Stories of Transformation are poems and writings to create a future where everyone is valued, where everyone is safe, and where everyone can thrive.

Idaho high school students were invited to write on one of six themes - We Choose All of Us, Belonging to Beloved Community, Restoring Wholeness, Our Spirit, and Our Humanity, Together We are Stronger, Living in Abundance and Harmony, and Earth is Sacred, Water is Life.

At the heart of these writings, we seek to end our culture of domination, extraction, and violence, and create a world with social equity and collective liberation for all human beings - a world rooted in interdependence, resilience, and regeneration.

The 9th Stories of Transformation publication was compiled from over 2,000 student submissions. Congratulations to Idaho's high school student authors whose selections are published as well as the Stories of Transformation Award recipients who displayed critical thinking and excellence.

A special thank you to Idaho's teachers who encouraged their students to discover new insights through writing and to the judges who read the amazing submissions by thousands of young people.

— Idaho Coalition Against Sexual & Domestic Violence

**Storm**

Statistics show that people heed hurricane warnings less often when the storm has a name like Florence, Irene or Hazel, even when they rain destruction.

My voice is the wind, Sixty miles an hour tearing down trees, ripping houses from their foundations.

Do not mistake my passion for violence, my eye is still calm, but I am not afraid to raise my voice, to howl, to roar.

They will listen. I will make them listen.

Linnea Boice

Boise High School
Jennifer McClain – Teacher
2017 Stories of Transformation

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Cover art inspired by “Storm,” 2017
One Stone High School — Artists: Ariana Borzea and Indigo Blauch-Chappell
Teacher: Jasmine Wilhelm

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OUR GENDER REVOLUTION

www.ourgenderrevolution.org
Gender and Violence

Gender is one of the core ways we learn to identify and expresses ourselves. Gender is socially and culturally constructed — it’s something we learn — not just something we inherit though our biology.

We learn and create our gender through our relationship to ourselves and our interactions with the people around us. And, even though much of gender is socialized, it is still very real; it shapes each of our experiences in profound and different ways.

Unfair treatment, harassment, or discrimination based on gender or gender expression is wrong and creates the conditions for gender violence – abuse and sexual assault – to occur.

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Unfair treatment, harassment, or discrimination based on gender or gender expression is wrong and creates the conditions for gender violence – abuse and sexual assault – to occur.
when you let girls
believe they are less
you create a barrier
that wasn't there in the first place
we see women like russian dolls
full of themselves
until slowly they become smaller
trying to shed themselves of their beauty
this isn't a threat
nor a contamination of fragile masculinity
those who are intimidated by the uprising
are the ones who have the most to lose by equality

Layla Bagwell
Riverstone International School
Jeff Cole - Teacher
my name

five letters standing their ground on my ancestor's lips
picked by my mother, smoothed over by my father
my name is ليلي
i asked my grandma what it meant
it means dark night
just like you
the word my relatives say when i'm standing in the sands of cairo
my name isn't for you to yell across streets
It's a reflection of experiences
that's my name
i speak with a whisper
don't wear it out

Layla Bagwell
Riverstone International School
Jeff Cole - Teacher

Our World

My fondest memory is
Accusing the moon
Of following our family station wagon
Down winding beachside roads
Speckled in starlight.
Or maybe the day we were caught in downpour
Drowning upright
And began to dance with aching glee
As the world thundered through our bodies
The puddles turned to rivers, lakes, oceans
Beneath our dancing souls
I have grown to understand
What a privilege it is
To experience our natural world
In fleeting, simple brilliance

Indigo Blauch-Chappell
One Stone
Chad Carlson - Teacher
One day, my cousin sits in the trunk of the car, Because there's not enough room in the back, As we drive along, My abuela says, “No dejes que la migra te encuentre” We all laugh. Those two words, “la migra” Mean terror, Mean, “sit still and hush now”, Mean that you accomplished your dream, Only to be sent back to square one. We all laugh, Knowing that for our parents, It was all real

Racquel Domebo
Lapwai High School
Sheila Scott - Teacher

La Migra

Water is life

water is life
from the rivers to the creeks
my ancestors drank
to the pepper spray
and
guard dogs
in north dakota
we are water

Racquel Domebo
Lapwai High School
Sheila Scott - Teacher

Sofia Edgar
Timberline High School
Doug Englert - Teacher
Breaking Cement

We sometimes think
Our views are cemented in the ground,
That because others say the world is so
It must continue on this path.
What we forget is the world is constantly in motion,
Moving like a pendulum on a string.
A desire to change
Will bring motion to our beloved world.
We can choose to pull back the string
And let go.
We can choose to spread our ideals
Of an acceptance,
Of love.

Cate Knothe
Boise High School
Teri Weisensel - Teacher

“Six-Letters”

There’s a section of me that is absent.
Recurring episodes hurl my joy and wellbeing into an unforgiving abyss.
There are also counterweights to the pain and agony.
Family.
The six-letter word that single-handedly restores wholeness,
The missing section in my spirit, mind, and soul.
There is an uncontrollable sensation of glee that flourishes throughout
the atmosphere.
There’s a section of me that was absent.
Wholeness has been restored.

Tui Moliga
Lapwai High School
Sheila Scott - Teacher
Stories of Transformation Award

I was once a broken winged butterfly
and now I'm a caterpillar cocooning, hoping to be a moth
Such a metaphor but here's simpler terms:
I was born once as a girl, even though I'm really a boy
So now I'm taking the time to cocoon myself again, discover who I am
and become who I was always meant to be
don't ever let anyone tell you no because
rebirth is everywhere

Ezra Saville
Wallace Junior/Senior High School
Tina Brackebusch - Teacher

Canary Woman

I'm sorry
The census taker
Called you property,
And told you you were blessed.
I'm sorry
Your inheritance
Was some Scotsman's ballad
And a yellowed
Wedding dress.
I'm sorry about the baby
That lived one day
Barely crying
Into your neck
I'm sorry the preacher
Knows nothing of
A woman's pain, and only
Of her sin
I'm sorry,
Canary woman
And thank you for surviving.

Fiona Stanton
Boise High School
Sharon Hanson - Teacher
As we thrive and flourish, ones unalike us, ones who do not like us, enslave shea butter skies and Wolof dancing winds flowing across our thighs.
In their minds we are not worthy of life or abilities to prosper, but we will heal once again, wrapping wounds with head scarves, dashikis, and music of our loved ones, reminding aching souls with memories of what it’s like to feel happy within the culture our ancestors created.

Aminatu Tall
Richard McKenna Charter High School
Sidney Grub - Teacher

Voices Unanswered

Over a continent and an ocean
Lies the other half of me.
If I were lucky
Our father would tell us
How it was; how it’s been
Sometimes, how it is
Those voices of a distant memory
Distant past
Time, place, and people
They call asking
Yearningly
To connect
Not me
But part of me
Not us
But for us
The voices
Can only go unanswered for so long

Ibrahim Tall
Vallivue High School
Amber Ford - Teacher
Timeline
My family hunted back then
So did my father
But that’s all others see
They are lawyers
Students and engineers too
But still connected to those hunting roots
They’re the people that separated into South Sudan
That’s their land
Not this land.
This land was necessary for the time being
This land was for peace and prosperity
But now it looks like that’s over
Is it time to return?
It may be.

