LOVE WHAT'S REAL

2014 Middle/Junior High School
“Love What’s Real” Writing Contest Winners
The Golden Oak

The Golden Oak in the green meadow
Stands 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
or 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

Cover art inspired by “The Golden Oak”. Sawtooth Middle School Artists – Natasha German, Emma Howell, Molly Masset and Karsen Williams; Chad Ritzer, teacher; ChalkHeART Middle/Junior High School 1st Place, 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
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.
Trust Fall

Your silver–grey eyes, like sagebrush
Are fixed on an invisible something
In the autumn sky,
Like they always do
When you’re lost
Inside your own head.
To bring you back to earth
I exclaim
“Trust fall!”
And fall backward.
But by the time your sagebrush eyes sharpen
The grass has already stained my elbows.
You apologize.
But it’s alright.
You don’t always have to catch me,
Just be there to help me up again.

Linnea Boice
Hillside Junior High School
Amber Tetrick – Teacher
Second Place Winner

Birds

Once
We would have chased after birds
As they took flight
From a wheat field
Covered in a glittering layer of frost.
Once
I could run fast enough
To grab a pale gray feather
As it drifted from the sky.
Once
We walked the mile to school
And laughed about fear
As we passed the quiet fields
On the lonely road that held pools of black ice
That our boots
Never
Could
Break.

Chloe Manning-Floch
South Junior High School
Tyler Bevis – Teacher
Fall in love with my crazy hair,
The way it sticks out
and twists in odd places.
Fall in love with my pointy nose,
my dorky sense of humor.
If you’re going to fall in love with me,
fall in love with my facial expressions,
And how I eat when I’m bored.
Fall in love with the real ME,
And I will love the real YOU.

Tatym Dudley
Riverglen Junior High School
Don Evans – Teacher
Third Place Winner (Tie)

Team Roping

Friendship is Team Roping
Going alone is rough
With help it’s a lot easier
Sharing the responsibility is better
Miss the calf
Your partner is there
Helping to catch it
Looking at the clock frantically
Heart beating
Palms sweating
Taking the shot
Roping the heels
Then tying the legs
Standing up to see the crowd cheering
Looking back
Grabbing hands
Thinking we did this together
Holding your head high
Feeling great

Amber Pruit
Mountain Home Junior High School
Karen Gordon – Teacher
Loving Herself

She started fragile
She continued vulnerable
She ended broken
She molded herself
She lied to herself
She wasn’t herself
She fit
She belonged
She forgot herself
The people pleaser
The giver
The imposter
She ceased to bloom
She continued
In the life of another
In doing so, she lost
The most valuable possession
She lost all love for who she was.

Indigo Blauch-Chappell
Anser Charter School
Shannon Twenter – Teacher
I have never been in an abusive relationship,
But if I had to guess,
I would say it would probably be like eating ice cream or a Twinkie,
On fire, with glass in it.

Dru DeBie
Eagle Middle School
Caya Snethen – Teacher
Why Couldn’t They Talk Face-to-Face

When I saw a couple texting each other from across the table, they would look up at each other, smile, and then laugh. I never knew why it was so hard to say something sweet, kind, meaningful. Why did they use the table as a wall to block and guard those sweet, kind words? Why?

They could have just talked face to face. It would’ve sounded so much better. Wouldn’t it?

MaKenna Draper
Melba Jr./Sr. High School
Jeff Sessions – Teacher
Love is Socks on Marble Floors

You sprint, at first
Expending your body
Not thinking of the consequences, or dangers
So despite the cautions of slipping, and losing balance
You stand still, and soar
Un–caging yourself to be free
Yet it does not last
Because you have gone too far
Sinking, slowly deteriorating
So when you fall
You remember the feeling of flying
The wind whipping by
And you get back up
Despite the odds

Elizabeth Heist
South Junior High School
Tyler Bevis – Teacher
Hide-and-Seek

We hide ourselves in lonely places,
and leave it to others to find us.
It’s like an instinct to run away from who we are.
We are afraid to show ourselves because we might get caught in our mess.
It’s like a game of hide-and-seek.
It takes faith to step out and show your face to others
and be you.
The real you.

Allison Herman
Melba Jr./Sr. High School
Jeff Sessions – Teacher
Being Real

My hand glides across
the delicate
flowers.

As I lay on my stomach
smiling at the
ground.

The sun shines through
my messily combed
hair.

My pure face feels warmth
because there is no makeup in its
way.

As I sit up to meet your face,
we don’t see anything but a land blanketed with fields.

No phones, no shoes,
Just each other.

Brooke Kerley
South Junior High School
Cotton Ward – Teacher

Honorable Mention
Birds

My world screeches
Like a shrill, obnoxious bird
It tells me if I will only change
I can be popular –
Have a boyfriend
If I just wear makeup to cover my acne
Put on tanner to change my
Ivory skin
Hide my sapphire eyes under a blanket of eye shadow
Flirt with boys
And cold and cruel to other girls
I can have it all
But I’m also a bird
So I fly away

Michaela Petty
Saint Mark’s Catholic School
Nicole Schuette – Teacher
The Mask

The girl who wears the mask
Made of a weave of emotions,
A rigid smile.
It’s held together by the concocted thoughts,
The untrue ‘I am’ and ‘I did.’
Its tendrils root themselves into her mind
Coiling around every corner.
The mask makes her who she doesn’t want to be,
Never wanted to be.
A girl, unintelligently fearless,
That’s not who she really is.
She is the impeccable role model to everyone,
Except for herself.

Mia Trebbi
Anser Charter School
Allyson Maynard – Teacher
Bitten

My heart is like a pillar of light glowing.
Loving someone is a wonderful feeling.
After a while, you start to get doubts.
What if they don’t like me or who I am?
It’s like a swarm of mosquitos, flying around you.
Every negative thought is a bite.
It stings to want to be accepted.
You itch to stay with them.
Just like a mosquito bite.
Medicine heals.
The medicine is being yourself.

