



2021 Idaho Youth Writing Challenge: Living in Mutuality in Our Relationships

2021 Middle/Junior Idaho High School Writing Challenge

Mutuality is the sharing of our authentic selves that allows for us to recognize each other clearly, interacting with each other and all living beings in ways that are balanced and supportive. Mutuality is a connection that works for the benefit of all involved.

Living in mutuality looks like this: it is seeing a light turn brighter in another person, it is feeling our interconnectedness to each other, the earth and to all living things. It is recognizing the world we want everyone to thrive in and the choices we need to make for that world to happen.

Through writing, we are beginning to understand how deeply interconnected and interdependent we are to each other, to all living beings, and the earth. This gives us hope that violence will no longer be a common occurrence and that living in mutuality is possible.

The 12th *Living in Mutuality* publication was compiled from over 1,500 Idaho student submissions. Congratulations to Idaho's student authors whose selections are published as well as the *Living in Mutuality Award* recipients.

A special thank you to Idaho's teachers who encouraged their students to discover new insights through writing .

Deep appreciation to Malia Collins, *Idaho' Writer in Residence* for assisting with the selection of the published authors and awardees.

— Idaho Coalition Against Sexual & Domestic Violence

Living in Mutuality

Most days I get pictures on my phone marked — On this day last year. I've always loved seeing what I was doing a year ago: the ways my days have changed, or what my kids were up to. Some of the pictures are painful, others offer different glimpses of the places I went and the people I spent time with — far away travel, and then life closer to home — the river, the foothills. However, since mid-March 2021, those pictures have taken on more weight. It has been over a year since everything changed because of the global pandemic. The classes I taught last spring went completely online, my kids' school went online. Family was thousands of miles away and stayed there. There were days in a row when we did not leave the house.

When I remember the start of the pandemic, I remember having no idea what life was going to look like or when we would be on the other side of this. Those early days last spring were fearful ones. The pictures from this time last year that are showing up on my phone also tell a different story. There's a shot of a house a couple of doors down who put a table in their front yard with canned food, paper towels, boxes of mac and cheese. The number of items on the table grew every day I passed it. People from around the neighborhood started adding things to the mix—pancake syrup, boxes of cereal. Even a bag of fresh apples. I have pictures of great blue herons

skimming the surface of the Boise River, and pictures of two ducks who settled into the patch of yard between the window and the front gate. On the day of the earthquake last March, all of our neighbors came out into the street to make sure everybody was ok. I started baking and taking bread to our next-door neighbor. I have pictures of freshly washed homemade fabric face masks draped over a chair outside to dry.

When I started thinking about writing prompts for this year's writing challenge, I thought about what gave me hope. I thought about what came to my own pages when I sat down to write. I thought about the lesson I know to be true and one I have tried to embody over the past year: that we are deeply interconnected to each other, to all living beings, and to the earth. We create the world we want to live in when we practice living in mutuality.

The writers in this year's anthology showed what living in mutuality meant to them. They described their connections to family and friends, to their teachers, and the places they live. They imagined ways people took care of themselves and each other. They used their five senses to tell the stories of acts of love, kindness, and resilience they have witnessed over the past year. They imagined the possibilities of what this world could look like if living in mutuality was something we called into existence every day. On the page, they imagined better.

In Hawaiian there is a word. That word is kuleana. For a long time I thought it meant taking care — taking care of the places

and people we love. I know now that kuleana is so much bigger than that. It means sacred responsibility. It means taking care of ourselves, of each other, and of the world we live in. It is seeing a light turn brighter in another person, it is feeling our interconnectedness to the earth and to all living things. It is recognizing the world we want everyone to thrive in and the choices we make for that world to happen. By doing that, we are cared for by this place and by each other.

I am a writer and a writing teacher. In my writing workshops, my students and I spend a lot of time talking about world building. When they sit down to write, they build worlds by using images and sensory details to put the reader in the place so they can see it as vividly as the writer can. As you read the pages of this anthology, imagine the world these writers are building. It is a place I know you will love and one I hope you can imagine yourself into. Take a breath. Feel your feet rooted in the places they describe. I know you will finish this book changed. And hopeful. Happy reading.

Malia Collins, Idaho Writer in Residence
Boise, Idaho
April 4, 2021

Living in Mutuality Writing Prompts

- Write about what mutuality means to you. What does it look like or feel like in this time we're living in right now? For example, during the global pandemic, how have you noticed your connections to your family and friends, to your teachers, or to the place where you live? Have you seen ways people are taking care of themselves and each other? Have you noticed acts of love or kindness?
- Write about mutuality in healthy relationships to one another. For example, we all need other people. And they need us, too. Write about a time when your needs were met and you also met another's needs.
- Write about mutuality to all living beings and the earth. For example, consider a person or place and your connection to it. Describe it and what makes that connection so special.
- Describe a moment you felt you were living in mutual relationship with yourself, another person, a place, or something in the natural world. For example, write about how in a healthy relationship there's a balance and harmony of power and influence. And how you're there for one another and everything around you. Write about how it feels to take care of a place you love, and how you feel cared for by that place in return. Show us this place vividly, using your five senses, so we can see it and feel your connection to it.

A Tunisian Adventure

My mom and grandma were chatting over Turkish coffee as
I was presented with a Tunisian delicacy.
I listened to their gossiping.
No exposé was too ordinary or bizarre.
While plucking jasmine flowers,
Grandpa called me out for refreshments.
We jumped in his ancient, cobalt Peugeot.
The sun-bleached leather seats crisped our bare legs.
He turned the key
And it sputtered.
Eventually we made it to the cafe.
We ordered two Fantas
Topped with bendy straws.
Gazing at the horizon of the Mediterranean Sea, Under a jasmine tree,
A cooling breeze kissed my face. I drifted away into my thoughts.

Youssef Belhadj

Riverglen Junior High School

Teacher: Jeanette Griggs

Garden Wonders

The sun showering light upon the lively world of green.
The corn stalks singing in the breeze.
The gritty soil licking my toes.
The earthy aroma of vegetation.
The salty tang of sweat.
They all praise my hard work.
My garden is my soulmate.
It's where friendship is born.
It's the origin of compassion.
Laughter fills the air:
farmers are working side by side.
Gratitude swells in my heart:
my fellow laborers are sharing their harvest.
This is a place of balance, accomplishment, and unity.
If only I could stay in this lush, flourishing green world forever...

Elizabeth Beutler

*Tigert Middle School
Teacher: Lorrie'L Jensen*

Love at the First Queenie

I cried this morning
I am worried sick
Queenie is at the vet again.

I read my texts.
My mom says she has an infection.

I force her to drink water,
So she won't get dehydrated
I stay in my room for
Hours with her.

She loves Garfield.
She will just watch it
For hours.
On my lap.
Rolled up in a Harry Potter blanket
Until her eyes droop shut

I love her.

Sophie Constantino

*Taylorview Middle School
Teacher: Ximena Schneider*

My Favorite Self

When I only see red
When the only feelings are bad
I take myself back in time
In my head.