Lomoro Aggrey
Capital High School
Diane Ruxton - Teacher

Dear Future Daughter
Remember your roots
Forget not your ancestors
Learn from their mistakes
Do not repeat them
Build on their successes
Love the unloved
Just as you would be loved
Include all
For all are valuable
Unify past and future
Together we are stronger

Susi Aguirre
Gem State Adventist Academy
Kimberly Mitchell - Teacher
Light rises from the ashes
foundations cracked, buildings burned.
Not a bright hope in sight,
but the light.
It radiates a newfound feeling.
One of past mistakes,
though also a feeling of love.
An undeniable truth is shown
never spoken.
Until we realize that
We built it as a team.
Darkness won’t overcome light
because the sun
will always shine
through it.
We will rebuild!
Light will prevail our humanity.
LIGHT

Five Pairs of Hands

Five pairs of hands dig at the dirt
Each their own hue, with grime under their nails
They cannot manage to work with each other obstructing their way
They scream at each other, unable to unearth what they please
But suddenly, two opposing hands interlace
And scratch the ground synchronically
Catching on, so do the rest
And before their eyes, they divulge the fruits of their labor
Five pairs of hands grasp onto each other

Katherine Akers
Compass Honors High School
Erin Gatfield - Teacher

Cameron Alder
Pocatello High School
Caitlin Pankau - Teacher
I am a writer with galaxies in my brain and stars in my eyes
I am a dreamer, tied down to Earth,
I am a poet with the magic in my veins
I am not just a piece of paper to be crumpled under your fingertips
I am not weak for the struggles I’ve had
I am so much more than I used to believe,
I am made of stardust,
And I am someone.

Sacred
The warm burning feeling you get,
The tension that passes over your body.
All by one simple thing
The love and care you have, whether it be for a person or an object
You can't help but want to be right next to at all times
To feel the warming sensation it gives you
To feel a sense of purpose, like you mean something
Like it does to you.
That type of love is sacred.

Samantha Asbury
Caldwell High School
Andrea Arnold - Teacher
we are told
how to love
by a society that can't agree
on right and wrong
because they told us
we were audacious
for being different
and this is why we fight
we scream for the bullets put in our people
we march and yell
hands up don't shoot
this is why my people
build foundations of liberation
based on the roots of oppression
and shout from rooftops
this is why
i am an activist

Layla Bagwell
Riverstone International School
Jeff Cole - Teacher

Terra

I am full of life, color, sound, and hope.
I am the daughter of the magnificent shining sun who nourishes me.
I love my people, I give them everything.
But they hurt me.
I am dying, slowly passing away.
I still love them, they are a part of me;
I give them everything
earth

Elle Berry
Fruitland High School
Kara Walton - Teacher
The People, My People

If you care for those around you
If you fight for what you believe in
If you want to see the humanity in all
You are my people
If you love with your whole heart
Encourage all to be who they are
And can laugh without hurting others
You are my people
I would like to see all people be my people, but for now I’d be more than proud to at least see you

Percephone Bias
Borah High School
Amanda Schindle - Teacher

Human Nature

What makes me human is who I am in nature
For I am not human existing alone,
But in an ecosystem
With hip bones like the ridges of aspen tree bark,
Eyes that flutter like their tawny leaves
We share universal love for our mothers the Earth and her Water.
Unseen cities thriving under my bare feet
Transit systems of roots carrying whispers
One aspen says to the other
“What a day to be alive!”

Ariana Borzea
One Stone
Chad Carlson - Teacher
With fire, it was burned away
With water, it was washed
With guns, it was shot
With time, it was eroded
We were destroyed
we were woven together with strings
like a well-loved blanket, we fell apart slowly unraveling
time had washed us thin
so, we must begin
with a new thread
and a new yarn
we will mend

Chloe Bowen
Skyview/Columbia High School
Laurie Kiester - Teacher

Finding Peace
Quiet moments
can be hard to find.
But if you do find one,
hold on tight.
Because…
In quiet moments,
the moon will show off her face.
In quiet moments,
stars will shine a little brighter.
In quiet moments,
the sun will wake early.
In quiet moments,
trees will whistle long melodies.
In quiet moments,
animals will come to play.
In quiet moments,
peace will be born.

Erin Brassey
Boise High School
Sharon Hanson - Teacher
Blossoms of Humanity

The earth is a garden
constantly in need of nurturing
Through good works, good deeds
the soil is plowed
Acceptance, equality
scatter seeds of humanity
The earth is watered
with acts of empathy & compassion
The individuality of each person
causes every plant to flourish
Unity, Cooperation
the light that encourages growth
Taller & stronger
than the wavering weeds
that struggle to overtake them
Each flora sprouts
above & beyond
the turmoil beneath them

Maddy Bunn
Vallivue High School
Zachary Barclay - Teacher

My people are my backbone
They are my help in a time in need
They are my support
They are my community
They have shaped me to become strong
They taught me how to be brave
My community is my support
My community has taught me how to have a happy life
And solve problems of the world

Ella Burgin
New Plymouth High School
Erin Murillo - Teacher
I Am a Girl

I am a girl who wishes she could be herself
A girl who feels she must hide,
even in her dreams.
I am a girl who loves girls and boys
A girl who pretends to only love boys
Admiring both from afar.
I am a girl who loves who she is
But can’t show who she is.
I wear a mask of my own creation
To hide the truth behind my eyes.

Minnie Cain
Middleton High School
Mike Brown - Teacher

My Home

The river is in me,
coursing through my body like blood in my veins.
The wind calls me,
Whispering tantalizing thoughts of adventure.
The deep scent of coniferous trees,
The aura of wildflowers in bloom,
so sweet I taste it.
The melody of the forest,
Buzzing bees, soft songbirds…
Whipping chainsaw and low hums of engines.
Husky smoke constricts my throat.
Fire blazing, trees falling, heart breaking.
Don’t take this forest.
Don’t take my home.

Emma Christensen
Vallivue High School
Zach Barclay - Teacher
We belong
Some people deny us
Others confide in us
Belonging does not mean
You belong to one person
Belonging means that you are in a place
Where you are able to be you
Belonging means not pretending to be him
Or pretending to be her
Belonging means you

Lizzy Christle
Meridian Academy
Erin Fahnstrom - Teacher

Pink is a Primary Color

As a kid, I'd say my favorite color was blue.
Because yellow was my dad's
And primary colors have power.
I've learned since
more colors are in that spectrum
If I value the color I am, I will have power.
If you value me, we'll share this power.
Any of us could be tangerine, indigo, green,
hot pink.
Pink so hot
it completely
burns
Your stereotypes down.
I am not your color.
I am mine.