Irene Aguilar
Melba Jr./Sr. High School
Jeff Sessions – Teacher
Player

You said I was your one and only
Yet you have dated our whole grade
You told me we would go forever
Yet you broke it off after just two weeks
You always told me we needed to talk
Yet when I see you, you ignore me
You say should go somewhere together
Yet when I ask, you’re always busy
I knew this wouldn’t work out
And so I guess I was right

Taryn Anderson
Riverglen Junior High School
Jeanette Griggs – Teacher
Something More

He looked this way,
My heart fluttered
He talked to me,
My stomach churned
I think I’m falling for him,
But that could never be
He is my best friend,
My longest friend
Nothing more

I looked that way,
He quickly looked away
I talked to him,
He fidgets
I think he likes me
Maybe he’ll ask me to the dance,
But we are best friends
Could we be something more?
I hope so

Andi Barry
South Junior High School
Cotton Ward – Teacher
Trust is Fragile, Don’t Break It!

It’s hard to build trust with someone.
I had my trust shattered by a friend.
It was like a piece of glass thrown at concrete.
All the broken pieces of trust can’t be put back together.
Building up trust is like building an arch or a bridge over water.
All the trust fits tight together and balances out of both sides.
It’s good to have trust in someone,
so build it, don’t break it!

Georgia Berrett
*Melba Jr./Sr. High School*
*Jeff Sessions – Teacher*
Double-Crossed

Double-crossed
I sat there feeling alone and embarrassed,
Full of guilt and shame.
I thought I could trust her,
But one move changed our relationship.
Understood and loved when I trusted her,
But now I feel like I’m buried deep down in a black hole.
I sat there with a feeling of detest mingled with faith,
Wishing her trust was still with me.
How could she betray my trust?

Rylie Beus
Melba Jr./Sr. High School
Jeff Sessions – Teacher
Rising Ashes

I am the phoenix
You are the fire,
whose words burned me down,
until nearly nothing was left.
You thought I was done for,
that the flames had finished me.
I suppose you didn’t know,
that I am reborn in the ashes.
So you can try to blaze me,
Tell me I’ll never soar in the sky,
but your inferno only makes me stronger,
and reminds me I’m born to fly.

Michaela Bevan
Burley Junior High School
Mindy Haws – Teacher
Fear is the wind
Biting, clawing
Howling for attention

Jealousy the fog
An illusion, deceiving
Deadly when careless

Anger the fire
Destructive, vicious
Consuming everything and all

All are factors of distrust
The mighty storms of
Negativity and chaos

Stars and sun
Constant, comforting
Offering stability throughout

Breeze
Playful, lighthearted
The light breath of humor

Dark clouds
Heavy, beautiful
Refreshing from constant light

Trust is in the beauty of life
The glue between any relationship

**Indigo Blauch-Chappell**
*Anser Charter School*
*Shannon Twenter – Teacher*
Ladders of Life

When climbing the ladders of life,  
Everyone fears the fall,  
But two souls climbing side by side  
Creates no threat at all.

Communication is key  
Something you need to know  
Because when it’s absent  
No relationship can grow.

Love needs two  
Too little on one part  
And too much on the other  
Leaves no foundation to start

Both opinions need to be valid  
No one should matter more  
Equality  
The goal is to strive for

Indigo Blauch–Chappell  
Anser Charter School  
Shannon Twenter – Teacher
At Least You’re There

Relationships are hard for family, friends, and love interests. I’m still pretty young, but that’s how I learn. I know that we can’t be more … but at least you’re there. You sit next to me, and you share your crushing sadness. But when you’re happy I think … at least you’re there. I’m sure you know about my deep, sinking want for us to be more than “buddies…” but at least you’re there.

Roman Bolen
Riverglen Junior High School
Jeanette Griggs – Teacher
Fake

A butterfly,
beautiful,
paints over her wings –
she hides herself,
just to fit in
not knowing
how special she really is
she’s like a bird,
afraid to fly,
a fire,
scared to burn,
a river,
not ready to flow
why change who you are,
when you could be yourself?

Hailey Borg
_Sawtooth Middle School_
_Roger White – Teacher_
Lies
I am wearing a mask,
Impenetrable and safe.
I am wearing a costume,
Full of lies,
Lies of desires,
Lies of ignorance.
I am a mirror,
Reflecting what you want.
Myself is vulnerable.
Myself is dangerous.
I am safe inside my cloak of lies.
They say be yourself,
But when you are yourself,
You are a target.
I am safe,
But I am unknown.
Lies get confusing.
Lies are exposed.
Lies go nowhere.

Grace Bowman
Riverglen Junior High School
Jeanette Griggs – Teacher
What Was

It’s a stream of never ending frost fire.
Volcanoes erupt at every secret.
Spewing into our supposedly unbreakable hold.
Gravity has ceased to be,
We drift apart as unsuspecting planets.
You unequal heat causes us to crack,
Our tectonic plates have divergent boundaries,
Pulling apart at every white whisper and empty laugh,
Hot rage bubbles up and burns.
We are no more,
What was is gone.

Grace Bowman
Riverglen Junior High School
Jeanette Griggs – Teacher
Awkward Penguins

Stolen glances
   A flash of a dorky smile
      A lovable awkwardness
Dark eyes burning as you stare
   An uncontrollable fidget
      A straightening of my shirt
I sit a little straighter
   Head a little higher
      Hoping no one notices
         But you

Robin Camp
South Junior High School
Cotton Ward – Teacher
Just Be You

Too much makeup just looks silly,
So does a dress that’s super frilly,
You don’t need all that to get a reaction,
All you need is a similar attraction,
The most beautiful things is being true,
So now you know to “Just be you!”

Magdalene Fay Campbell
_Idaho Virtual Academy_
Kelsey Kater – Teacher
Be Yourself

No one should ever have to give up themselves. Knowing yourself is the only way to protect you. The boundaries you have will let you know your limits. If you don’t have any idea what you are, you may attempt something, fail, and drop whatever you did believe in. Hiding your essence would make you do uncomfortable things and bring you down. Never let anything make you stop loving yourself and who you are.