To times back in P1 City
To playing with my friends
Hiding and seeking under a full moon
The mango trees were the best spot.

Or soccer with another village
Rivals always, but friends when it mattered
Each village had its adult football team
But I only watched when mine played.

I miss my village dearly, it's home I wish to go
These are some of my greatest memories
They always make me calm.

Lweya Kashindi

*South Junior High School
Teacher: Amber Strickler*

My Grandma

The blood that runs through our veins
May not be the same
But the flower that blooms inside of us, is

She passes me a romance novel
And tells me all about it
I listen quietly while she tells the story

Her truck is always full of peppermints
And laughter, that matches mine

Our connection is that of a mountain and a river,
The water pulling away chunks of the mountain,
Carrying them down the river

Until it becomes tired
And drops the pebbles off,
Helping the mountain grow
In a new place, In a new way

Ekko Kimball

*South Junior High School
Teacher: Amber Strickler*

hands of society

and from the cold she recovered
from the darkness she became light
and from the ground she rose up
gripped by the hands of society
that embraced her and healed her
so that she too could fix this broken world

Josephine Klaas

*Saint Mark's Catholic School
Teacher: Norma Lloyd*

Home Away From Home

Surrounded by the ocean
Covered with lovely greenery

Maganda

Though I have never stepped foot on the Island,
The Philippines runs in my blood

My ancestors lived and died there
My family originates from there

Though I was not born there
It is a part of me

To you,
The Philippines I say
Mahal Kita

Paytience Maes

*South Junior High School
Teacher: Amber Strickler*

Loving Yourself

Living in mutuality means
That I treat others well
That I'm not hidden
That I know I'm not more or less
Living in mutuality means
That I walk side-by-side
That I don't pollute, pretend, or perform
And we both live our truths
Living in mutuality means that I am not better
That they are not better
That we can live collectively
Living in mutuality means that we meet
In the middle
And that sometimes
The person that needs a little love
Is me.

Elizabeth Miller

*Riverstone International School
Teacher: Christian Bondy*

Mariposa

Somos bellas y maravillosas
Casi todos nos quieren
Todos piensan que somos una belleza
Nacemos extrañas
Pero entre días me escondo
Cuando me escondo está todo oscuro
Y cuando salgo me siento diferente
Me siento extraña pero...
Puedo volar eso no podía hacer antes
Tengo un vuelo muy largo
Tomo el jugo de las flores
Ahora hago muchas cosas que nunca he hecho antes
Pero todavía al fin del día todos me encuentran bella

Hazel Rios

*South Junior High School
Teacher: Amber Strickler*

Mutuality

Happiness in one form or the other,
A double-sided tool that is used for good,
Mutuality is a shared respect,
A shared experience that one cannot just forget,
Whether that experience was a major landmark,
Or just a combination of shared moments and memories,
In this Pandemic,
Everyone has been given a shared experience,
Creating a bonding link for anyone willing to use it,
Though bonds have weakened during this time,
Some bonds have strengthened,
Some acts of kindness have been greater,
And some acts of care have proven,
That people still care,
That people have only grown stronger

Ewyn Villanueva

*Heritage Middle School
Teacher: Donna Castillo*

Acknowledgement

We desire it, crave it, eager to have it,
In this world you don't become acknowledged
because you are great and important,
It is because you are great and important that
people will acknowledge you.
Those who can't even acknowledge themselves
will eventually fall and fail.
Acknowledgement.
Such a powerful tool in society,
Acknowledgement.
How we prosper humanity.

Ranya Al Saeedi

*Riverglens Junior High
Teacher: Jeanette Griggs*

Sailors Dancing with Sirens

Dragons' teaching Unicorns to fly,
Fairies' giving magic to Imps.
Ugly ducklings' telling Squonks not to cry,
And dolphins' and seals' doing tricks.

The Jinn guarding the majestic Oak grove,
Mermaids' swimming with the sea demon.
Sailors' dancing with Sirens in a cove
And slaves becoming freemen.

I do not know how to say,
That this is not the only way.
I know this example is hard to accomplish,
But we are all acting so naïve.

Ignore the difference between others,
And instead embrace them like brothers.
Then will our nation live in harmony,
And the people will speak honestly.

Evy Asbury

Sawtooth Middle School

Teacher: Meg Mikel

Life Forms

Like a leaf flying in the wind
I find my own way through
From the deepest ocean
to the tallest peak
Everywhere you go
there is life to be found.

For everything you see there is life around the corner
Over trees, under rocks, and down in the deepest caves
Remember that no matter where you are
you will never be alone
Maintain all that you have ever had
Someday all that life that you once never noticed will be a part of you.

Liam Baker

Riverglen Junior High

Teacher: Jeanette Griggs

God's Beautiful Creation

Wind blows in my face as my hair flies all over the place.
All I can think is what a beautiful day,
Sparkling Blue Skies,
I hope to never say goodbye...
The sight of nature is so enchanting I think people must have
a misunderstanding.
People stay home and stare at a screen,
But all I want to do is go out and watch an outstanding scene.
How can one stay in one place?
So much to see and full of places I'd love to be.

Violet Barry

*Homeschool
Teacher: N/A*

Unconscious Bias

I sort them
As one separates coals and gems
I know I shouldn't
If only I couldn't
But the boxes remain
Everyone into their proper domain
I fight what I was taught
Yet I cannot.
Then I realized
I could have the equality I prized
Stay in my head they will
But never my mouth will they fill
I have the power to not condemn
I know I won't act on them
United we shall fix the seam
For we are all guided by the Dream

Delaney Berry

*Stanley School
Teacher: Lisa Muscavage*

Misperceptions

I look at you.

All I see is arrogance.

Why must you be so inconsiderate?

It's infuriating!

When we're teamed up, I cringe,

then freeze in shock.

The doors to your true identity are open.

The truth is startling.

Tentatively, I peer through the doorway.

I'm met by an explosion of light.

Shading my eyes, I see courtesy.

I see openness, wit, and affection.

It's all there, just buried

beneath stress, uncertainty, and bad influences,

waiting for a friend to dig them out.

I regret falling into the pit of misperceptions. I'm ready to try again.

Elizabeth Beutler

Tigert Middle School

Teacher: Lorrie'L Jensen

My Little Brother

When he was born

It was beautiful

I loved him

He loved me

And all was

What it meant to be

But two years later

He hated me

I loved him still,

But he hated me

The mouth that once gave kisses

Spat insults and called names

The hands that held mine tightly hit

The feet that I had tickled kicked

And whatever I did was wrong

And in his eyes, he was always right

But one day we'll rebuild

And be best friends again

Jessa Birch

Tigert Middle School

Teacher: Lorrie'L Jensen

Lighting the Darkness with Mutuality

Love, hope, charity,

Freedom, mutuality, and respect.

Our world has seen some darkened times,

But through truth and light we haven't been wrecked.

A global pandemic has cursed us all,

But mutuality has prevented human downfall.