Robby Christensen
Fruitland High School
Kevin Wickersham - Teacher
Like A Girl

When I first heard those words, I was standing in a muddy field, my hands empty of the ball I had just tossed. "You throw like a girl!"

They laughed, running off while I tried to muddle through their statement confusion writ onto the soft planes of my face.

I didn't understand then, and I won't now. For when I do things like a girl, I succeed. And I have every intention of succeeding.

Addison Concidine
Fruitland High School
Kara Walton - Teacher

Opposite Day

Boys like to play with plastic toy guns And wrestle and run and shoot hoops for fun. Little girls dress up in sparkling gowns And parade about their rooms in dazzling crowns.

But if a boy didn't like the basketball team And wearing makeup was his dream If a girl despised dresses and didn't like pink, Tell me, tell me, what would you think?

Defy the rules, let them be This is equality

Zoe Cox
Coeur d'Alene High School
Mary Parkin - Teacher
Growing Within Society

My sweet baby Society
I will rock you in my arms
And try to soothe your aches and pains
Replace them with love and understanding
My dearest love Society
You seem to never rest
Taking care of you can be wearing
But you cannot take care of yourself
I will try my best to lead you
So that when it comes time
My son will grow with you
With love
Compassion
And acceptance

Laura Cross
Marian Pritchett High School
Christine Murphy - Teacher

To the Future

Hopefully, you'll live in a world without hatred
Hatred that is based on an identity that we all share
Gender identification, sexual orientation, race and personality
Everyone is unique in ways that I have never seen in my lifetime
Equality is something that I still hope for--
I hope you will too.
My child, we aren't pieces.
We are whole.

Tre'anna Cussins
Capital High School
Carla Zumwalt - Teacher
A survivor

I knew what sacred was by touching the hands of my grandmother. Chains that weighed down her wrists, now replaced by a brace. When I would tickle her stomach, I felt the pressing of her ribs. She held the record for holding her breath the longest, she can't anymore because of her breathing tank. I remember learning about the Holocaust, going home to tell her what I learned. "I know," was all she would say.

Paris Davis
Boise High School
Sharon Hanson - Teacher

The Sacridity of the Earth

Spreading and growing
Increasing in size
Finding food through the roots
Growing more beautiful each long day
Springing to life as the early morning comes
Falling asleep as the night passes through
Praying for rain
Stretching for fabulous food
Farther,
Farther,
Yet farther I reach
I'll shower beauty as the autumn days come
Sleep all winter long,
and awake to replay my life again when the spring comes
Growing free and true
Keeping Earth sacred

Sierra Davis
Gem State Adventist Academy
Kimberley Mitchell - Teacher
Truth is Told

How would it feel to be accepted?
Without judgment we are happy
We’d understand what it means to be true…
   True to ourselves
   True to our morals
   True to our own beliefs
Not afraid to be unique,
We’d show our honest selves.
   No more hidden features,
   No more wishing to be ourselves…
A place where you wouldn’t have to act okay,
   No more lying to others or yourselves.
   A freedom to just be normal.

Sierra Davis
Gem State Adventist Academy
Kimberley Mitchell - Teacher

We need us

Our world has changed.
For better or for worse?
I don’t know.
Wars, disasters, and tragedy encircle us yet
there is love
there is care
there is hope
we as people, only allow ourselves
to see the bad but
we need to open our clouded eyes
and see the goodness
shining before us.
What the world needs now is
Strong leaders who can
provide, protect, and make peace in these hard times.
We need us.

Shayleigh Davis
Pocatello High School
Caitlin Pankau - Teacher
The rivers that crisscross along the lands,
Like the veins of blood that flow through our bodies
The mountains that we must climb to reach the other side,
Yet we stumble and fall, only to get back up.
The trees branching out beyond their space,
Like our fingers reaching for the hands of others.
The parts of us that connect us all to nature.
The parts of us that connect us to each other.

Joslin Deaton
Vallivue High School
Zachary Barclay - Teacher

We are the Trees

Communities are like forests. We as people, are like trees. Every one of us has something unique about ourselves. In a forest, trees work together and support each other. In society today, there is judgment. People need to see that everyone is different and they need to accept that. Putting others down is like cutting down trees. If this keeps happening, eventually there won’t be any left. This is why we need to accept everyone.

Jadyn Doramus
Vision Charter School
Becky Mitchell - Teacher
An Astonishing World

Full of wonder
A vast sphere
Bursting with beauty
A world where possibilities are endless
For some it’s heavenly
For others it’s misery
As the privileged
Drink fresh water
The 844 million
Don’t have access to clean water
As they sit in their heated homes
Over 100 million people are homeless
If we can find a way
To connect with the struggling
To become one
We can learn to shape the world
Into something more

Kelsee Eardley
Vallivue High School
Zachary Barclay - Teacher

Vultures of Humanity

When did people earn the right?
To condemn,
Mock,
And be self-righteous?
To decide someone’s
Place,
Value,
And ideals?
Is there a difference?
Between vultures and humans?
Both prey on what they see to be weak and pitiful
In order to survive. But there has to be one difference.
Where a vulture can’t make the decision to be anything other than a
vulture,
A human can.
They can choose to evolve,
To become humane.

‘Zenab Ebed
Timberline High School
Greg Hoetker - Teacher
The Candle Heart

Constant ray of light
Pouring from the wide smile
That sits upon her face
No sign of sadness
Which hides below the mask
The mask of happiness
It carries the ability to cover the dark
And show only the light
Light that is no longer there
Not many know of this powerful mask
That hangs softly over her shy face
Soon greeted by a friendly face
Who lights the candle
That is her heart

Alyssa Ellis
Coeur d’Alene High School
Mary Parkin - Teacher

Sacred

We were hunting along an old road. My dad and younger sister wanted to continue down the road but my brother and I wanted to wait. They walked ahead as my brother and I laid off to the side of the road. As we laid there, looking up, we were amazed at what we saw. The green trees, purple berries, and orange sunset exclaiming the sacred beauty of the earth.

Andison Fluckiger
Vallivue High School
Zachary Barclay - Teacher
Not to This World

I was born with fire inside me
This world is determined to stomp it out
I saw it when I stood up for myself
And was told “It isn’t ladylike to raise your voice”
I knew it when a man
Used his strength to have his way with me
But I will never
Let them take the flames from my soul
Instead I will burn brighter
Because I belong to myself
Not to this world

Clara Gallegos
New Plymouth High School
Erin Murillo - Teacher

Work With Me

Can I ask:
what would happen if you tried to
work with me?
Not against me
But with me
Encouraging me, sharing ideas, and I’ll encourage you too.
The men and women
who have influenced me the most
Gave me the gift of teamwork.
They were willing to work with me.
Tell me your ideas, what you wish to see in the world.
Listening.
Instead of selfishly working apart
could we work
together?