Alex Chambers
Sawtooth Middle School
Roger White – Teacher
Special Me

I’m not like most boys.
I don’t do things like normal boys.
I don’t do sports and people find me strange.
A lot of people think I’m weird but I’m a kind person.
Most boys go outside while I stay inside and read.

I’m special me
I like geology and get good grades.
I’m socially behind but I understand what most don’t.
I’m me and always will be me.
I love who I am!

Gabriel Cole
Fruitland Middle School
Wyndy McGinley – Teacher
Recipe for Relationships

Equality in a relationship
A recipe for something valuable
4 cups of kindness
2 teaspoons of teamwork
1 pint of patience
Half a cup of kindness
12 ounces of honesty
And a dash of delight
Ingredients by themselves won’t make a valuable relationship
But together they will
Sometimes it is sweet
But it can be bitter too
It can crumble
Or it can hold strong
That’s why we must love what’s real

Jazlyn Cristobal
Mountain Home Junior High School
Karen Gordon – Teacher
So you said you trust me right? Then why can’t we tell each other everything? So you’re keeping secrets? Why can’t I hang out with other people? Stop checking in on what I’m doing. Why are you jealous? What do you think trust is? This is not trust.

Laura Cross
South Junior High School
Amber Strickler – Teacher
Best Friends

From snowball fights,
To scary movie nights.
And from wearing the same shirt,
To laughing to it hurts.
Those nights we’re up past three,
The secrets between you and me.
Even though we argue like crazy
And how we became friends is a little hazy.
I’ll everlastingly be true to my best friend
No matter what, I’m here ‘til the end.

Sequoia Deason
Notus Jr./Sr. High School
Christine Vilord – Teacher
Trust is a Teacup

Trust is precious
And warm
Like a cup of tea
That warms you.
It was inside me,
Inside of her,
And now shattered
As the tea cup fell
And all the warmth leaked
As it lay on the floor.

Haylie Descoteau
Melba Jr./Sr. High School
Jeff Sessions – Teacher
Moos from the Soul

Cows
Relationships are like cows
Not always black and white
Lots of different colors
Relationships are like cows
Each has its own pattern
Need fences and borders
Relationships are like cows
Must be constantly maintained
Easily tipped by someone else
Relationships are like cows
Getting stabbed in the back
Like a horn piercing your soul
Horn

Cole Downey
Riverglen Junior High School
Jeanette Griggs – Teacher
When Your Best Friend is Better Than Your Boyfriend

When you see
You win
It makes you
Feel good and
Then you’ll want
To tell someone

When he wins
He’ll shove it in
Your face and
Doesn’t even listen
To you and
Shoves you to
The side

And that is how
You know when
Your best friend
Is better than
Your boyfriend

Liberty Edmondson
Clearwater Valley Jr./Sr. High School
Ashley Winterringer – Teacher
Baby Steps

It starts as a tiny seed,
but with the love and nourishment of the rain and sunshine, it grew.
From a sprout, to a plant, and finally to a flower bud.
The flower bud would truly decide.
With the sunshine’s coaxing, it slowly bloomed.
Finally, it blossomed into a delicate rose.
I found myself trusting you and I knew in my heart that you were going to be my best friend for a lifetime.

Reagen Frost
Compass Public Charter School
Jon Stadtlander – Teacher
A Change of Weather

Standing alone
Waiting for her
Foggy day no one in sight
Shivering, shaking its cold
Slowly wetting the ground
It rains harder and harder
Puddles start to form

Getting lonely
Still waiting
Rain and fog start to clear
Sun peaks over the mountains
Slowly rising
White clouds start to form clear as day
I see her short hair
We kiss and hold hands
We laugh and stay ‘til the day ends

Josh Fulgium
South Junior High School
Cotton Ward – Teacher
Love

Love endures all things
love never fails.

Don’t try to act
perfect just so
he can see
you’re there
be yourself be real.

Don’t try to wear
too much make up
just so you can get
his attention be
yourself be real.

Love is like a rubber band
Held at both ends by two
People when one leaves….
It hurts the other.

Alejandra Garcia
South Junior High School
Cotton Ward – Teacher
Compliments

Look at yourself
You’re perfect
Every aspect of you is just flawless
Pick yourself up and look in the mirror
You are definitely supposed to be here
Don’t listen to what they say
Whoever and wherever you are you’re meant to stay.

Morgan Gascon
Vallivue Middle School
Amy Meiser – Teacher
Trust

Trust is like a twig,
For you must treat it well
If you wish for it to stay alive.
One wrong move,
Snap.
Trust is like a tightrope,
For you must take great care
To avoid an imminent fall.
One wrong move,
Slip.
Trust is like an egg,
For you must be gentle
To evade a shatter.
One wrong move,
Crack.

Noah Gervais
Vallivue Middle School
Elizabeth Hatch – Teacher
Love What’s Real

You call me your best friend
I call you my best friend
But the real truth is
You don’t say anything to me.
You stay occupied by her
You stay sucked into her.
Only say jokes directed to every one
Expecting me to laugh
To smile
Even when I’m not happy.
So now I find some one
Capable to talk to me
To laugh with me.

Elizabeth Godinho
Saint Mark’s Catholic School
Nicole Schuette – Teacher
Big Heart and Open Mind

One heart, hand in hand, is how it should be. He should not have the bigger half and neither she. Equality allows agreement, Live life as one, not separate.

Mornings with no make up for her, Baggy sweatpants and scruff for him. Welcome each other in your own skin. Look deeper than the eye can see as beauty only goes so deep.

Find someone who love you unconditionally, And you will love what’s real unintentionally.

Lily Gregory
South Junior High School
Cotton Ward – Teacher
Raw Rigid Real

Math is precise–
perfect in every way.
For example two plus two always equals four.
I am not precise.
I’m not fake.
I am a snowflake–
raw,
rigid,
and unique.
I’m okay with melted edges and faulty proportions.
I’m not fake.
I am exposed to the harsh world around me,
but I won’t let it change me.
I am real.