Economies crushed, homes crumbled,

Freedom taken, and families befuddled.

Hospital shortages, stocks diminished,

Communities banded with plenty of masks finished.

Food drives for all, donations accepted,

Surprise door-ditched treats for those people neglected.

Schools worked hard to bring the kids back,

While teachers got creative to keep their education on track.

As long as communities continue in peace,

This worldwide pandemic might finally cease.

Haylee Bird

Heritage Middle School

Teacher: Donna Castillo

Recognition Within

Nature teaches me to admire the little moments in life and demonstrate gratitude for them. When establishing big goals, one can learn valuable lessons from the smallest of details, ascending to peak greatness. One small tree may be insignificant in the vast forest, but the role it plays is equal in importance. In life the little concepts contribute themselves for us to see the cycle happening, and enlightens one to explore the minor details within. The most important lesson I have learned that when recognition is given to the details, the reward is even more extraordinary.

Carter Caywood

Salmon Junior/Senior High School

Teacher: Brett Dickerson

What Really Is Mutuality

Mutuality, the people of the earth, together, supporting, people from all over joining as one. It means people from all lifestyles, ideas, race, religion, loving, and sharing their uniqueness. It means creating an open and safe environment for all, even if others disagree, we can still communicate. It means finding friends and others who share your likes, beliefs and dreams. It means to be UNIFIED. It means acceptance. Most of all it means showing that you know the right that all people are entitled to: living how they want to live, and feeling what they want to feel.

Isaiah Ciulla

Riverglen Junior High

Teacher: Jeanette Griggs

The Goodbye: A Gru's Story

I once knew a boy that could look into my eyes and know exactly how I felt. We had a deep mutual understanding of each other. Who might you ask? Well, his name was Gru, Gru the cat. I rescued him from the animal shelter, but really he rescued me by being my friend. The days that I cried he was there, the days when I laughed he was there. I never knew how close we were and how much of a mutual friendship we had, until he was gone. I'll always remember you Gru.

Sophie Constantino

Taylorview Middle School

Teacher: Ximena Schneider

The Blessing of Humanity

Every person needs other people.
With this pandemic and the quarantine that has come along with it,
I've found this to be true.
It's a blessing and a privilege to have human contact.
I'm so grateful that I've still been able to see
My family and friends on occasion during this pandemic.
I don't know what I'd do without them.
What I do know is that we were made to help each other
Endure and embrace hard times like these,
And I'm eternally grateful for each of my fellow human beings.

Brooke Egbert

*Fairmont Junior High
Teacher: Adam Phillips*

A Place to Be Remembered

Home.
Full of light that is pleasant to the eyes.
I envelope myself with blankets and pillows,
Soft to the touch,
As I come home after a busy day.
I love smelling the clean living room
After a vacuuming session.
And when the house is clean,
Its inhabitants retire for the night.
I wake up the next morning,
To the smell of eggs being scrambled
Down in our clean kitchen,
And to the sound of my family
Preparing for the day ahead.
I come down and taste the eggs.
I am home.

Brooke Egbert

*Fairmont Junior High
Teacher: Adam Phillips*

My Garden

Little plants sprout from the ground
Reaching towards the sun
With pride I watch them
And nourish them as they grow.

As spring fades into summer
And the plants mature to adolescence
I encourage my little plants
And feel happiness enlarge my soul.

Soon the corn is taller than me
And beans peek out from underneath their leaves
I laugh with family and friends
While harvesting the labors of my plants
Proud and happy of my garden.

Rebekah Evans

Tigert Middle School

Teacher: Lorrie'L Jensen

Water

I used to think water
Was just a thing
Something you had to drink
all the time to solves problems
Water is more than that- Its

Silent

Calm

Scary

Exciting

Relaxing

Courageous

As it shimmers in the sun
Breath In
Breath Out
Birds chirping like how a choir sings
It's not just water
It's Life

Sienna Evans

South Junior High School

Teacher: Amber Strickler

healing with people

mutuality is like the healing of a scar,
you thought a mark was left on you,
but people just like you come to cure the ache,
and there's not a wrong way to doing that,
only a sense of kindness speaking to you

Faith Florea

*Riverglen Junior High
Teacher: Gretchen Schulz*

Lonesome Strong

There it sits, the lonesome strong
The one and only to survive many strong storms and wildfires
The one that will sustain no damage.
Its old leaves gleam in the subtle air, as wind gently blows.
Its branches interlock in twines as if each branch were holding hands
Giving the freedom of joy and happiness
Allowing each branch to feel connected
As I sit down, the thought comes to me
The lonesome strong reminds me of happiness and love.
Each branch a different shade giving the freedom of race, and the
freedom of religion
There it sits, the lonesome strong.

Finn Gerhardt

*Riverglen Junior High School
Teacher: Jeanette Griggs*

Silence

The wet sand is sinking in between your toes.
The soft rhythmic waves wash the sand away, only to reappear.
Silence.
Blissful beautiful silence.
The smell of dinner coming from inside.
You hear the distant boat float by.
Then the silence is broken,
The voice seems to slice through the air,
But it isn't harsh, it is just reminding you it is time for dinner.

Anja Hopper Gudmundsen

Riverglen Junior High School

Teacher: Jeanette Griggs

The Earth and Us Alike

This world is not perfect,
Nor will it ever be.
But a way to scratch the surface,
Is through mutuality.
The world will not be plagued,
Of pollution in the skies
But the wind and trees will play,
We will see the dance of stars.
The sun will shine so bright,
Upon such happy faces
Every dawn of morning light,
You will see the neighbors waving.
Family and friends are laughing,
As they sing a happy song.
The world is full of music,
And you are free to join along.
Mutuality is balance,
And balance brings out beauty.

Emma Hall

Heritage Middle School

Teacher: Donna Castillo

Eagles

Here are some historic things about the amazing creature of the eagle. Eagles are protected. Some eagles get shot by pedestrians, and that is against the law. Eagles perch on dead trees so they could stalk their fish by the river. Eagles have nests on power poles and in more places. So, if you are driving by a river make sure to look for eagles and nests! Eagles take their fish to nest so they can feed on the fish or a different living animal. Do you enjoy looking at the eagles? There are some incredible things about eagles!

Kelton Hall

Stanley School

Teacher: Lisa Muscavage

8th Grade in a Pandemic

I think that nowadays we all understand each other
Everyone assumes or knows that others aren't happy
That that smile is fake
We all know why we don't like to eat in front of each other
Why we don't want to raise our hands during science class
Why we actually went to the bathroom during math class
It's like a shadow it follows everyone, we see it, just not the detail
But we don't talk about it
It never gets said out loud
But we all know because we feel the same way
All of our feelings are
mutual

Ashlyn Hallett

South Junior High School

Teacher: Amber Strickler

Soaring Home

The wind kisses my face. They are family.
The grass tickles my feet. I can see that,
The birds sing me a song, And the kindness flies
With me signing along. Me up into the clouds.
The soft, brown dirt I soar on silver wings.
Provides a place Past friendship,
For those big and small, Harmony, love.
So no one needs to race. They swirl around me,
No one needs to sign Enfolding me in
A contract. A hug.
They work together, We are friends.
Hand in hand. We are kin.
They are friends. We are family.
They are kin.

