## **Love Yourself**

If I asked you what you loved,  
words would come spilling off your lips.  
You love to read, write, sing, run . . .  
You love your sister, your dad, your friends  
  
But how far down the list would you go  
before you said you loved yourself?

It's hard –  
With airbrushed models,  
You feel not pretty enough  
not good enough.  
But,  
before someone else can love and respect you,  
you must love and respect yourself.

**Keely Snow**

*Vision Charter School  
Becky Mitchell – Teacher*

## **Remain Yourself**

Love is a mutual feeling  
Though it's not for all  
Some may know it  
But only some will show it  
Don't be artificial  
Now's not the time to be superficial  
A couple lasts longer with trust and loyalty  
Not with doubt and treachery  
Be yourself, not what your other likes best  
Have respect over yourself, then manage the rest  
Don't change your ways of personality  
Stay solid and keep your individuality.

### **Andre Solano**

*Canyon Ridge High School*

*Leah Holloway – Teacher*

## **Dreams and Fears**

Staying up past midnight,  
the unguarded hour,  
declaring dreams and disclosing fears.  
No judgment comes from the other end of the phone,  
allowing vulnerability, because you know with them  
you are safe and sound.

Competitions come about,  
not for winners and losers,  
but to motivate and encourage  
chasing those declared dreams  
and fighting those disclosed fears.

Building up is no race.  
There is not blue ribbon.  
You step in together, and you stick together.

### **Cambria Steffler**

*Timberline High School  
Greg Hoetker – Teacher*

## **The Book of Us**

Can we  
even read  
and understand

Are we  
even in  
the same book

Are we  
even in  
the same chapter

Are we  
even on  
the same page

Are we  
even on  
the same sentence

Are we  
even on  
the same word

But I can't  
read the words  
through my tears  
the ink is smeared.

**Aspen Stombaugh**

*Timberline High School*

*Greg Hoetker – Teacher*

## **BE REAL, BE YOU**

Being you means telling the truth

Being you means not caring what others think

Being you means laughing when you trip over your own two feet

Being you means defending your beliefs

Being you means loving with all your heart

Being you means not letting people push you around

Being you means being **STRONG** and **INDEPENDENT**

**Emylee Symons**

*Filer High School*

*Kim Piersol – Teacher*

## **EQUALITY**

Just because I'm smaller  
Doesn't mean you beat me up  
Just because you're smarter  
Doesn't mean you demean me  
Just because you have more friends  
Doesn't mean you make fun of me  
Just because I'm a girl  
Doesn't me you don't treat me equally

**Emylee Symons**

*Filer High School*

*Kim Piersol – Teacher*

## **You and I in Outer Space**

We used to talk about the stars–  
the way they twinkled and shined  
–while your hands were in mine  
but then your hands turned into fists,  
and your touch left the colors of the sky  
my tears would run over my freckles,  
the ones you called my constellations.  
you said you loved me more than  
space  
but that’s all I wanted  
space  
from you.  
because I was done  
letting you make me a victim case

**Fatima Tall**

*Vallivue High School*

*Christina Cochran – Teacher*

## **Just Me**

She's got money, I do not  
But that's not where our relationship stops  
She has a car, although I ride a bike  
But we still hang out through the night  
  
I stay true to myself when she's around,  
Which is considered crazy to the other guys in town  
They believe that I should worry a lot  
But she loves me for me, not what I got.

**Kyle Tastad**

*Meridian Academy*

*Erin Fahnstrom – Teacher*

## **Eyes of the Mountain**

There is a place above the fog,  
Above hustle and bustle,  
Above cities and towns,  
A secret sanctuary of quiet tranquility,  
We ascend to the top,  
And from there we look out and see,  
From sprawling green forests,  
To crystal blue lake,  
“If only they could see what we can see,” I say.  
We sit close, admire the view,  
In that moment there’s nowhere I’d rather be,  
Just the two of us, she and me.

### **Brandon Theis**

*Middleton High School*

*Melinda Garcia – Teacher*

## **The Little Things**

The longer they're together,  
the more their love grows.  
The simplicity of enjoying each other's company  
a repetitive yet meaningful "love you"  
punctuates every phone call.

Never taking for granted  
the time they have together  
walks just to spend time together  
watching movies and sipping hot cocoa.

Holding hands again after a million times.  
Happiness in the little things  
they do together.  
Things I don't understand yet.

Inseparable from each other.  
Mom and Dad.