Cierra Grover
Melba Jr./Sr. High School
Jeff Sessions – Teacher
Love

Is acceptance
When you love someone,
You see past the differences
You see past the imperfections
And glue
All the broken pieces
All the different colors
All sharp edges
And worn down ones too
To create a beautiful masterpiece
This is love
This is acceptance

Torry Herrera
Saint Mark’s Catholic School
Nicole Schuette – Teacher
Peculiar

I know who I am,
through sun and storms,
I don’t care about fame,
or the need to transform.

I like who I am,
I don’t care what the world says,
I will sometimes stand alone,
through life…. I know!

I am called peculiar,
I am proud of it in every way,
no one is similar,
we’re all different,
like night and day.

I love who I am.
I am glad to be unique.

Lauren Hillam
Fruitland Middle School
Wyndy McGinley – Teacher
You say

Without makeup
Yet you flinch when you see me.
You say you trust me
With your life
Then why does everyone know the truth but me?

You say you support me
All the way
But I feel like I’m alone

You say you’re real with me
Then why do I feel like you’re as fake as Barbie

You say you will stay with me,
But I feel like you already left

Sarah Hinz
South Junior High School
Cotton Ward – Teacher
Talk

You should not
Text,
Email,
Or yell at each other.
Be nice,
Kind,
Happy,
Jolly.
Don’t be mean when you talk
to each other.
Be respectful
So you can be together.
It’s good to talk to each other
So it makes them feel happy
And yourself

Evan Jackson
Clearwater Valley Jr./Sr. High School
Ashley Winterringer – Teacher
Unique

As I walk around the halls of my school
I see people talking and acting like others.
If only they
Felt that they don’t have to copy.
If only they knew they didn’t have to
Act like others.
They are unique and no one else is
Like them.
They can’t be afraid to show the real person inside
Just to be popular or sit with the “cool” kids.
There is no one like you.

Branden Jenkins
South Junior High School
Tyler Bevis – Teacher
Emotional Toolbox

Why Should You?
He shadows you like a rain cloud on a sunny day
But yet you go back
Wishing it would be fixed naturally
You have run out of wood and nails trying
To block the past
It’s time to pull up the plywood
And drop the whole thing
You need to repair what’s been held back
But you’re drug down like cement
Hardened onto the mistrust between the two of you

Olivia Jensen
Sawtooth Middle School
Roger White – Teacher
Wholeness

We can communicate well
We can hang out without fighting
We agree to disagree

But that makes our relationship stronger

I’ve spent all my life with you
We have seen good and bad days
You’ve taught me many lessons

But it’s time I teach you different things

We tell each other secrets
We keep them deep in our hearts
We refuse to let them spill

But we still can rely on each other

We are whole

Adalene Johnson
Leadore School
Yvette Troy – Teacher
The Flood

It floods over me.
Strikes me with confusion.
Whirls me around, panic striking my lungs hard.
I struggle to surface, fighting against the ominous waves that rush over me.
Gasping and screaming, I finally re-enter reality, only to discover I’ve lost everything.
Been tossed aside like I’m just another house built to be destroyed.
Ruined.
Demolished.
Crushed.
Wrecked.
Made into nothing.
You broke me.
Shattered me.
Left me never to trust you again.

Elly Johnson
Riverglen Junior High School
Jeanette Griggs – Teacher
The Real You

Behind your makeup, I see the real you.
Behind your fake laugh, I see the real you.
Behind your fake friends, I see the real you.
Behind your lying, I see the real you.
Behind the drinking and the smoking, I see the real you.
And all of this, this is not like you.
If you can’t accept me why should I think about accepting you?
Be YOU maybe, just maybe I’ll still love you.

Alesia Jones
South Junior High School
Tyler Bevis – Teacher
Welcome

Enter INPUT
INPUT: Do you love me?

Enter requests <[request] “____________” >

INPUT: [request] “Do you love me?”
ERROR

INPUT invalid
“What is love?”

Enter INPUT

INPUT: [answer] “…”
ERROR

No INPUT
“What is love?”

INPUT: [request] “What is it to you?”

[search] “Love”
a profoundly tender, passionate affection for another person.

Enter INPUT
INPUT: [request] “Do you love me?”
ERROR

Like talking at an empty box

Hanna Kessler
Riverglen Junior High School
Jeanette Griggs – Teacher
Be Yourself

Be yourself
It makes you real
And loved for who you are,

People don’t like imposters
So keep things real
And please, don’t steal
Others’ personalities are theirs
And not yours,

Be yourself
It makes you real
And loved for who you are,

Break through the dark
And show who you are,

Be yourself
It makes you real
And loved for who you are.

Kai Kesty
Lewis and Clark Middle School
Tisha Johnson – Teacher
Octopi

You see the hurt
In your friend’s eyes,
Sharp and clear.
You feel like you are drowning,
Deep into the darkness
Of the murky ocean.
By millions of octopi tentacles,
Wrapped tightly around your legs.
And you see the pinpoint of light,
Slowly diminish in size.
As you sink deeper,
Closer to the ocean floor.
You write and squirm,
But it is of no use.
You will never come back up
And breathe again.

Sierra Knowles
Riverglen Junior High School
Jeanette Griggs – Teacher
Caring is Sharing

Love is a flame
A small flame,
Held small and close in your hands.
Love, like flame, needs balance.
Too much air,
Or not enough air,
And your flame will go out.
If you love many,
And if many love you,
Your flame will grow
Into a large, comforting fire.
So be sure you love well
And love often
For you never know
Who might be cold.

Elizabeth Kriel
Riverglen Junior High School
Jeanette Griggs – Teacher
Liar

You said you wanted natural beauty
So I wore my hair in a bun,
Put my sweats on,
Laughed at your jokes,
I was myself around you,
Then you left,
You lied.

Gwenyth Lane
South Junior High School
Cotton Ward – Teacher
Who I Am

His words are smooth like silk telling me I am not good enough for him. His eyes watch me every moment every day willing me to make a mistake. He promises he loves me, but not for who I am.