Hallie Heemeyer

*Heritage Middle School
Teacher: Donna Castillo*

One With the Tide

The salty air. Pulls me along.
The crisp breeze. My feet pulsing
The way sand feels In harmony like
Beneath my feet. A song.
The way seagulls A beautiful song that
Implore for food wordlessly, Cannot be written in words.
Yet together they work in That can only be written in
mutuality. The stars.
I chase the clouds The beautiful patterns I see.
Down the shore. The glittery, shimmery Galaxy.
I chase them forever, The ocean, the sky,
And then some more. Are all with me.
The air lifts me, They are me.
Picks me up, Working together in harmony.

Hallie Heemeyer

*Heritage Middle School
Teacher: Donna Castillo*

Destiny's Journey

As I lay on my back by sea, I think of what mutuality means to me.
As I toss pebbles into the waves, I wonder what are in those caves. I
want to explore. I want to be free. And that is just me. The ocean, the
sky, the earth, the ground. It all is so beautiful, so profound. When I
run along the sand, when I fly throughout the clouds, it comes to me.
Who I am meant to be. A girl who works in harmony. Who is brave,
strong, and true.
That is what I'm meant to do.

Hallie Heemeyer

*Heritage Middle School
Teacher: Donna Castillo*

Arbol del tule

We are all like seeds
Moving in the air to different places
Rooting the place the
Gardener fate chooses
Fate is a mysterious figure
Nobody knows what they do
Or how they work
Us seeds become trees
Arbol del tule

Luis Hernandez-Munoz

*South Junior High School
Teacher: Amber Strickler*

Family

It's what brings joy to me
My sister my mother and my brother really enjoy tea
They sit and drink while my younger siblings chase the bees
My dad is a strong worker
He works almost every day
He can take days off
But he hates just staying at the house doing nothing
One time he had to stay and he bought an old 4-wheeler
just to fix it because he was bored.
I find it amusing
He's like a machine that never stops running

Luis Hernandez-Munoz
South Junior High School
Teacher: Amber Strickler

Seeing

I can see things
Others can't
It's something that some wish they could do
It's also something that I often hate
Seeing hurts sometimes
Seeing what bad things the world has to offer
Hate, death, famine, war
The clouds might not let you see the good
But it's there
Family and friends
They can bring happiness, sadness, kindness, and more
They are like the sunshine for a gloomy tree
So treasure them no matter what
Let them show you the good in the world
See the good in the world
Strange world
Strange world

Luis Hernandez-Munoz
South Junior High School
Teacher: Amber Strickler

Built Like A Blanket

One piece of string placed on a prodigious, ginormous, vast surface. With billions of other strands. Slowly but surely, they work their way into becoming a beautiful blanket. All they did was believe in themselves, and each other.

Destiny Hiatt

Riverglen Junior High School

Teacher: Christine Murphy

Natural World

A simulation, manipulation, or just pure beauty. We will never truly know. No matter what, we can take it in. Take in the luscious hills of Scotland. The deep and vibrant jungles of South America. The unexplored and beautiful oceans. All with a purpose. To maintain beauty. Through all the hate, racism, and war. These natural beauties have withstood. To keep us together. To keep us from ruining our already corrupt world. The colorful birds swooping in from the clouds. All sending a message of love. To respect one another. No matter what conflict, natural beauty will always spread hope.

Mac Holmes

Heritage Middle School

Teacher: Donna Castillo

The Great Nature

The grass, the trees, and plants.
beautiful nature
we are hurting them.

The animals have no shelter or food.
This means that some of us won't get meat.

Trees should be a friend
to you if you want
to have a beautiful nature,
be kind to nature.

You can be nice to
nature and not hurt it.

Snowmobiling, sledding, camping, horse riding,
dirt biking, hiking, biking are
all good ideas to get out of your house.

Chase Jacobsen

*Tigert Middle School
Teacher: Lorrie'L Jensen*

Companionship

We skitter to the ice cream shop
And order creamy treats at the marble counter
I fumble ordering, you correct me
I laugh, you giggle

Give and take, listen and talk
I could, I would do this for hours
Conversation ebbs and flows like the foamy salty sea
An emotional piano ballad, stopping and starting with fleeting beauty

Look into my eyes, don't shy away
Look at me, talk with me
I'd be happy to be here forever
This gargantuan sandy hill

On this sunny, exceptional day
In this bubble enveloping us from everything
We're not friends, but family.

Sylvia Jensen

*South Junior High School
Teacher: Amber Strickler*

The Three Keys to a Healthy Relationship

Trust is having hope.

Trust represents connection.

It's feeling safe around your loved ones.

Healthy relationships are built on trust.

Respect is something that isn't given.

To earn respect, you have to give respect.

It's valuing one another's beliefs.

Respect can be rare, and essential to relationships.

Comfortable pace is key to any relationship.

It's not feeling pressured to do or act a certain way.

Comfortable pace is the foundation of healthy relationships.

Relationships are unhurried so take your time.

Tiffane Jones

Salmon Junior/Senior High School

Teacher: Bridget Severe

Dance Little Tree

Why do the trees dance back and forth? Is it because the wind is slowly ushering them in different directions? Or is it because the trees have their own body, their own voice, their own self. When you think about it, we are not so different from the ever-growing trees...

Brinn Judge

Riverglen Junior High School

Teacher: Jeanette Griggs

Prairie, Idaho

The grass reaches up and brushes your arms
As a soft wind blows Spring upon the land

Wildflowers pop up out of the ground,
In an array of colors,
Breaching the blanket of green
That covers the previously snow sprinkled hillside

The glassy sound of a brook is heard
Snowmelt making it swell

A herd of elk graze in the distance,
The bulls, antlerless, from the shed of Winter

The endless expanse of sky above you
Is a reminder of the rest of the world
Who are watching the sky as well

Ekko Kimball

*South Junior High School
Teacher: Amber Strickler*

Forest

There was once a boy who found utter peace in the forest
A forest meant many things to him
Calm, Clean
But most of all
Solitude
No worry about what other people are doing
Just yourself
No need for another person
You can take care of yourself
No worries for what is going to happen when he gets back
Just now
And when it gets dark at night, and cold and scary
He has the confidence to protect himself from whatever may be
But he runs
Runs back
Back to his home
Because he knows that he has other people
People that care
About him

Britain Kirk

*South Junior High School
Teacher: Amber Strickler*

Balance

The endless blue sky
the blazing bright sun the
rich abundant soil
So different, yet so harmonious
We too can coexist in this blissful unspoken alliance
a pact that binds us to each other
harnessing our power and converting it to balance
Mother Earth longs for our liberation,
our release from the chains of conflict that haunt us
She has not deserted humanity, so why should we?