Aurora Gault
Gem State Adventist Academy
Kimberley Mitchell – Teacher
Water is Life, Earth is Sacred

If you speak English, it is water. French, it is eau. Japanese or Chinese, 水. Spanish, agua. It doesn’t matter what you call it or where you live, water is life. Water is the mother who will always care for her child, and is always there to help them when they need support. It adapts to anything, and yet manages to always take the easiest way. Water is life.

Andrew Gessel
Vallivue High School
Zachary Barclay - Teacher

You
I see you
But not your body,
For we are not what is seen with the eye,
But with the mind
I see your soul
Your hopes and dreams,
Your love and your anger.
I see what you truly are
You are not any number
You are not the labels slapped on you
You are a whole person with unique thoughts
That many choose to ignore
You are your strength
And your beautiful soul.

Sydney Gullickson
Compass Honors High School
Erin Gatfield - Teacher
Your Controlling Words

My love for you was deep;
Though filled with fear;
I upset you every day;
I lost myself in time with you;
Until one day I chose to leave;
The pain was unbearable;
But in the end was worth it;
I found myself in friends;
I found myself in music;
I found myself in family;
Mindfulness saved who I was;
Reviving my spirit by leaving you.

Gillian Hall
Vision Charter School
Becky Mitchell - Teacher

Free

Water runs through my veins
Grass connects with my curling toes
Mountains on the horizon call to me
Leaves whisper soft words that caress me
Sounds of worldly objects do not exist here
Time is a word without meaning
Birds sing melodies of their haven
The connection melts through my body
I am free of my worries
I am born again
I am home.

Hannah Hall
Pocatello High School
Caitlin Pankau - Teacher
Special Gifts

Music is calming and soothing
Each instrument special in its own way
   Every note intriguing
Making the audience want to stay
   But without the music arts
What would our lives be like?
No more soft melodic parts
   Everything quiet like mice
God gave us each a gift
   A special one, no doubt
Some choose not to share it
   Making them miss out
We need to share our gifts, happily
Only then, can we live abundantly

Kayla Hastings
Gem State Adventist Academy
Kimberley Mitchell - Teacher

How Do We Win?

To win in a world
we don't understand is a fallacy.
We hold ourselves back
with our greed,
our works,
our doubts.
To be our best we must be different
from all those who fight without reason
and from all those who don't stand for themselves.
We need to learn about the society.
We need to recognize the society.
We need to speak about…
The broken;
The haunted;
The ones who need to be acknowledged.

Kaegan Hayes
Vallivue High School
Zachary Barclay - Teacher
Black Lives Matter

Riding a commuter train,
Walking home with a friend,
Selling CD’s outside of a supermarket,
Wearing a hoodie;
Calling for help after an accident.
Going to Bible study;
Laughing;
Attending a birthday party,
Doing absolutely nothing.
Each phrase above tells the action of the person when they were shot by police officers.
What has humanity come to where we kill our own people because of the color of their skin?
Or because of their “history”?

Chloe Iwasa
Gem State Adventist Academy
Kimberley Mitchell - Teacher

Mother to All

Many know me,
Respect me,
Deface me.
My forests are torn,
My tears are flooding the Oceans that they corrupt.
I send my winds,
My howling cries
That ruin their homes,
Their entire lives,
And still they do not Listen.
My seas are polluted,
The air that I gift them
Is choked with darkened Clouds of fire
And destroyed.
They dig into my heart
And use it for wealth.
They are deaf to my voice.

Mataea Jamison
New Plymouth High School
Pierrette Madrid-Harris – Teacher
A Girl’s Grit

“You can’t lift that
It’s too heavy for you”
They say

“You can’t possibly move that”
They insist

“You are a girl”
They remind

They forget that the sun shines on us the same as them
And sees no difference between
Boy
And
Girl
Maybe I can’t lift this
Maybe I can’t move that
But I can pull a load
With the same heart
Just like women
Thousands of years before me

Just a Thought

Will you help me tear down this wall?
This wall says I cannot be what I want to be
I cannot be equal to a man
It is almost worn through from centuries of chiseling
I’m about to tear it down

Just a thought,
But it could have been torn down much sooner if you had helped
I’m just giving you a chance
One last time
To be a part of it

Jamie Jansen
Gem State Adventist Academy
Kimberley Mitchell - Teacher
**Strong**

One drop of water can scarcely wet a tongue,
But a roaring river carries ships for miles.

A single brick has no purpose,
But a home can guide, can comfort,
Can protect

A twig, when sparked, lights for but a moment,
But a tree, once felled, can burn for hours,
Warming hearts and hands alike.

Alone we are almost insignificant
But together we can warm hearts, lift spirits, and change lives.
Together we are strong.

*Megan Jensen*

*Fruitland High School*

*Kara Walton - Teacher*

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**Earth is Sacred**

The wind roars with sad, polluted air.
As city lights and the concrete ground
hover over the land,
it makes us indigenous people sad.

People don’t value the earth
the way it should be valued.
There are more endangered lives than ever.
Trash in the ocean,
polluted air, unnecessary hunting,
Land taken from animals.

Not only is life dangerous for animals,
but it’s the same for us.
The earth is no longer a safe place.

*Victoria Johnnie*

*Lapwai High School*

*Sheila Scott - Teacher*
Something Real

Her
bright and serene eyes.
Tell me something real,
with body and soul.
Beauty decapitates
Miracle and meaning.
Love me
Until I dissolve.
Her;
She is a star.
Tell me something real,
Until I dissolve.

My lungs have become
One with her journey
But she will no longer
Be searching for me.
Her
Empty iridescence.
Tell me something real,
For this is our day.
Even my ghosts
Were affectionate.
Stay, at least
Until I dissolve

Huntley Kenley
Meadows Valley High School
Joe Johnson - Teacher

Legacy

Life
We complain about how it goes on and on,
But when it comes down to truth,
Life is short.
So what shall we leave for others to see?
Can we leave a Legacy of happiness,
Of harmony,
Of equality?
Or will we leave a Legacy showing ourselves divided and in pain.
Will we change how we treat each other,
So that we can leave a Legacy to be proud of?
What will be our Legacy?

Linda Kirby
Gem State Adventist Academy
Kimberley Mitchell - Teacher
The Things that are Me
There are some things I can't do.
I can't wear shorts, or else I'll show my thick thighs.
I can't go outside without make-up, because someone may see the true me.

But
I have to let people see the true me,
That doesn't incorporate make-up into her daily routine,
That wears shorts just so that she can be comfortable.

I have to let people see
The things that are me

Portia Kluchesky
Gem State Adventist Academy
Kimberley Mitchell - Teacher

Words
You said, once, in the breath of morning
That "we" is not only a word
You said,
Hands on hip, eyes of starlit glass,
That "we" is
Laced between fingers and teeth
A web of woven dreams and ideas
You said then,
"I" is one in a sea of many,
But "we" is the string that holds us all together.
I see now that you were right,
"We" is the word that writes the world.