He wants me to change and tells me I don’t deserve his love. But I will not change. If I do not deserve his love he does not deserve mine. I am who I am.

Rachel Liu
Riverglen Junior High School
Stacey Day – Teacher
Dandelions

People may ask why
   Your head is adorned
   By a flower crown
And you may explain how
   He wove it just for you
   A wreath of white dandelions
   With twisted stems
Then they’ll laugh because
   The florets are weeds,
   Veiling the world
   The same way he hampered you
So you raise it off
   And holding the stems
   You blow them away
   Sending them airborne
Later they grow again
   To become the crown
   For another

Kelly Brooke Loutzenheiser
North Junior High School
Andrew Porter – Teacher
The Many Faces of Trust

Trust,
The builder of relationships small and large,
The conqueror of doubts,
The extending of the hands,
The annihilator of barriers

Trust,
The start of something big
Building and breaking walls
Like the lord Time Eternal

Trust,
The beginning and the end
Find it and fill yourself with the joy of love

Trust
Cherish it with all your heart
And you’ll never know what will find in the end

Connor Lynch
Fairmont Junior High School
Emily Morgan – Teacher
The “Good Morning, Beautiful” texts,
The constant butterflies in my tummy,
The urge to see your face,
And feel your body against mine.

The way you sit and stare,
The way you walk towards me,
The way your voice sounds magical in my ears.

Those texts, they disappeared,
The butterflies eventually died inside,
That urge, drifted away from me,
And I no longer need you by my side.
After you lied.

Tina Lei Martell
South Junior High School
Tyler Bevis – Teacher
The Illusion

I heard many words, I thought they were true.
I risked nearly everything, I had plenty to lose.
I saw several things, I did not know they were coming.
I puzzle over what happened, I wonder what I did.
I felt like it would last forever, I know it will not.
I placed so much trust, I wish it were unbroken.
Now I finally see the illusion.

Allison Martz
Riverglen Junior High School
Jeanette Griggs – Teacher
Eruption

Trust is like a cinder cone volcano—it spews cinders constantly
Slowly building upon itself.
But even after its foundation is broad and vast, its peak reaching for the sky
The tiniest fracture can spread and grow like a cancer
Causing its ultimate eruption and eventual destruction.

Regeneration is possible: molten lava still churns at the core
A flame of hope that gives the scarred landscape
A chance to heal.

Elliott McCloskey
Riverglen Junior High School
Jeanette Griggs – Teacher
It’s Better Together

A violin and cello, playing a soft, graceful melody
Sugar and cinnamon, making an extra sweet dessert
A pillow and blanket, bundling you up from the harsh winter days
Cheese and crackers, a salty, healthy snack just for us
Black and white, the complete opposite,
but contrast lightness and darkness together
Two people the exact opposite, but work well as one
It’s better together, you and me combined

Grace McGrorty
Riverglen Junior High School
Jeanette Griggs – Teacher
Wild Friends

Pecking away with no fear
Not worried about anything.
Not thinking about the worst.
Knowing that he won’t snap his jaws to
Take the elegant bird’s life
The wicked beast of the river
Quietly stays
That’s the meaning of trust.
The Plover bird turns around,
And realizes that he is safe with the
One all of the others fear.
The Alligator.
That Is the true meaning of trust.

Shivank Mistry
Riverglen Junior High School
Jeanette Griggs – Teacher
Puzzle Piece

I walk around trying to fit in, though I walk the walk talk the talk, it’s not who I am. I try to fit in; but I’m like the puzzle piece that goes with another set.

Austin Moldenhauer
Vallivue Middle School
Elizabeth Hatch – Teacher
You say you love me,
But do you mean it?
You say you’re my only one,
But is that really true?
You say your smile lights the room,
But is that just your imagination?
You say when I see you, you make me laugh,
But is that just an act?
Do I believe you?
Not one bit!

Whitney Morgan
Eagle Middle School
Caya Snethen – Teacher
Self-Esteem

I love me
I will never be changed
I will always be free
I will never be tamed

I will never be changed
I am who I am
I will never be tamed
I am not a program

I am who I am
I believe in myself
I am not a program

Days I never want help

I believe in myself
I will always be free
Days I never want help
I love me

Chyanna Mosso
McCain Middle School
Connie Jones – Teacher
Hidden

The crystal ball,
Shines and shows all,
Things you haven’t seen,
Things that haven’t been.
Lies that haven’t been found.
Truths that won’t be told.
The things you hide from me.
The friendship we had.
Like a warm day on a beach,
Until I found out,
An entire book of lies,
Hidden deep in the sand.
I knew about some.
I’ve learned from my mistakes.
You had a name,
But now you’re regret.

Andrew Nelson
South Junior High School
Tyler Bevis – Teacher
Seatbelt of Trust

Rollercoasters are friendships
Fun and exciting
Much anticipation of the unexpected
Going up, going down
Highs and lows of emotions
Seatbelts of trust that latch you in
Keeping you secure
Hopefully they don’t snap and break
Friendship is a jaunt of feelings
The click of the seatbelt is what is most important
It’s the most important part so that you are safe
Your best friend should be sitting right next to you on the rollercoaster

Hannah Nelson
Mountain Home Junior High School
Karen Gordon – Teacher
Hollow Self

I can see it behind your eyes
You’re suffering and filled with pain
It’s as if your true existence is lost
The real you can do so much more
So why must you try to change that
If you can’t find yourself right away
I will gladly offer a helping hand
Once you can finally find your true self
I will tell you these words
Don’t get lost within yourself again

Uyen Nguyen
Fairmont Junior High School
Stephanie Phillips – Teacher
Communication is Key

Communication is the key
To relationship’s door
Without it
Relationships can’t be strengthened
Knowing each other will prepare you
For what the future holds

Without communication, trust can be shattered
Compromising will help you gain respect
And show yours towards them
Talking will help solve disagreements
Unsolved issues can build up
And be transformed into something huge

Show who you love that you do
By telling them
Showing them
Making compromises
And communicating

Isaac Oliver
Fairmont Junior High School
Emily Morgan – Teacher
Balance and Equality

Relationships are like scales. Both people need to be balanced out. If they are not balanced out one person can feel left out, and another could feel just fine. Both people in a relationship need to feel valued. They both need to help and be there for each other. If you don’t value your person you can lose them. In a good relationship there has to be a good balance and caring between one another.