Josephine Klaas

Saint Mark's Catholic School
Teacher: Norma Lloyd

Mutuality

Spiraling out of control
The pieces of our world, falling apart
Pushed to the brink of chaos
Teetering over the edge of complete madness
The pandemic rages, uprooting the faults of society
But... from the wreckage, we emerge
We grab hands, and through all the suffering...
We can move on.
We can rebuild.
We can recover.
Let mutuality serve as our beacon of light
The spark has always been there
Waiting to be ignited by the flames of cooperation
No wind can extinguish us
Together we will rise up

Josephine Klaas

*Saint Mark's Catholic School
Teacher: Norma Lloyd*

The Gorgeous Way of Fishing

Majestic movement between fishes dancing in water.
Under the lake, swimming in the “circle” of life.
Together, nature works through fishing to enjoy the moments.
Under the flaming sky, the shivering moon, wherever you are, these moments stay with you.

Above the glimmering lake soars a fly chained to a line.
Line sinking, drowning the fly, baiting it to lure fish.
Introducing the lifestyle of fishing from father to son.
Tying the fly with line, casting to see what the future holds.
You collaborate with Mother Nature to form harmony in the Great Lagoon.

Ashton Klemme

Riverglen Junior High School

Teacher: Jeanette Griggs

Earth

Earth is our home to all of us

Even though there may be other worlds that can sustain life

This world is still home

It may take hundreds of years to build the technology to get to other worlds

But when the explorers go to the new worlds, we need to have a hospitable home to come back to

With climate change happening we need to stop destroying the plants and the environment and start going carbon neutral

We all need to change our habits so that we can have a place to call home that isn't a wasteland

Grady Klingler

Stanley School

Teacher: Lisa Muscavage

Wake Up

It's all sad. How I've noticed more humility, understanding and kindness between people more in the past year, than I have for the rest of my life. It takes a wake-up call that kills 2.46 million people, to get us to show a little mutuality. Mutuality is realizing that there is another human being just like you that you are talking to. And that they have their own interests and opinions and they probably disagree with you. But that doesn't make them any less worthy of your humanity. It's probably the most important thing we could show to another person.

Katrina Kohler

*Heritage Middle School
Teacher: Donna Castillo*

San Francisco

Foggy grey,
swirly, sharp architecture
filled with color.

Riddled with bookstores,
restaurants,
funky buildings.
Everyone does what they want,
they're their own person,
unique, special.

Soft mist blankets
the city in the mornings.
Rodents and pigeons
running about.

Trash from someone
littered streets,
which are cracked and steep,
plants growing wherever
possible.

Jane Loftus

*South Junior High School
Teacher: Amber Strickler*

Rooftops,
observing, reaching for the sky,
looking over a magnificent red
bridge
that crosses the bay.

San Francisco,
the middle child,
quiet when observed from afar
but wild as anyone.

Always longing for the city
with beautiful,
yet strange houses,
where everything seems
familiar,
yet change is frequent.

“A Time Different Than Normal”

In this time of sadness, loss, and distance
That we all have experienced

During this virus, wearing masks
That cover smiles
That could possibly change somebody's day

In grief and isolation

We have also found strength and love
In coming together as one

Instead of paying attention to how we are different
We are paying attention to how we are all coping

The same

Paytience Maes

*South Junior High School
Teacher: Amber Strickler*

mila

When I saw her ocean blue eyes for the first time, I got oaf in my thought. She is so beautiful I couldn't wait to hold her tight and feel her soft skin against mine. Doctors came and gave us bad news that she was deaf, and we all knew she was perfect. She looks like me and our father. I was blessed with this little girl. I learned and learned sign language. We can talk to each other. She has brought so much joy to my life.

Patience Mallo

*Tigert Middle School
Teacher: LorrieL Jensen*

Comforting Nature

A gut feeling of peace
a piece of unity
the music blasting in my ear
no peers to judge me
Outside
with the sun clothing me in warmth.
I lay in the grass no more sins,
no more guilt being thrown in my face.
Just the beauty of nature calming me to the deepest of deep sleeps
I see blackness
no one is around to comfort me
even though I want comfort.
Nature hears my soulful cries
and is there to comfort me
so I lie in the soft grass.
No lies
being told
just the music playing.

Kira Manley

*Homedale Middle School
Teacher: Allison Doyle*

Light

Our Friendship is like going onto a dark cave
Without a flashlight
We are each other's light
Each other's hope
That we will get through the obstacles and darkness
But when your light dims
I will guide you thru
I will make sure that you get out okay
You would do the same
I know this because you have done it before
You made my light shine bright
And if we make it out of the dark cave
You will know why I call you My Best Friend

Fernanda Marcial

*South Junior High School
Teacher: Amber Strickler*

Unidos

In the darkest time we need each other
We accomplish many things with one another

Unidos to make a change
And fight against the ones that discriminate

We want equity we need fairness
Let them know, we need awareness

Working together to correct laws
We bring racism to a pause
Protest day and night for what's right
Instead of starting a big fight

This is for Muslim people
African Americans
Para mi raza los Hispanos
For Asian people
And Black people

We all deserve the same rights!
Unidos we will fight for what is right!

Fernanda Marcial

*South Junior High School
Teacher: Amber Strickler*

The recipe to Mutuality cake

Ingredients

Supportive sprinkles

Optimistic spray

Happy pan

3 cups respect

2 cups kindness

½ cup joy

1 cup love

Tablespoon nature

Dash positivity

Instructions: Set the oven to 400 degrees, grab a bowl, add respect, kindness, love, and joy! Mix it all up for a very kind consistency. Mix nature, positivity in a bowl for a soft consistency. Add optimistic spray on the happy mind pan. Place the batter into the happy pan. Put it in the oven for 15min. Take It out, let it cool. Spread the icing. Sprinkle supportive sprinkles. Now share some with friends and family :)

Sada McAllister

*Riverglen Junior High School
Teacher: Gretchen Schulz*

Mutuality with Camping

Me, my dad and brother go camping in Cascade.

Every morning a hardy, camp breakfast.

Pancakes, bacon, eggs.

Later we go fishing-

rainbow trout like crazy every time.

We hike through the woods

always more silent there.

The only sounds birds chirping

river waves splashing on the beach.

Lunch- ham and cheese sandwiches.

Swimming in the river.

Dinner- cheddar hotdogs and potato chips.

Popcorn by the fire.

Dessert is always s'mores.

At night, we search for shooting stars.

Bundled up to sleep. I lie there and listen to the night.

Matthew McLeod

South Junior High School

Teacher: Amber Strickler

Family

where you have the most connections,

My strongest connection in my family is with mi hermano Brayán.

Family is where you also have the most memories,

I have the most memories con mis padres.

Also where you have the most fun,

I have the most fun with mi hermano Brayán.

Edwin Mendez

South Junior High School

Teacher: Amber Strickler

The Camera

Pose. Click.
The sound lingers.
I'm portraying someone else.
Stuck in their body, I can't escape.
The movie of my life will soon be played.
I am on screen,
destined only to be a face.
If only I could move, to live amongst others.
I'm stuck in a world where I raced to be better.
To be this person,
instead of being content with living mutually.
The person who knows me is buried deep.
Finding this person, I burst through the screen.
The people look at me and smile. I am seen.
Mutuality is being seen for me.