Cate Knothe
Boise High School
Teri Weisensel - Teacher
I am a forest
No longer a temple
For even a house of worship
Can be desecrated and destroyed
Swallowed by the flames of those
Who deem it unworthy
Leaving only ashes for remembrance
No,
I am a forest
Burn me down as you may
Leave me blackened, beaten
Seemingly desolate and forgotten
My thicket will always rise,
Fueled by the ashes
Of what you tried to destroy
Returning perpetually,
As life among decay

**Ciara LaCroix**  
*Mountain View High School*  
*Matt Edwards - Teacher*

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**Belonging to Beloved Community**

Male, female,
Titles that do not describe the person - just what they look like
Tall, short, skinny, thick,
Appearance is the first thing we see
Life is a ball rolling down a hill
Constantly moving to better places
A place where you are accepted not for the clothes you wear
But for the choices you make
A place where you belong to a beloved community
The Place where you are loved

**Destiny Lawson**  
*Gem State Adventist Academy*  
*Kimberley Mitchell - Teacher*
My Love Goes Out To

People.
They inspire
They exist
They have importance
Animals.
Want to survive
Want to be loved
Want to thrive
Nature.
Gives us peace
Gives us beauty
Gives us growth

Sight.
Lets us feel
Lets us think
Lets us observe
Life.
Should be valued
Should be loved
Should be respected
Love.
Needs patience
Needs joy
Needs sacrifices

Taylor Ledgerwood
Salmon River High School
Ashley Mayes - Teacher

Aspen

If I was an aspen
Then I would grow
If I spread my roots
Then I wouldn’t be so shy
If I let my roots spread
Then I would be free
If I let my branches grow
Then I wouldn’t let people boss me around
If I let my leaves fall
Then I would be negative
If I let my roots die
Then I would have given up

Trysta Ledgerwood
Salmon River High School
Ashley Mayes - Teacher
Existence

I fell in love
With the taste of frozen water sliding down my throat.
Like cracking ice on burning cement.
With snow-white fur, lazy yellow eyes, and a subdued purr.
With the bliss of hearing nothing.
Like the static inside your head stopped.
With sunny rain, splashing gently on my transparent skin.
With the warm embrace of a loved one.
Like everything built up inside has washed away.
I fell in love with existing.

Sarah Magnuson
Boise High School
Sharon Hanson - Teacher

Home

My hand runs along the striping paint.
He sailed away with hundreds more
for new soil to call home.
I poke my head between damp, splintering wood at ancient barn doors.
He went for his family and families to come.
My eyes scan the road for miniscule shells leaving a trail to the sea.
He left on down a pebbled road,
Shells shattered by horse hooves.
I survey the land of my ancestors with wonder.

Fiona Martinez
Boise High School
Sharon Hanson - Teacher
**Why Hate Someone**

Because of something they cannot change  
For the color of their skin  
For their sexuality  
Or for their gender identity  
Does it matter?  
If someone’s skin is black, white, brown  
If someone’s the opposite gender  
Or has no gender at all  
Choosing to hate someone  
When you don’t know them  
Choosing to hate someone  
When they’ve never wronged you  
Choosing to hate someone  
It must be difficult to do

*Sara Martinez*  
*Vallivue High School*  
*Zachary Barclay - Teacher*

**A Perfect World**

There is not discrimination  
There is no war  
The world is at peace  
But that is not reality  
There is war  
There is hate  
There is little peace  
In this world  
People suffer  
People hate  
But together  
We can stand  
Against the hate  
And accept everyone  
No matter how different

*Sara Martinez*  
*Vallivue High School*  
*Zachary Barclay - Teacher*
Cosmos
She speaks to me
on cold, clear nights.
Whispering words of wisdom,
to the back of my head.
She embraces me
with invisible arms;
Comforting me in times of doubt,
hugging my thoughts dearly.
She enlightens me,
surrounds me with beauty.
Suppressing existence with peace,
covering life with unity.
She brings me harmony,
ringing it in my ears.
She makes us whole.

Amy Matthews
Meadows Valley High School
Joe Johnson - Teacher

Lolo, Montana
Take me to
where happiness is always apparent,
where pain is Irrelevant, unseen.
Take me to
where understanding is forever key,
Where judgment is unnecessary, unneeded.
Take me to
where friendship is infinite, amazing,
where bonds are never broken.
Take me to
where “home” is people, my favorite kind,
where “house” is More than just a location.
Take me back to that place
I hold so dearly in my heart, the place I called home.

Amy Matthews
Meadows Valley High School
Joe Johnson – Teacher
Do Not Run from Me

Come as you are, child, there is no need to fear. For I am with you, past, present and future, all intentions clear. Come as you are, child, broken and bruised. I will take you in and keep you warm, til you’ve no excuses to use. Come as you are, child, come be crushed by love. I forgave you when you couldn’t forgive yourself and made you feel worthy of. Come as you are, child.

Baylie McCallister  
Boise High School  
Sharon Hanson - Teacher

The Beauty of Simply Caring

Threatened by Loneliness and Sadness Vexation and Defeat. Trudging through an evil deceiving mess As I walk down this nightmarish street. A friend walked my way, Hope and truth in their eyes. They gave me a better day. And I no longer walked alone down the road of demise. People, together with me, continuously fed me with strength Compassion, support, and the simple question showing they truly cared! “Are you okay?” Together We thrived.

Alexander McDowell  
Vallivue High School  
Zachary Barclay - Teacher
United

Standing proud, an army of trees
One massive group
All connected, a united force
yet separate, all individual
Depending on each other for survival
but also independent, coexisting
with others around
Leaves dancing around from tree to tree
gaining knowledge, making friends
No one can penetrate this deep sense of belonging
The way they have carved a family among themselves

Cheyenne Meshishnek
Coeur d'Alene High School
Mary Parkin - Teacher

On the lake, the lake of no return. Lost lake, make me feel lost but found all at once. My feelings for lost lake will never change. My heart will always save a spot for this lake. The roots of the trees surround the lake, the water of the lake makes these roots grow and gives life to the animals that also call it home. This place makes me feel whole.

Keaton Michael
New Plymouth High School
Erin Murrilo - Teacher
I want to be
I want to be like Maya Angelou,
Writing what I believe and blazing a trail.
I want to be like Rosa Parks,
Refusing to back down for rights I deserve.
I want to be like Malala,
fighting for my purpose no matter the cost.
I want to demand equality so I can live equally.
I want to stand strong so I don’t have to be strong.
I want to fight so the fight can end.

Harmony to me is a little Hawaiian village by the ocean.
The elders telling stories to the little kids;
the parents gathering food for the village.
They have each other’s backs.
No one job is done by one person.
They are whole; a perfect cycle where everything flows perfectly like the very water by their feet.

Hannah Miller
Gem State Adventist Academy
Kimberley Mitchell - Teacher

Ashley Mio
Fruitland High School
Kara Walton - Teacher
Walls

Individuals have walls.
A metaphor, perhaps, that represents what one chooses to show.

These barriers stop us from being everything that we truly are as souls.
We can stop this.

Abolish those masking walls.
Embrace the true identity of not only yourself, but others too.

Society is full of those who aren't willing to accept the differences of Humanity.