### **Kevin Turner**

*Middleton High School  
Melinda Garcia – Teacher*

## **She Would Never Change**

He held her hand tightly  
Walked her swiftly back home  
Then he said something  
She wasn't good enough  
He wanted her to change  
Compared her to other girls  
Promiscuous without self-respect  
Losing any dignity they had  
She couldn't be what he wanted,  
Would never be like them  
She had to let go of his hand  
Her brave words echoed in the silence  
"That's it," she said "I'm done."  
She kissed his cheek and walked away

**Brooklyn Vander Stelt**

*Lighthouse Christian High School*

*Melinda Garcia – Teacher*

### **The Listener**

9:09 pm, I dialed again  
Finally he answered  
At first I couldn't speak  
The way he said my name always made me weak  
"What is it?" He asked  
He knew something was wrong  
The rain pounded on my window  
Then I heard the quiet knock  
Flowers in his hand, he was soaked  
He held me till my tears stopped  
"I'm always here to listen," he spoke  
He listened to me the rest of the night

**Brooklyn Vander Stelt**

*Lighthouse Christian High School*

*Melinda Garcia – Teacher*

## **Blind**

You want me to change  
That makes me feel weak  
Candy is sweet, that's the opposite of you  
I like you  
But  
You want me to change  
Sunshine and Rain  
If you like me for who  
I am  
And not what you want me to be  
I won't change  
You can wait, but you will never see.

**David Velazquez**

*Caldwell High School*

*Andrea Arnold – Teacher*

## Relationships

If someone walks out of your life it doesn't make them disloyal,  
it could mean that you aren't

If someone decides to move on it doesn't mean they aren't real,  
it could mean that you aren't

Maybe they finally understand how they were being treated

Maybe they finally understand that they deserve better

There's nothing wrong with moving on from being treated wrong

There's nothing wrong with removing yourself from pain

### **Brianna Vermilyea**

*Canyon Ridge High School*

*Leah Holloway – Teacher*

## **What is Love**

Sitting with my family  
Watching my parents  
and my siblings  
Cuddle with their spouses

I think about what love really is  
does it ever sleep when a  
mother gets up  
to care for a child?

Watching my siblings again  
My sister laughs at a dumb joke  
So she doesn't hurt his feelings

When it's time for them to leave  
He goes to warm the car  
Then they give hugs  
A big family circle of love

**Jared James Carol Wagoner**

*Middleton High School*

*Melinda Garcia – Teacher*

## Let Me In

Struggles.

They overwhelm you.

I'm here, let me listen.

Pain.

You can't take anymore.

I'm here, let me take it from you.

Weakness.

Thinks it can make its way inside.

I'm here, let me strengthen you.

Words.

Never seem to stop bruising.

I'm here, let me change them.

Doubt.

You are never good enough.

I'm here, let me show you you're important.

Abandoned.

You feel alone.

I'm here, let me love you.

**Justin Walker**

*Timberline High School*

*Greg Hoetker – Teacher*

## **Maybe It's Just You**

Maybe it's your smile,  
that warms me every day.

Maybe it's your laugh,  
that snorts every now and then.

Maybe it's your teasing,  
that turns my face tomato red.

Maybe it's your wrapping arms,  
that provide me with safety and peace.

Maybe it's the way you make my stomach churn,  
and make butterflies fly around.

Maybe it's because I don't have to try  
to let you know my heart.

Maybe you feel the same?

**Justin Walker**

*Timberline High School  
Greg Hoetker – Teacher*

## **What is Love?**

Love is working away from your family.

It's having to spend Christmas  
on a job away from your family.

Love is driving ten hours  
every two weeks to spend  
five days with your kids.

It's getting up  
when you have only had  
two hours of sleep,  
dragging yourself to a freezing car,  
heading off into the dark.

What is love?

Love is my dad.

**Scott Waltman**

*Middleton High School*

*Melinda Garcia – Teacher*

## **Growing Up**

The memories swim around me like fish in the sea.  
Remembering all the nights spent together,  
All of the words softly whispered in the dark.  
"I love you"  
We are starting to get older.  
You are holding me back from a bright future.  
It is time for us to grow up now.  
My heart says to stay and wait.  
But my conscience says it's time to let go.

**Aubrey Williams**

*Initial Point High School*

*Katie Baun – Teacher*

## **The Coldness**

Rain trickling down the window,  
Car lights shining in the window keeping me up,  
I go outside to feel the coldness crystallize my lungs  
I turn to go back in, I see him standing there with our daughter,  
Eyes filled with concern, I smile at him  
My eyes telling him everything is fine and I love them  
He pulls me close to him; I can hear his heart beating  
His heart calming, our daughter warm.