Arina Ortiz
Melba Jr./Sr. High School
Jeff Sessions – Teacher
A Winter Heart

Love is warm like a fire, radiant and beautiful
Without love, it is a bitter winter, a freezing pain
Too nervous to crawl close to the flame
Heart like snow
Will you crumble my heart, throw me out?
I fear that too much
My trust once neatly–smoothly wrapped close to my snow heart
Careful as you hold it close to your flame
That is my winter heart you hold.

Nicole Osborn
Sawtooth Middle School
Roger White – Teacher
Me, Not You

I’m not the smartest
But I get good grades
I’m not that outgoing
But I am not ignored
I’m happy
But there are bad days
I’m not perfect
But I am me,
Not what you want me to be.

Patrick Park
Vallivue Middle School
Elizabeth Hatch – Teacher
Just a Crush

My mind, ferocious with scribbles.
His mind, open yet empty.
My stomach, twisting into butterflies.
His stomach, muscular yet normal.
My heart, filling with lopsided love.
His heart, sweet yet bitter.

His empty mind doesn’t realize that
Mine is scribbling a picture.
His normal stomach doesn’t realize that
Mine is blue with butterflies.
His bitter heart doesn’t realize that
Mine is in love.

Then I realized that’s why we call it just a crush.

Kennedi Paul
Riverglen Junior High School
Jeanette Griggs – Teacher
Don’t Back Down

Don’t be pushed by another,
Choose your path, Do your thing.

Be yourself,
and choose your future.
Don’t let them change you,
or you might be stuck that way,
you won’t have love.

So don’t back down,
and stand your ground,
or you’ll lose your heart,
and your love.

So stand your ground,
and don’t back down.

Mason Phelps
Vallivue Middle School
Elizabeth Hatch – Teacher
Be You

You are different with friends.
Yet with me, your heart unbends.

You act so tough.
But with me there’s none of that stuff.

You act different when it’s just me.
But inside you there’s that person they should see.

You are so honest, caring, and sincere.
You should show them that when they’re near.

I guess I’m saying that you should be true.
Because if they are true friends,

They will like you for you.

Amaya Ponce
Vallivue Middle School
Amy Meiser – Teacher
Trust

Trust is a firm belief in reliability.

Trust is being able to make an exchange with someone you know little about.

Trust is having confidence in the abilities of other people.

Trust is a bond formed over time by two people.

Trust is a human relationship involving faith.

To form trust with others one must first trust himself.

Trust is reliance in others.

Trust is hard to form and very easy to break.

Corbin Poole
South Junior High School
Amber Strickler – Teacher
True Friends

Our Friendship is a dance class
We saw each other
But didn’t know each other
We didn’t know the dances
We learned them over time
We learned about each other
And grew to like each other
We made the friendship smooth
As we made the dances glossy
We count on each other to remember the moves
We are true friends

Lizzie Price
Mountain Home Junior High School
Karen Gordon – Teacher
Pitcher of Trust

Trust is delicate
It builds over a long time, like putting one teaspoon
of water in a big pitcher at a time
until it’s all the way full
it takes a long time to be strong
and that’s what makes it so precious
when you break the trust, all the water gets poured out at once,
and to earn it back
you have to start with the teaspoon again
refilling the pitcher, slowly, over again

Katie Quickstad
Saint Mark’s Catholic School
Nicole Schuette – Teacher
Autumn Leaves

Trust is a relationship
Its leaves are crisp and colorful
Falling from the young oak tree
Beautifully flying
Through the calm wind
Fragilely laying
On a dreadful sidewalk
Someone steps
Without thinking
Stepping on a leaf seems natural
But the trust you cannot repair
Such a fragile piece of nature
The leaves won’t be perfect anymore
And can’t fix them
The relationship still so fragile, and beautiful
But is ruined

Alyssa Roach
Mountain Home Junior High School
Karen Gordon – Teacher
Settings

I’m different everywhere.
Place to place, parent to parent, school to school.
I adapted, I changed.
I buried me under what I’m supposed to be.
Where is she?
Can I dig her back out?
Can I even find her?
Who am I?
Everywhere is a different “setting.”
But I want to be me.
These plastics are going away.
No more fake.
Welcome me.
Long time no see.

Alexandrya Robinson
Vision Charter School
Amy Meiser – Teacher
Plants and Worms

Trusting relationships are like plants and worms; they nourish each other.
They count on each other.
To plants, worms are something they can rely on to help get the nutrients for the soil.
I can trust my friends, and they trust me, just like worms and plants.

Veronica Santistevan
*Melba Jr./Sr. High School*
*Jeff Sessions – Teacher*
Understanding

You can’t always get what you want
But that doesn’t mean you have to fight
   Fighting over the TV remote
   Fighting over the last soda
Just take turns with the remote
   And share
It makes things way less stressful
Understand what the other person wants and compromise

Culley Shannon
Riverglen Junior High School
Jeanette Griggs – Teacher
Take a Walk

Leaves crunching
below my boots.

Hair flowing to
the rhythm of the wind.

Fingers interlocked with his.
Nothing could be better than this.

Phone is taken out.
Silly pictures are captured.
Imperfections were noticed…

“You look beautiful,” he said.
And that’s when it was real.

Selma Skeledzic
South Junior High School
Cotton Ward – Teacher
Life

Life has ups and downs
Your smile can quickly fade to a frown
It can be hard to stay real and true
with all the hard relationships you have to go through
But, when all fails you need to be true to you
And to all the people who helped you through
To girlfriend and boyfriend, to mother and son
Caring and loving
Honesty and trust
Being real is hard
But it’s a must.