Acceptance is key to creating a world where people can love each other and live in peace.

Rhianon Moon
Pocatello High School
Caitlin Pankau - Teacher

Somebody

You said I was ugly,
It was your own biased opinion
You said I was a boy,
It was your own assumption.
You said I was a nobody,
It was your own stereotype.
But I am not restricted by judgments.
You said I was ugly,
But I am beautiful.
You said

Elizabeth Moretti
Vision Charter School
Becky Mitchell - Teacher
Dear Ancestors

I am walking along the soil
And digging through my past
Until I stumble upon your roots
That have long since passed.
You had settled down by now
With a grin across your lips
And beads of sweat across your face
Imagining a time someone will look back
And see what you did.
I can feel your presence now
Through backbreaking labor
To sorrowful heartbreak
There is still a grin
Etched with fulfilled accomplishment.

Elizabeth Moretti
Vision Charter School
Becky Mitchell - Teacher

Observe

Look around the world,
and open your eyes,
to see what is real.
Find beauty in small things taken for granted.
Embrace all colors,
of lights and darks.
Forget the differences that
separate one another,
Find peace and harmony,
And live as a whole

Jaeda Moyer
McCall-Donnelly High School
Devon Barker - Teacher
Like the ocean,  
I have highs and lows.  
Some days I am the crest of the wave  
building, rising, upwards, reaching for a storm cloud sky  
And other days I am the insurmountable fall  
of water crashing up against the shore.  
However, I am greater than my lows  
and no matter how many times I come crashing,  
tumbling, falling, down.  
I will rise again

I am fragile.  
Yet, I am a force to be reckoned with.  
No ordinary rainstorm I,  
am a hurricane  
of 90 mile per hour winds I am a sight to behold  
a wildfire ravaging sage deserts  
heaven  
and hell.  
I have picked up my own pieces and tediously bandaged them back together

Mackenzie Niksich  
Mountain Home High School  
Maura Brantley - Teacher
I am just like other girls

They tell me I am not like other girls and to be proud of that. But they are wrong. I’m the whole of all the parts of every girl I’ve ever met. Together we lift each other up and together we can bring others down. We are a force of nature and that makes us all alike. We storm your house, we blow through your internalized sexism and we stand up for each other, together.

Sariah Owens
Madison High School
Neva Ward - Teacher

We Choose All of Us

What does we choose all of us mean?
It simply means to understand and celebrate everyone Celebrate differences and similarities
We must learn to reconnect with each other.
The greatest feeling can be described as when someone chooses to celebrate you fully.
Accept people in such a way as to make them feel wanted in the society we live in today.
This is the one way we can truly reconnect and come together.

Maddi Palmer
Pocatello High School
Caitlin Pankau - Teacher
The Wind

Our spirit is what guides us.
Like the wind does with the grass.
We all go in different directions.
But we serve one purpose.
That is to make our country better.
Our humanity is within us.
It's like the air we breathe.
We all need some part of it in our lives.
When we breathe, we hardly notice.
It has become a way of life.

Marissa Penney
Lapwai High School
Sheila Scott - Teacher

Ancestors

We receive judgment all because of our ancestors before us.
Their inconsiderate choices do not predict mine or yours.
What they saw as righteous then, we see as frivolous.
They may have intended their motives to be facetious,
Never knowing the devastating outcome of their
Ludicrous decisions.
Don't let the cycle repeat, generate new history.
Fossilize something that our future generations could call
An accomplishment.
Let them be proud to call us their ancestors.

Tapanga Raines
Capital High School
Christopher Urquiaga - Teacher
**Together We are Stronger**

Feeling low, shattered, embarrassed, and ashamed,
Alone I suffer alone, with others I become strong
Thrown into the fire from the ashes We will rise,
For our strength is together
Now the fire in our eyes, in unity We find strength
So together We will fight!
No longer will We be held down in the dark
But with a new dawn We will unite

**Alyssa Renz**
*Timberline High School*
*Greg Hoetker - Teacher*

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**Judgment**

Little droplets running down your face
The air, feeling heavy within
Your hands trembling with fear
Slowly you walk up to the podium.
Experiencing judgment within
Before you can speak your thoughts,
The congregation starts going to sleep
Hoping that you don't faint
Finished…
You feel relieved, felt as if it was the next year
Remember, don't Judge

**Toby Reeve**
*Gem State Adventist Academy*
*Kimberley Mitchell - Teacher*
Belonging to a Beloved Community

Lapwai, a small town in the middle of Idaho. Family is one of the words that comes to mind when I think of Lapwai. Everybody knows me, and I know them. We care and love one another. These are my roots and what I love. When it comes to sports, everyone comes out to the game. That’s what makes us family. I wouldn’t trade it for the world. My home will always be Lapwai, Idaho.

J J Reuben
Lapwai High School
Sheila Scott - Teacher

Together We Are Stronger

We will rise, fight, and protect.
Together we link like chains,
Around our most sacred sites.
Our spirits will be lifted as we join each other,
The air among us will be filled with strength.
Together we are stronger.
Together we are one.
When one endures loss or pain,
We all endure the same.
Combined in strength, what is thrown at us is bearable.
All different cultures, beliefs, and traditions unite.

Kalela Reuben
Lapwai High School
Sheila Scott - Teacher
From Ripple to Rush

I lap at your shores and cascade through your veins, connecting you all with an enigmatic name.
I bring storms and I bring rains, if only to kindle your fervent flame.
I flow through earth and through air, breaking every boundary to complete my mission.
I am one thing all have chosen to share, yet you’ve given that no recognition.
I look forward to the future generation when humanity ceases this discrimination.

Katherine Ryssel
Coeur d’Alene High School
Mary Parkin - Teacher

Taking a knee
Together we stand
Kneeling down
As we hear the band
In our hometown,
Everyone looks
Criticizing us.
We take those looks
As we lock arms
We know who we are
Brothers standing as one
Against a nation
Who looks at us with hate.
Saying we are disrespecting our country,
But is it really our country?
If we’re treated as outcasts.
Each day is a battle
But together as one
We are inseparable.

Cristian Santos
Timberline High School
Greg Hoetker - Teacher
The Earth

I am a mountain,
and I am a tiny pebble.
I am the ravishing oceans,
and the delicate rain drops.
I am a scorching desert,
and a harmless little grain of sand.
I could be a monster
your death and demise
crushing cities and killing millions,
or I could be a symbol of hope
something of pure beauty
something you hold onto.
Because I am the Earth
Both my beauty and pain.

Taci Shaw
New Plymouth High School
Pierrette Madrid-Harris - Teacher

My Mind Is Free

I look at nature and feel reconciliation,
I sit on the forest floor and practice meditation.
My mind is free.
I rest my eyes and can sense the trees,
I breathe in deep then release.
My mind is free.
Resting there I feel my heart beat,
Matching the rhythm of a creek.
My mind is free.
I touch the dirt with earthen hands,
I feel the grit of weathered lands.
My mind is free.