### **Kaitlin Nicole Young**

*Marian Pritchett Memorial School*

*Christine Murphy – Teacher*



**American Falls High School**

Micala Gillespie

**Bishop Kelly High School**

Molly Adcox

KC Anderson

Sara Augustine

Jacob Cantrell

Sage Christine Genna

Hannah Hilgeman

Carly Klassen

Paxton Klein

Anna Kreslins

Sara Meyers

Ryan Miller

Samantha Miller

Jordan Renfro

Rebecca Rodeghiero

**Bliss High School**

Clayton Schoessler

**Boise High School**

Matthew Clark –

*Third Place Winner (Tie)*

Alli Schomburg

**Borah High School**

Emily Luker – *Honorable Mention*

**Caldwell High School**

Jade Haines

Kyla Humphrey

Mia Jasper

Bethany Skidmore

David Velazquez

**Calvary Christian Academy**

Emily Riggan

**Canyon Ridge High School**

Francisco Godina

Andre Solano

Brianna Vermilyea

**Capital High School**

Kalyn Lopez

Abby Orlovich

**Centennial High School**

Joe Murphy –

*Third Place Winner (Tie)*

**Century High School**

Sage Avichouser

**Filer High School**

Maria Diaz

Betsy Jenkins

Jake Pennington

Elena Peralta

Lea Peterson

Michael Reichlein  
Emylee Symons

**Fresco Arts Academy**

Kayce Guthmiller –  
*Second Place Winner*

**Fruitland High School**

Dasha Goade  
Hunter Gopp  
Joshua Richins

**Fruitland Preparatory  
Academy**

Charley J. Culbertson

**Gem State Adventist Academy**

Sheann Brandon  
Savanna Byard  
Hailey Voth –  
*Third Place Winner (Tie)*

**Idaho Virtual Academy**

Victoria Dawn Lynn

**Initial Point High School**

Aubrey Williams

**Lapwai High School**

Mykel Johnson

**Lewiston High School**

Sarah Adair Ashby

**Lighthouse Christian  
High School**

Brooklyn Vander Stelt

**Marian Pritchett  
Memorial School**

Kaitlin Nicole Young

**Meridian Academy**

Kyle Tastad

**Middleton High School**

Madeline Bruneel  
Nikki DuBose  
Vincent Forbes –  
*Third Place Winner (Tie)*  
Juan Guerrero  
Sierra Hibbert  
Ashton Hinrichs  
Caleigh Leeson –  
*First Place Winner*

Tyler McCarney

Brandon Theis

Kevin Turner

Jared James Carol Wagoner

Scott Waltman

**Moscow High School**

Rachel Cook

Adam Davis

Laura Hannon  
Miles Maxcer  
Rylee Ochoa  
Christian Pankopf  
Kacie Robbins  
Patrick Robichaud

### **New Plymouth High School**

Levi Nesbitt

### **New Vision High School**

Laura Daws

### **Orofino Jr./Sr. High School**

Frances Mari Grimaldo

### **Ririe High School**

Destaney Handy

### **Rockland High School**

Flint Miller

### **Rocky Mountain High School**

Trinity Petersen

### **Soda Springs High School**

Alexis Ericsson  
Katy Fetzer  
Harper Gibbs  
Kyle Olson  
Dallin Seyfried  
Kyle Sims

### **Timberline High School**

Isabel Cortens –  
*Third Place Winner (Tie)*  
Evan Fishburn  
Sydney Giacomazzi  
Tiffany Maldonado  
Chloe Munroe  
Cambria Steffler  
Aspen Stombaugh  
Justin Walker

### **Vallivue High School**

Kaylee Blue  
Macey Bunn  
Candida Eldridge  
Fatima Tall – *Honorable Mention*

### **Vision Charter School**

Tanner Leavitt  
Hannah Samuelson  
Keely Snow

### **Wilder High School**

Cordelia Cortez  
Mikayla Lincoln  
Alexina Peterson  
Savanha Rodriguez

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For more information contact the Center for Healthy Teen Relationships, an initiative of the Idaho Coalition Against Sexual & Domestic Violence 208-384-0419 or 1-888-293-6118

### **Are there unhealthy behaviors in your relationship?**

- Calls or texts too much
- Ignores your opinion
- Has trust issues (constantly checking your emails, texts, or wanting to know where you are)
- Ignores your need to spend time with your friends and family or doesn't give you "alone" time
- Focuses on the relationship lasting forever
- Thinking you can change your partner
- Lots of relationship drama (the silent treatment, lying, cheating, jealousy)
- Other behaviors you are concerned about and not sure if they are unhealthy? Chances are if it doesn't feel right to you, it's not healthy.
- If you are checked any of these behaviors, think about whether you should stay in this relationship.

### **Are there abusive behaviors in your relationship?**

- Does not respect your decisions
- Keeps you away from friends or family
- Obsesses with knowing what you are doing
- Puts you down, humiliates or demeans you
- Pressures you to use alcohol or drugs or have sex
- Acts mean or gets angry quickly

- You are fearful you will make your partner mad
- Follows you or shows up uninvited all the time
- Threatens suicide or threatens to hurt themselves, you, or someone you care about
- Hitting, slapping, shoving and other ways of physically hurting you
- Refuses to believe the relationship is over
- Treats you badly , promises to change, then never does
- Other behaviors you are miserable or concerned about and not sure if they are abusive? Chances are if it doesn't feel right to you, it's not healthy.

### **Where to get help**

If someone is in immediate danger, call 911. If you or a friend might be in an abusive relationship, talk to a parent/caregiver, a school counselor, or another adult you trust, or a local domestic or sexual violence program. Or call a hotline:

#### **National Dating Abuse Helpline**

1-866-331-9474 or [www.loveisrespect.org](http://www.loveisrespect.org) to chat online

#### **National Suicide Hotline** 1-800-273-TALK (8255)

#### **National Sexual Assault Hotline**

1-833-656-HOPE (4673) or [www.rainn.org](http://www.rainn.org) to chat online

CENTER FOR HEALTHY TEEN RELATIONSHIPS  
**LOVE WHAT'S REAL**  
[www.lovehatsreal.com](http://www.lovehatsreal.com)