Elizabeth Miller

*Riverstone International School
Teacher: Christian Bondy*

Mother Earth

The sand that warms my feet
The mountains that I climb
The waves that kiss the beach
The place where I spend my time

Where I learned to ski
Where I danced in the heat
Where I raked leaves
Where the grass became my seat

People took to the streets
They worked to unearth
All the reasons to save
This beautiful Mother Earth

Now it is time to ask ourselves
How we want this to go
To rebuild our relationship
Or ignore what we know

Elizabeth Miller

*Riverstone International School
Teacher: Christian Bondy*

The ranch of love

as i sat on my grandpa's lap i heard the coyotes calling and cows bawling
and i told my grandpa
when you die i will take over the ranch for you and grandma
but he said the cows are bawling and the coyotes are calling
you know that i am here

a few years later
my grandpa died
and i am still keeping to my promise that i made

the ranch is everything i own
i will keep this place open
for the love of a grandson
for when the cows are bawling, and the coyotes are calling

Gage Morales

*South Junior High School
Teacher: Amber Strickler*

Ways of the Salmon

If only we could be more like the salmon,
Swimming freely in the blue hues of the rivers.
We swim up our river to the end,
But some won't ever make it.

Our minds twist and turn like the sloshing waves,
Which may try to knock us down,
But our loved ones help us to swim.
No matter how hard we want to let go,
And be left forever wandering amongst the rocky bed of life.

Pushing each other past our limit and to great success,
Guiding us upstream to our final destiny,
Where we shall rest in eternal peace.

Sara Muench

*Riverglen Junior High School
Teacher: Jeanette Griggs*

Early Spring

She smells of blossoms
She dances like a warm breeze
She
She stands out like a sunflower in a field of roses
She speaks with a voice of honey
She
I shout to the world
"She is mine
She is wonderful
And she is not he"
Voice above all others who tell me I'm wrong
I'm content

Emma Oliver

*Riverglen Junior High School
Teacher: Jeanette Griggs*

Welcome

Strap one the backpack
It clicks back
Gotcha
Slide on your shoes
They squeak back
Let's go
Step onto the dirt
It calls back
Hello there
Stay on the trail
It cries out
Thank you

Charlotte Olson

*Fairmont Junior High School
Teacher: Adam Phillips*

Chirp at the birds
They sing back
Nice to see you
Look at the mountains
They roar back
Long time no see
When you're out there
You know you are welcome
If only you treat
Nature kindly

Animal's Loyalty

Oh, my loyal creature
How you've grown
Can't bear losing you
My treasure

You've got a lesson
One to teach
I've got one to learn
One unforgotten

A growing relationship
The perfect bond
Love and Loyalty
Friendship

Unbroken
Intelligent
Welcoming
Beautiful

Animal's Loyalty

Marseilles Orr

Riverglen Junior High School
Teacher: Gretchen Schulz

Together

young children sometimes wish
they had the world to themselves
this is before they realize
they need everybody else
the smallest things require
quite a lot of hands
so you need to remember
this is everybody's land
together as a nation
we stand together strong

hundreds of nationalities
and you know we'll never stop
together as a continent
we help each other through
trials we together face
the old ones and the new
together as a planet
we live together as
a piece of the vast universe
as we stand hand in hand

Josh Palmer

Moscow Middle School
Teacher: Tiffany VanArsdel

Silenced No More

I am not a virus
My eyes are not for you to joke about
For who are you to judge me because of my skin
In my culture, I see the beauty
The beauty in myself beauty in the world and beauty in others
I look up at the sky, and remember those that came before me,
And think of those that are to come
For the world does not have to be a scary place
But a place filled with love and compassion

Sadie-Rose Peacock

Riverglen Junior High School

Teacher: Gretchen Schulz

Triumph in the Face of Fear

I took a deep breath in and sighed with relief. As the streets flooded with not only people but triumphant cheers, I watched from the window, as a sense of relief rolled over. People of all races, genders, and ages beaming. Colorful flags of pride in one's sexuality waved freely. In a year filled with grief and disconnection, for the first time in forever, I felt free. A burden had been lifted. Even though the road to bliss was still long, the warmth of joy began to overcome the fear.

Sadie-Rose Peacock

Riverglen Junior High School

Teacher: Gretchen Schulz

Influence

Social mutuality is more important than being on top of the social hierarchy. Why should you wish for the perfect characteristics rather than avoiding toxic situations which naturally turn others away?

By conforming to society's perfect standards, one may cause others to dislike you. In reality, those who were thought beneficial may have used you for their own advancement. Basic human connection and understanding should not suffer burnt bridges and social injustice. Beauty is found in the essence of one's spirit and character and cannot be defined or found irrational by narrow-minded individuals if you don't allow them to.

Emylee Perkins

*Salmon Junior/Senior High School
Teacher: Brett Dickerson*

Mutuality: The Key to Synergy

Mutuality. Mutuality is sharing a feeling, action, or relationship. To have an understanding. The leaves have an understanding with the wind to let it carry them along. The owls have an understanding with the night, that it is their time to hoot. The grass has an understanding with the breeze, to let it send ripples along the blades. I have an understanding with the animals, for we both ask for nothing but love and peace. These beautiful connections are so special, for the mutuality between humans, nature, and all living things is precious and unique, reserved for the worthiest.

Gianna Peterson

*Heritage Middle School
Teacher: Donna Castillo*

Normal

I stay up later and sleep later. The day feels so long and empty. Wake up, eat, online school. Everyday is the same as the next, the same as the day before, the days blur together. The weekend has lost its spark because I know I will have to spend more time in my house that feels more like a prison now. I wear my mask because I know that I'm getting closer and closer to the last time I have to. Closer and closer to seeing all of my friends at school. Closer and closer to "normal".

Sammy Pfiffner

*Moscow Middle School
Tiffany VanArsdel*

Orchestra

The orchestra sings all together
Notes that are different
But beautiful as one
Everyone can play
Anytime of the day
Creating something new
Enjoying something old
Rhythms and patterns
Jump out in chorus
Sometimes sad, melancholy
Sometimes sweet, joyous
Different to all
But to all meaningful

Cordelia Pfund

*Moscow Middle School
Teacher: Tiffany VanArsdel*

Out Back

Since I
Was born,
The soft, cold earth
Has welcomed my
Feet, eager to explore
This suburban jungle,
Full of life.
Slimy, writhing worms
Make a vibrant ruckus,
Under the dirt.
A squirrel,
Oblivious to the
Spectacular world
Around it,

Ezra Phillips

*Fairmont Junior High School
Teacher: Adam Phillips*

Absent-mindedly darts
Around,
Searching, scanning,
For nuts.
Four birds,
A barbershop quartet
In a sense,
Serenade the trees,
As they sway
To and fro,
And their soft,
Intricate art that
We call leaves
Nestles on my hair.