Alexis Smith
Gem State Adventist Academy
Kimberley Mitchell - Teacher
Out of our mother’s breast she feeds us with life.
What would we be without her?
We wear and tear on her body, causing bruises and scars.
We all fight over our mother,
Though we still abuse her.
Now the very milk that would feed us life,
Is being polluted by her own children.
It’s up to us to take care of her,
And keep her milk and body safe.

Kelani Smith
Lapwai High School
Sheila Scott - Teacher

Don’t Follow the Stereotype

In a world of black and white, choose color.
When everyone else is silent, play music.
When the world is in chaos and despair, look for the bright and share it with others.
When people blow away your dreams because they see them as sticks,
Rebuild them with bricks instead.
Others will see you as strange,
But eventually those people who told you you couldn’t will be asking you how you could.

Courtina Smith
Vallivue High School
Zachary Barclay - Teacher
Our place

Reach down,
Feel the Earth.
This is ours.
The place where we grow up:
Learn,
Laugh,
Love.
The same place that confines us;
We call home.
We try to escape,
Explore,
Get away.
But we are still here,
Born on the same grounds in which we must return.
Sacred.
This is our place.

Matthew Stefanic
Timberline High School
Greg Hoetker - Teacher

Puzzle Pieces

Everyone wishes to be something he isn’t
But no one realizes how we’re already fashioned
We are puzzle pieces with
Protruding parts
And concave corners
Aligning perfectly with those around us
The colors we were painted with may seem strange
They may clash crazily
Or whir with wild patterns
But we are not isolated individuals
Unless we connect with our community
We will never see the bigger picture we were made to create

Anna Stone
Gem State Adventist Academy
Kimberley Mitchell - Teacher
What Are WE?

Does it matter "WHAT" they are?
If they’re black or if they’re white?
If they’re gay or if they’re straight?
    No.
It matters who we are.
We must love, must care.
We must help, we must share.
    There is no “them.”
    There is not “me.”
    There is US.
We are Human.

Ethan Tagalog
Gem State Adventist Academy
Kimberley Mitchell - Teacher

Constant Movement

I thank the Water, for they are a being who supports and heals.
Waves that move in peace, pushing out toxic energy.
Can you feel it on your skin? It flows throughout your soul,
creating an uproar of content and confidence, manifesting waves
of power through energy connected with the Earth.

Aminatu Tall
Richard McKenna Charter High School
Sidney Grub - Teacher
Raise your children to be authentic, to prosper without ignorance or bias. For we will all someday be the educators of the young. As humans differ, we flourish in our own individual ways; entwined with life and energy, spirit and soul. To love and be loved, to care and be cared for, that is what will change our future.

**Aminatu Tall**  
*Richard McKenna Charter High School*  
*Sydney Grub - Teacher*

Sun and Soil  
All is black  
But I am not afraid  
For the darkness is warm  
And wet  
And nurturing  
Time to go up  
I push and shove and displace  
Then  
Light  
The heat flushes my face  
And warms my outstretched limbs  
The blackness below a steady flow  
Of energy,  
Blades slice  
Axes chop  
Infernos sweep through  
But I won’t worry  
Because I know there will always be the sun  
And the soil.

**Ibrahim Tall**  
*Vallivue High School*  
*Amber Ford – Teacher*
The Voice Not Heard

Still, like a fortress in a storm;
Frail, like leaves underfoot.
I stand here
As time cascades a dreamy blue
Around my shell and empty soul
Who am I?
I am a free prisoner,
Locked in a borderless room.
A bearer of invisible chains
Tied to opinions and respect.
Afraid, like a bug in a web,
To speak my inaudible voice.
Falling, like the hot tear
Down my frozen cheek.
When will I be understood...

Kelton Turner
Gem State Academy
Kimberley Mitchell - Teacher

New Page

I struggle with thoughts
The thoughts that many are forgotten
Hidden beneath the shadow of ignorance
Victims of oppression
I struggle that I am hopeless to meet their needs
But a world of those who unite
Unite to help free those whose needs are barely met
Is a world that could be

Gabriel Uvay
Gem State Adventist Academy
Kimberley Mitchell - Teacher
Sacred
To me, nature is sacred
The rolling hills of Idaho
The pine trees
The wind blowing through the grass
The running water
The purple and white mountains
These are sacred places
They create energy
Healing, growing, safe energy

Alyssa Wainaina
Renaissance High School
James LeDoux - Teacher

We Belong
We aren't a typical society.
We aren't defined by other's values.
We are free to be ourselves
Because we are our own selves.
We aren't restricted
By stereotypes of the world.
We can overcome
Hatred thrown around by the jealous.
We aren't the same
We have individual minds.
Different, special, unique,
We aren't one people.
We don't have to be the same,
We can work together
Because when we try,
We all belong together.

Hailey Warren
Vallivue High School
Zachary Barclay - Teacher
A Letter to my Ancestors

Dear first steps,
I’m sorry to have forgotten you,
You sun-stretched sproutling, you.
When we lifted off solid earth –
wings beating
against crisp sky – I’m sorry
our thoughts of thunderstorms
pushed you from our minds.
But when the sun won’t shine
up here, I gaze down at you,
puzzling at this miracle –
the bones in my wings
hardened from the veins
in your leaves – and I soar only
thanks to you, you
Darkness-braved explorer, you.

Carly Werdel
Boise High School
Sharon Hanson - Teacher

On Hope

Transcendence:
Different things to different people,
She speaks of a future of love.
She sees equality of race, gender, and religion.

Elevation:
On a mountaintop far away,
He dreams of an aquifer.
He longs for cleanliness, flow, and hydration.

Humanity:
All of us together,
We are connected.
We will build homes, communities, and love.

Nicole Wheeler
Vallivue High School
Zachary Barclay - Teacher
Pulchritudinous World

Olivia Williamson
They call me
Hippy
Dreamer
Tree-hugger.
Crazy.
I guess, they just can’t feel the Earth’s heartbeat.
Isn’t it thrilling, hearing the epic battle of thunderstorms drumming the world?
Isn’t it enchanting smelling the breeze and tasting the ocean in your lungs?
Isn’t it spectacular to allow your eyes to feast upon the colors of a sunset?
“No”
I guess, they can just go back to work.
Meanwhile I’ll be having adventures.

We aren’t made the same
We’re made of the same generic biological parts as everybody else
We all have skin, bones, and tissues
But does that make us the same
We’re different from past and future generations
Is that a crippling societal norm?
No, we’re so much more
We are the future leaders of this great country
We are future parents in hopes to raise another wonderful generation
We are…
We are a new generation

Benjamin Yancey
Pocatello High School
Caitlin Pankau – Teacher

Olivia Williamson
Vallivue High School
Zachary Barclay – Teacher
The world falls apart along tessellation fault lines that nobody saw coming.
The Earth shakes with the cries of the streets.
The melting pot is starting to separate,
Like oil and water.
There was a time of cohesion.
We knew what the person on the opposite end of the field wanted.
I used to know,
But now I’m not sure anymore.
Nowadays it’s us and them.
Blues and reds.
Blacks and whites.
Oil and water.

