



LOVEWHAT'SREAL

**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*

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*

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 Pruitt

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*

Honorable Mention

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-peek.
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*

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 Winterring - 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

INPUT

Welcome

INPUT: [answer] "..."

.

.

.

.

.

.

Enter INPUT

ERROR

INPUT: Do you love me?

No INPUT

Enter requests <[request]

"What is love?"

" _____ ">

INPUT: [request] "What is it to you?"

INPUT: [request] "Do you love me?"

[search] "Love"

ERROR

a profoundly tender, passionate affection for another person.

.

Enter INPUT

.

INPUT: [request] "Do you love me?"

.

INPUT invalid

ERROR

"What is love?"

Enter INPUT

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 writhe and squirm,
But it is of no use.
You will never come back up
And breathe again.

Sierra Knowles

*Riverglenn 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

Home. School. Friends. Family.

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,	love is
it's not just boyfriends and	strong
girlfriends,	special
it's not about your family and	priceless
how you should love them	love is
just because you're related,	something everyone wants
it's not just loving your pet	love gets you through life.
because they're	without
cute.	Love
love is	we feel
trust	lonely
love is	lost
honesty	alone
love is	
caring	
love is when a dog, friend, or	
family is	
always by your side	

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

This document was developed under grant number 2012-WR-AX-0009 from the Office on Violence Against Women of the U.S. Department of Justice. The opinions and views expressed are those of the author(s) and do not necessarily represent the official position or policies of the Office on Violence Against Women, U.S. Department of Justice.

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

CENTER FOR HEALTHY TEEN RELATIONSHIPS
LOVE WHAT'S REAL
www.lovehatsreal.com