Aria Dawn Slavin
Orofino Jr./Sr. High School
Michelle George – Teacher
The Real Me

I may wear glasses and I may still be afraid of wind and thunder,
But that is the real me.
I may wear weird clothes, can’t take a joke, and may not have a lot of friends,
But that is the real me.
I will always be the real me,
No matter what.

Jasmine Smith
Clearwater Valley Jr./Sr. High School
Ashley Winterringer – Teacher
Trust

When I feel trust I feel safe.
When I’m safe I’m free.
When there is freedom I feel important.
Importance brings ideas.
With joy I can lift others.
When I lift others they befriend me.
With my friends we go through tough spots.
Tough spots make me sad.
Sadness makes me angry.
Anger brings fights.
Fights bring grudges.
Removing grudges we have resolve.
With resolve we have friendship.
Friendship is trust.

Max Smith
Sawtooth Middle School
Roger White – Teacher
I Can

Everything I say,
You criticize.
The way I do my make–up,
You criticize.

Whatever I wear,
You criticize.
Whoever I hang out with,
You criticize.

You think I like being cut down?
You can give me advice,
But it’s my choice to take it, or not.

I can choose what I want to say.
I can look how I want to look.
I can choose who I hang out with.
I can.
And I will.

Nicole Sparano
Orofino Jr./Sr. High School
Michelle George – Teacher
You Never Knew

I had lived right next to you
For about 4 years…
And you never knew.

All those times
That we would play spies
And go sledding,
You never knew.

We would watch movies,
Play Army, and play video games.
And all that time… Still,
You never knew.

You never knew the truth.
The way I saw you,
The way you did things,
I saw the best in them.
I saw the best in you.

Nicole Sparano
Orofino Jr./Sr. High School
Michelle George – Teacher
Two of You

If there were two of you,
There would be no “original.”
The skies would be the same,
Never open for interpretation.

But since there is one,
One beautiful you,
Scream to skies that they are special;
They’re different to your eyes.

Don’t be afraid to be different,
Don’t be afraid to stand out.
One person of one is special,
Two of one is ordinary.

Nothing is worth more than you,
Your originality is you.

Catti-Brie Lu Ann Spence
Idaho Virtual Academy
Lisa Percifield – Teacher
Listen to the Bird

In love
it’s hard to say
How to tell
or speak clearly

Listen well
to make sure you’re heard
let our hearts soar
to fly like a bird

I must listen to you
to be free
and in return
you listen to me

We must communicate
but not demanding
we must be soft
like a bird’s landing

Settling down in the nest
to feel warm and safe
for our love
is something together we’ll ace

Pheonix Squires
South Junior High School
Tyler Bevis – Teacher
You break the rules. You make fun of someone. But is that who you are? Just to impress a girl, who won’t even matter in the long run. You’re like a child, pretending to be someone you’re not, just to get attention from a girl. The best way for a relationship is to be you. If someone wants you to change then they aren’t right for you. You need to be real, be yourself.

Wyatt Stephens
South Junior High School
Amber Strickler – Teacher
The Trusting Tree

Trust is a tree
It starts as a seed
Then blossoms into a beautiful sapling
The sapling can be big or small
It can grow into a tree
But if it breaks
You have to replant

Sam Stevens
Mountain Home Junior High School
Karen Gordon – Teacher
That Day

It was the morning of
My lacrosse championship,
And there she was,
Standing in the doorway
Looking at me
Through those beautiful eyes of hers.

I was anxious to play,
I was all in a hurry to get ready,
And she told me not to worry
She’s already got all my equipment
And now she’s there to
Give me confidence

Ryan Sutton
South Junior High School
Cotton Ward – Teacher
Silence

We’re the pause between sentences.
We’re the crackle of telephone lines.
We’re the sound of your voice when I’m the only one listening.
We’re us.
We’re the song I listen to when I need to dance but no other music seems to cut it.
We’re dreamers and schemers and singers and dancers and nerds and freaks but after all that we are listeners.
And that makes all the difference.

Alexandra Swerdloff
Foothills School of Arts and Sciences
Dan Fisher – Teacher
Love Is

Love,
it’s not just boyfriends and girlfriends,
it’s not about your family and how you should love them just because you’re related, it’s not just loving your pet because they’re cute.

love is
trust

love is
honesty

love is
caring

love is when a dog, friend, or family is always by your side

love is
strong

love is
special

love is
priceless

love is
something everyone wants

love gets you through life.

without
Love

we feel
lonely

lost
alone

Aminatu Tall

Vallivue Middle School
Elizabeth Hatch – Teacher
Lies and Needles

Your lies are like small needle pricks, all across my skin.
I see your unclear eyes waver.
I smell you unsettled breath falter.
I taste your undecided feelings hesitate.
I feel your unsure posture quiver.
I hear your uncertain words stutter.
Your lies are like small needle pricks, and I am bleeding to death.

Ibrahim Tall
Vallivue Middle School
Amy Meiser – Teacher
Life Saver

A friend is a canoe
Rocking and swaying
On the river blue
When the current is approaching
A rock is arising
Frightened and desperate
Jumping is the only possibility
Splash!
Desperate for air
My head pops up
The life preserver is there

Devin Thomas
Mountain Home Junior High School
Karen Gordon – Teacher
Imagine a thread, stretched between hands. Thread is delicate, so brittle and easily breaking. Sometimes, when it breaks, the pressure is gradual, a slow weight pushing down, wearing it thin. Sometimes it is jerked to and fro and has a hard time letting go, but eventually does. That thread is your trust, someone else’s trust. When that trust finally snaps, the relationship that you once had with this person will never be the same.

Mia Trebbi
Anser Charter School
Allyson Maynard – Teacher
Defect

Reflect my reflection.
What do I see?
Starved soul wants to be normal.

Reflect my reflection.
Point out my flaws.
Zit here, makeup there,
Hide my natural beauty.

Reflect my reflection.
What do I see?
Someone might start cutting.
Doing some editing.

No. Let me tell you this,
Reflect my reflection.
What do I see?
All my flaws pointing out
The real me.