**Anders Zunich**  
*Boise High School*  
*Anna Daley - Teacher*

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**Hyperbolic Self**

The man who discovered the universe
was a woman,
was me as I glanced at the sky,
at the stars and their moon,
and said: yes, there is more out there.
I looked at our Earth –
where those ants and whales and people
all live such valiant lives,
all survive –
and then I looked outward
And I understood.

**Beatrix Zwolfer**  
*Boise High School*  
*Sharon Hanson - Teacher*
* Stories of Transformation Award
+More than one poem

Boise High School
Boise
Dakota Ashton
Erin Brassey
Paris Davis
Cate Knothe*+
Sarah Magnuson
Fiona Martinez
Baylie McCallister
Fiona Stanton*
Carly Werdel
Anders Zunich
Beatrix Zwolfer

Coeur d’Alene High School
Coeur d’Alene
Zoe Cox
Alyssa Ellis
Cheyenne Meshishnek
Katherine Ryssel

Compass Honors High School
Meridian
Katherine Akers
Sydney Gullickson

Columbia High School
Nampa
Chloe Bowen

Fruitland High School
Fruitland
Elle Berry
Robby Christensen
Addison Concidine
Megan Jensen
Ashley Mio

Gem State Adventist Academy
Caldwell
Susi Aguirre
Sierra Davis+
Aurora Gault
Kayla Hastings
Chloe Iwasa
Jamie Jansen+
Linda Kirby
Portia Kluchesky
Destiny Lawson
Hannah Miller
Toby Reeve
Alexis Smith
Anna Stone
Ethan Tagalog
Kelton Turner
Gabriel Uvay

Lapwai High School
Lapwai
Racquel Domebo*
Victoria Johnnie
Tui Moliga*
Marissa Penney
JJ Reuben
Kalela Reuben
Kelani Smith

Madison High School
Rexburg
Sariah Owens

Marian Pritchett High School
Boise
Laura Cross

McCall-Donnelly High School
McCall
Jaeda Moyer

Meadows Valley High School
New Meadows
Huntley Kenley
Amy Matthews+

Meridian Academy
Meridian
Lizzy Christie

Middleton High School
Middleton
Minnie Cain

Mountain Home High School
Mountain Home
Mackenzie Niksich+

Borah High School
Boise
Percephone Bias

Caldwell High School
Caldwell
Samantha Asbury

Capital High School
Boise
Lomoro Aggrey
Tre’anna Cussins
Tapanga Raines
Mountain View High School
Meridian
Ciara LaCroix

New Plymouth High School
New Plymouth
Ella Burgin
Clara Gallegos
Mataea Jamison
Keaton Michael
Taci Shaw

One Stone High School
Boise
Indigo Blauch-Chappell*
Ariana Borzea

Pocatello High School
Pocatello
Cameron Alder
Shayleigh Davis
Hannah Hall
Rhiannon Moon
Maddi Palmer
Benjamin Yancey

Renaissance High School
Meridian
Alyssa Wainaina

Richard McKenna Charter High School
Mountain Home
Aminatu Tall*+

Riverstone International School
Boise
Layla Bagwell**+

Salmon River High School
Riggins
Taylor Ledgerwood
Trysta Ledgerwood

Timberline High School
Boise
Zenab Ebed
Sofia Edgar*
Alyssa Renz
Cristian Santos
Matthew Stefanic

Vallivue High School
Caldwell
Maddy Bunn
Emma Christensen
Joslin Deaton
Kelsee Eardley
Andison Fluckiger
Andrew Gessel
Kaegan Hayes
Sara Martinez+
Alexander McDowell
Courtne Smith
Ibrahim Tall*+
Hailey Warren
Nicole Wheeler
Olivia Williamson

Vision Charter School
Caldwell
Jadyn Doramus
Gillian Hall
Elizbeth Moretti+

Wallace Junior/Senior High School
Wallace
Ezra Saville*
Support Friends Who Have Experienced Abusive Relationships or Sexual Assault

When someone is abused or sexually assaulted, they usually tell a friend first, if they tell anyone. Sometimes they don’t say anything, but you may notice something is wrong and be worried about them.

While it can be hard to know what to do, you have a lot of influence in encouraging your friend to get the help they need. Here are a few suggestions to help a friend:

Start the Conversation — Begin a conversation from a place of concern, avoid judgment or lecturing. Let your friend know what you’ve noticed and don’t be afraid to tell them you’re worried. Be sure your friend knows that no one deserves to be hurt and that you aren’t blaming them for anything.

Listen and Be Supportive — Ask them to share anything they feel comfortable sharing, then really listen. It’s not your job to gather all the facts, just to support and listen. Let your friend talk about the abuse or sexual assault in the way that they need to. Make them feel safe with you as the person they choose to talk to and give them time to share their experience. Know your friend may not recognize the abuse (which may happen through texts, on the phone, or online), might be afraid or embarrassed to talk about a sexual assault, or may be confused about what happened to them. Also understand that your friend may not realize that coerced sex (when someone manipulates, tricks, or guilts a person into sex) is sexual assault. If your friend didn’t want it to happen, then it shouldn’t have. If your friend was sexually assaulted, encourage them to seek immediate medical treatment.

Things To Say — Encourage your friend to get help from a trusted adult, and help them connect to the resources they need. Don’t judge your friend. Here’s examples of things to say:

“I’m here for you.”
“I’m sorry this happened to you. No one deserves to be hurt.”
“It’s not your fault.”
“I am worried about you.”
“How can I help?” or “What do you need?”

Stay Connected — Your friend needs you to listen and be supportive. Respond with understanding and empathy, not anger. Your friend may not want help from anyone. Understand what you see or hear may make you frustrated and upset. Don’t close the door of communication by threatening to do something they don’t want. Also, expect that your friend may share and then not say anything to you for several weeks or even months. Don’t pressure them to talk, just let them know you are available when they want to talk.

Get Support — Your friend may feel more comfortable talking about the situation with someone anonymously over the phone, in that case, help them reach out to a local domestic or sexual violence organization, or one of the national support helplines listed on the next page. You can also call the helplines to get support in how to help your friend.
Where to get help

**National Dating Abuse Helpline**
1-866-331-9474 or www.loveisrespect.org to chat with an advocate online

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

**National Suicide Prevention Lifeline**
1-800-273-TALK (8255) or www.suicidepreventionlifeline.org to chat with a crisis counselor online

**The Trevor Project**
1-866-488-7386 for LGBTQ young people ages 13-24 or www.thetrevorproject.org to chat online

How to get involved with Our Gender Revolution

Learn how to get involved with Our Gender Revolution, a project of the Idaho Coalition Against Sexual & Domestic Violence, by going to www.OurGenderRevolution.org to learn more.

For more information contact the Idaho Coalition Against Sexual & Domestic Violence 208-384-0419 or 1-888-293-6118.

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