Market Street

I walk up a skinny street filled with market stands and hundreds of people. Men are selling deliciously, sweet fruits and women are weaving beautiful pieces of cloth.
People are laughing, singing and dancing, filling the street with joy. The air smells of sweet, warm scents and delicious food. Everyone here is family, no matter if you've known them all your life or just a few hours. This street does not feel like an enemy, but a safe place of acceptance no matter who you are or what you've done.

Drew Porter

*Riverglen Junior High School
Teacher: Gretchen Schulz*

Breakfast for Both of Us

As I ease out of bed, I stretch, yawn, and scratch my head. The chickens wait silent in the coop for food until I arrive. I open the coop hatch, the chickens run, jump and fly. Then I open the shed door and the chickens follow me across the floor. As I sprinkle the food on top of the snow and all chickens begin to show. The warm water splashes making the bowl clink, and the chickens begin to drink. By the time they are too full to stand on their legs, I'm in the kitchen cracking chicken eggs.

Lucas Ramey

Salmon Junior/Senior High School

Teacher: Brett Dickerson

Grandma's Cabin

Grandma's cabin,
Like a second home,
Happy and cheerful,
Rustic wooden walls,

Wood stove that heats up
The whole cabin, warming,
And welcoming anyone who visits,

Home to animals,
Living underneath,
Off grid, and away from technology.

Addi Redfern

South Junior High School

Teacher: Amber Strickler

Connections

Mutuality,
Mutuality is all around,
Like a bird in a tree,
Or a flower and a bee,
Whistling, singing, buzzing,

Wind, and leaves,
Fresh breeze flowing through your hair,
Calm and peaceful,
Undisturbed, connected with nature.

Addi Redfern

*South Junior High School
Teacher: Amber Strickler*

This Past Year of Love

This past year I noticed my siblings and I wanting to go to more places together. I have seen my brother doing random acts of kindness just for random people! I notice more love in my house and more kindness everywhere because we have less time with each other. This is good even though we are isolated. It's nice to see all my friends after being away. It is great to actually love my brothers and mean it. I like how life is when it is calm and peaceful. It may not stay that way but we could make it.

Madeline Rice

*Fairmont Junior High School
Teacher: Adam Phillips*

The Same

People are not the same	People are the same
Voices	Dream
Faces	Hope
Thoughts	Persevere
Feelings	Wish
Lives	Fear
Opinions	Struggle
All different	All the same
How can we connect	How can we not connect
When we have no connection	When we have all this connection
Everyone different	Everyone different, but with the same heart
We can never understand Another person	How can we not understand Another person

Josie Roll

*Moscow Middle School
Teacher: Tiffany VanArsdel*

Mutuality

People	They change your life in the tiniest ways
People are everywhere	A smile when you walk past
Passing you in the street	A quick wave from the car windshield
Sitting by you on the bus	It might not feel like much
In school with you	But it could change someone's life
At work with you	This is the connection of people
People affect life	The magic of people
Life affects people	Together
People change	Even when we're apart
People leave	
People stay	
The truth about people	
Is no matter what	
They're always there	

Josie Roll

*Moscow Middle School
Teacher: Tiffany VanArsdel*

Lake Michigan

Here is where I enjoy life.

Aunt Mary's beach house is just a path away.

We drive to her house, grab some beach toys and we go.

Just like that we are there.

I leave my sandy flip flops where we start walking,
and run into the water.

The sky reflects of the glistening water,
rocks and shells tumble around after each wave.

The sunsets are like paintings,
beautiful and indescribable.
Bright sunsets and sunrises.

The Beach Glass that I find at this lake
Clear glass, brown glass, blue and green if you're lucky.

Here is where I feel whole.

Vita Romeo

South Junior High School

Teacher: Amber Strickler

Mutuality

Mutuality is a sense of respect and understanding. It is key to the relationships of all living beings on Earth. In nature, mutuality is what gives animals and plants the ability to interact and adapt seamlessly and is what humans must strive to strengthen. A vague word, it can mean various things; like the way we collaborate, respect and trust each other. Mutuality enables many previously impossible opportunities to improve everyday life. Mutuality is also the way we treat each other, and if everyone could maintain mutual relationships, we could achieve an impossible level of society. Mutuality grants us harmony.

Caden Semrau

Heritage Middle School

Teacher: Donna Castillo

Break Free

As the smell of nature fills your senses
it breaks you free
Free of all the doubt,
negativity
and fog that has surrounded you
for days
weeks
months

It is never-ending
But they are here for you
The plants, the trees, the dirt
You soak it in as if it is the sun
Going deep into your bones
filling your brain,
heart, head, and feet
And as it flows through you,
it breaks you free.

Lily Simmonds

*Riverstone International School
Teacher: Christian Bondy*

The Innocent

As we march down the streets,
we hear yelling and
screaming.
Our eardrums pound,
as we are surrounded by love.

Why are we perceived as
violent?

We are innocent,
have done nothing,
just fight for our rights.

It's something they don't
understand.

The marching,
the protests,

and the police.
This is unfair.

Why is this happening?
The hate.
The shootings.

The deaths.
It is around us and is knocking
us down.

We don't need the weight
right now!

We need to rise and break
through the clouds.

The clouds that we have been
under, for the past year.

Lily Simmonds

*Riverstone International School
Teacher: Christian Bondy*

Completely and Fully Mutual

I have a problem	To connect with someone
I have many	Though we've always been
I have success	interconnected
You do too	Differences can be similarities
Though experiences may differ	For we share the ability to
We all dream of mutuality	have, differences
Sameness	And relationships form from
Relatability	relating
Because no living being	Likeness bonds us
Wants to be	So I have some problems
completely and fully	And you might too
alone	But embrace this warm present
We feast on mutuality	That the earth has awarded us
Truly a gift: to relate	mutuality

Ananda Soifer

*Moscow Middle School
Teacher: Tiffany VanArsdel*

Feelings and Relationships

A relationship should be more than just a mutual feeling
it should be exciting yet comfortable
It's supposed to be compelling yet sweet
Electrifying but at the same time calm.

A relationship should be a pace that's just right
Not too fast but not too slow
Fun but calm
Calm but thrilling.

Relationships should have conflict
A conflict that can be resolved
A argument to recall
Something to overcome.

Shai Stevens

*Salmon Junior/Senior High School
Teacher: Bridget Severe*

Peace

The wind rushes past me
My hair flying wildly
I feel as if I could fly
The water cascades over the mountain side
Snap! I hear a twig break
The elk bolts away in fear
The fresh scent of daisies surrounds me
I taste the fruit hanging from the tree
It's sweet yet sour I lay in the grass
Listening to the babbling brook
Birds sing their sweet songs
When the moon is out
And the stars too
Wolves howl together
In one big pack
I sleep on the sand
But when I wake
I see you

Scarlett Stone

*Heritage Middle School
Teacher: Donna Castillo*

Mutuality

Living in mutuality is a good thing. It is a connection between you and something else. It is caring, living, and loving. It gives other people a great thought that you care about them. Living in mutuality means to me that people are loving, caring, nice, charitable, and it shows me that they are a good person. Living in mutuality means that I'm living in a good environment and I can thrive. It can bring out the good in people. It takes the heavy weights off people's shoulders so they can relax and live their life the way they want.