Skyla Vogelpohl
South Junior High School
Tyler Bevis – Teacher
Love

She loved the thought of him.
  Loved the idea of them.
He didn’t like the way she looked
  Or the way she walked.
He didn’t like her friends.
  She had to change.
She changed the way she dressed
  The way she acted
She changed for the worst.
She lost things that she may never get back.
  Because of fake love.

Tayden Vonwald
South Junior High School
Amber Strickler – Teacher
You Need You More

You and you alone are happy with yourself. Love what you do, don’t get placed on a shelf. Show what you Love, Love what you feel. Don’t try to conform to an emotional seal.

Acting is something done in a play Not done until your loved one’s away. Dance with your feet and sing with your heart Paint with your passion; Show off your art.

You need you more

Seth Way
Fairmont Junior High School
Emily Morgan – Teacher
Who Are You?

The girl who knows she’s beautiful,
Or the girl who wants to be like
Everyone else?

The girl who says life’s wonderful,
Even though you’re not yourself?

Be the girl with no struggle,
The girl without the shell,
Be the girl who chuckles,
Who shines just like a bell.

Know who you are.
Know you are a star.
So… who are you?

Zoey Wenzel
Clearwater Valley Jr./Sr. High School
Ashley Winterringer – Teacher
Flying High

Soft and exquisite, small and sacred,
Locked away and never to be found,
You left me here but now I’ve found,
found, that I’ve never needed you,
Free and flying high, I’m away from you now,
no need for the painful sighs.
Because I no longer have you
watching over my every move with an accusing eye.
Because I’m free from you and flying high
while taking in the everlasting azure sky.

Haley R. Whitaker
Orofino Jr./Sr. High School
Michelle George – Teacher
Knots in Paradise

Trust, a thread so easy to cut
It takes one mistake
To break the thread of trust
Between two friends
My friend and I
Told each other everything
Including our secrets
She said she would no tell anybody
She lied
She could not keep a secret
That was honest
Lying
Going behind my back
Cutting our thread of trust
Later
We repaired our thread
Now all is well
But my thread
Will be protected

Samantha Wilson
Mountain Home Junior High School
Karen Gordon – Teacher
Colorblind

Black wolf White wolf
Unflinching glance
Brown wolf Blonde wolf
Together they dance
Packs run in unity
Lie down fearless
Color doesn’t’ matter
To them it’s careless
When hunters ruin them
Destroys the pack in spite
Two packs join together
Reinforce the might
They don’t disgrace position
For help in time of need
They admit being foolish
They don’t roll in greed
We should be wolves
Colorblind fair
We should teach others
Traits to share

Hailey Windley
Vallivue Middle School
Amy Meiser – Teacher
Anser Charter School
Indigo Blauch–Chappelle – Honorable Mention
Mia Trebbi – Honorable Mention

Burley Junior High School
Michaela Bevan

Clearwater Valley Jr./Sr. High School
Liberty Edmondson
Evan Jackson
Jasmine Smith
Zoey Wenzel

Compass Public Charter School
Reagen Frost

Eagle Middle School
Dru DeBie – Honorable Mention
Whitney Morgan

Fairmont Junior High School
Connor Lynch
Uyen Nguyen
Isaac Oliver
Seth Way

Foothills School of Arts and Sciences
Alexandra Swerdloff

Fruitland Middle School
Gabriel Cole
Lauren Hillam

Hillside Junior High School
Linnea Boice – 1st Place

Idaho Virtual Academy
Magdalene Fay Campbell
Catti–Brie Lu Ann Spence

Leadore School
Adalene Johnson

Lewis and Clark Middle School
Kai Kesty

McCain Middle School
Chyanna Mosso

Melba Jr./Sr. High School
Irene Aguilar
Georgia Berrett
Rylie Beus
Haylie Descoteau
MaKenna Draper – Honorable Mention
Cierra Grover
Allison Herman – Honorable Mention
Arina Ortiz
Veronica Santistevan
Mountain Home
Junior High School
Jazlyn Cristobal
Hannah Nelson
Lizzie Price
Amber Pruitt – 3rd Place (tie)
Alyssa Roach
Sami Stevens
Devin Thomas
Samantha Wilson

North Junior High School
Kelly Brooke Loutzenheiser

Notus Jr./Sr. High School
Sequoia Deason

Orofino Jr./Sr. High School
Aria Dawn Slavin
Nicole Sparano
Haley R. Whitaker

Riverglen Junior High School
Taryn Anderson
Roman Bolen
Grace Bowman
Cole Downey
Tatym Dudley – 3rd Place (tie)

Elly Johnson
Hanna Kessler
Sierra Knowles
Elizabeth Kriel
Rachel Liu
Allison Martz
Elliott McCloskey
Grace McGrorty
Shivank Mistry
Kennedi Paul
Culley Shannon

Saint Mark’s Catholic School
Elizabeth Godinho
Torry Herrera
Michaela Petty – Honorable Mention
Katie Quickstad

Sawtooth Middle School
Hailey Borg
Alex Chambers
Olivia Jensen
Nicole Osborn
Max Smith
South Junior High School
Andi Barry
Robin Camp
Laura Cross
Josh Fulgium
Alejandra Garcia
Lily Gregory
Elizabeth Heist – Honorable Mention
Sarah Hinz
Branden Jenkins
Alesia Jones
Brooke Kerley – Honorable Mention
Gwenyth Lane
Chloe Manning-Flock – 2nd Place
Tina Lei Martell
Andrew Nelson
Corbin Poole
Selma Skeledzic
Pheonix Squires
Wyatt Stephens
Ryan Sutton
Skyla Vogelpohl
Tayden Vonwald

Vallivue Middle School
Morgan Gascon
Noah Gervais
Austin Moldenhauer
Patrick Park
Mason Phelps
Amaya Ponce
Aminatu Tall
Ibrahim Tall
Hailey Windley

Vision Charter School
Alexandrya Robinson
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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 to chat online

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

National Sexual Assault Hotline
1-833-656-HOPE (4673) or www.rainn.org to chat online