Carter Tippetts

*Heritage Middle School
Teacher: Donna Castillo*

energy

as people, we thrive off of each other's energy
it feeds our soul and gives us the strength to move forward
it's like a snake wrapping itself around our bodies
transferring our energy into others
when we have matched energy from each other, we thrive
we must respect each other in order to let that energy flow
the idea that you are wrong and i am right
will destroy the energy that we share with the world

Lizzy Turpen

Riverglen Junior High School

Teacher: Jeanette Griggs

Belonging in Mutuality

Feels like belonging
Like becoming the true you,
They talk about world peace like it's hard to do,
To belong in mutuality is to have the peace we want,
We are all supposed to
But look where we are now,
Caring about the color of our skin or the way we talk
Skin deep isn't looking all the way to the heart,
To belong in mutuality there's only one step you need to do,
Respect the human rights of all,
Including me and you

Caris Uhlmann

Riverglen Junior High School

Teacher: Jeanette Griggs

Mutuality Pie

1 cup respect

1 cup human rights

½ cup kindness

1/3 cup positivity

4 tbsp supporting others

1 dash of love

1 cup apples

First, ask someone to help you make mutuality pie. Next, mix respect, kindness, and positivity to make the crust. Then, mix human rights, supporting others, love, and the apples, to make the filling. Roll out the crust and put in a pie pan. Fill the pie with the filling. Put in the oven at 325° and bake for 40 minutes or until the top is golden brown. Let cool and share with family and friends.

Caris Uhlmann

Riverglen Junior High School

Teacher: Jeanette Griggs

Rwanda

Umutima Wanjye

The land of hills

Full of trees and life

Happiness in the air

Lakes so bright

My home

My identity

Who I am

Me

Even though I am thousands of miles away

I will never forget

Who I am

One day

I will go back home

Sandrine Uwajeneza

South Junior High School

Teacher: Amber Strickler

Equality for me

Our world has been changed...
From the people to
The Landscape. Kids feel safety in
Coming out to their friends
And family, to feel the
True love they deserve. The
Pandemic, it has been terrifying
For the whole world
But helped to changed our
Society. It has forced us
Together and people have learned
To become more accepting.

Dem Weitzel

*South Junior High School
Teacher: Amber Strickler*

The Woods

The woods is quite the place to be
The smell of pines
Rolled through the air
The sounds of rain

Falling around

The woods is quite a place to be
Silent thinking over life
Watching as the clouds go by
Relax and get away
From the world around

The woods is a quite place to be
For me, you and all to be
Come and enjoy
The time you have
Relax with the ones you love.

Naveah West

*Sacajawea Middle School
Teacher: Kristi Murphy*

Mutuality is for me

Let's get real, people do not see each other as mutuals. Whether that be in a work-related setting or a children's recess. Humans look for a hierarchy in everything. Life would be better in mutuality. A world without the need to see others as poor or unwealthy, but we see them as less fortunate and overcoming a challenge. Without human rights, we are not only disregarding others but disregarding ourselves. Likewise, if everyone treated others as equals, we could accomplish much more, we could get over protests over intolerance. We need love between one another, as fast as possible.

Carsyn Whitmarsh

Riverglen Junior High School

Teacher: Gretchen Schulz

My Unimaginable Bond

My cousin Jack and I have known each other for ten years. He is three years older than me, and chooses to hang out with me instead of other people. We show each other an ecstatic amount of kindness. There isn't a bland moment when we are together. My best memory is when he played basketball with me so I had someone to practice with and compete against. His kindness demonstrates our bond. Although we play basketball together, he has shown me that you need time for the things you love and to look at life from different perspectives.

Charley Willhite

Salmon Junior/Senior High School

Teacher: Brett Dickerson

The Clown Fish and Anemone

Down in the coral reef
A clown fish plays.
He plays hide and seek
In his home and out of harm's way.

I keep my friend safe
With a place to stay.
With his tentacles
He protects him from prey.

I help my friend Anemone
By keeping him clean.
As friends we work together
To live with peace.

Mykala Zender

*Salmon Junior/Senior High School
Teacher: Bridget Severe*

* Living in Mutuality Award
+ More than one poem

Fairmont Junior High

Boise

Brooke Egbert+
Clara Nelson
Charlotte Olson
Ezra Phillips
Madeline Rice

Heritage Middle School

Meridian

Haylee Bird
Emma Hall
Hallie Heemeyer+
Mac Holmes
Katrina Kohler
Gianna Peterson
Caden Semrau
Scarlett Stone
Carter Tippetts
Evyn Villanueva*

Homedale Middle School

Homedale

Kira Manley

Homeschool

Violet Barry

Moscow Middle School

Moscow

Josh Palmer
Sammy Pfiffner
Cordelia Pfund
Josie Roll+
Ananda Soifer

Riverglen Junior High School

Boise

Ranya Al Saedi
Liam Baker
Youssef Belhadj*
Isaiah Ciulla
Faith Florea
Finn Gerhardt
Anja Hopper Gudmundsen
Hopper
Destiny Hiatt
Brinn Judge
Ashton Klemme
Sada McAllister
Sara Muench
Jada Nguyen

Emma Oliver
Marseilles Orr
Sadie-Rose Peacock+
Drew Porter
Lizzy Turpen
Caris Uhlmann+
Carsyn Whitmarsh

Riverstone International School

Boise

Elizabeth Miller*+
Lily Simmonds+

Sacajawea Middle School

Lewiston

Naveah West

Saint Marks

Boise

Josephine Klaas*+

Salmon Junior/Senior High School

Salmon

Carter Caywood
Tiffane Jones
Emylee Perkins
Lucas Ramey
Shai Stevens
Charley Willhite

Mykala Zender

Sawtooth Middle School

Meridian

Evy Asbury

South Junior High School

Boise

Sienna Evans
Ashlyn Hallett
Luis Hernandez-Munoz+
Sylvia Jensen
Lweya Kashindi*
Ekko Kimball*+
Britain Kirk
Jane Loftus
Paytience Maes*+
Fernanda Marcial+
Matthew McLeod
Edwin Mendez
Gage Morales
Addi Redfern+
Hazel Rios*
Vita Romeo
Sandrine Uwajenezza
Dem Weitzel

Stanley School*Stanley*

Delaney Berry

Kelton Hall

Grady Klingler

Taylorview Middle School*Idaho Falls*

Sophie Constantino*+

Tigert Middle School*Soda Springs*

Elizabeth Beutler*+

Jessa Birch

Rebekah Evans

Chase Jacobsen

Patience Mallo

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 guilted 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

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

Idaho Coalition Against Sexual & Domestic Violence
www.engagingvoices.org