



2022 Idaho Youth Writing Challenge: In Right Relationship

2021 Idaho High School Writing Challenge

Being in right relationship feels like you have space to grow and learn about yourself and each other without fear of judgment. When you are in right relationship, you can care for each other and have empathy, while sharing power and decision making.

When you are in right relationship, you are able to have open and honest conversations about respecting boundaries and consent with an equal amount of responsibility. Being in right relationship, creates the conditions for everyone to recognize the healthiest option in a relationship, even if it means having difficult conversations or breaking up. When we are in right relationship with ourselves, each other, and all living beings, we can create a future where we can thrive together.

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 collective thriving is possible.

The *13th Annual Idaho Youth Writing Challenge: In Right Relationship* publication was compiled from over 1,200 Idaho student submissions. Congratulations to Idaho's student authors whose selections are published as well as the *In Right Relationship Award* recipients.

A special thank you to Idaho's teachers who encouraged their students to discover new insights through writing and to Malia Collins, an *Idaho' Writer in Residence*, for assisting with the selection of the published authors and awardees.

— Idaho Coalition Against Sexual & Domestic Violence

In Right Relationship

Liberated relationships are one of the ways we actually create abundant justice, the understanding that there is enough attention, care, resource, and connection for all of us to access belonging, to be in our dignity, and to be safe in community.

— adrienne maree brown

To be in right relationship with ourselves and one another is to learn to be authentic, cultivate empathy, and care for one another. To be in right relationship is to practice listening for understanding, consent, shared decision making and power, and to be mindful of our own and each other's needs.

When we are in right relationship, we are more able to move through conflict and set boundaries and expectations, and if needed, be accountable for our actions that harm one another.

Authenticity

No one should have to hide portions of themselves to make other people comfortable or happy. Authenticity is our ability to be our whole selves and our ability to be able to explore and express versions of ourselves without fear.

Empathy

Even when we share the same culture and language, it can be difficult to understand other people's point of view because our lived experiences are unique to each of us. Empathy is a skill that can be developed to overcome judgment and strengthen our connection and deepen our understanding of each other.

Care for Each Other

The sum of our efforts is greater than when we act alone. Our communities and relationships are strengthened when we show up for each other. Acts of care are freely given and received in meaningful relationships when we center each other's humanity.

Consent

Consent can be freely given and taken away without explanation because people are allowed to change their minds. Consent is needed in all relationships—even the ones with friends and family! People are at their best when their authentic selves are able to opt into activities and situations that are safe and enjoyable.

Shared Power

In healthy relationships and communities, power is shared freely because everyone is capable of leadership. Sharing of power is a liberatory practice that can undo historical harm and prevent future harm.

Mindfulness

No one is born a bad person, and all of us are capable of causing harm. While we can have the best intentions, our impact on others can sometimes cause harm. We can intentionally reduce our harm to others through reflection and being mindful of each other's and our own needs.

Moving Through Conflict

Conflict is natural in all relationships and is a chance to revisit boundaries and expectations. It can be uncomfortable! That's okay! Moments of conflict are opportunities to collaborate and lean into creativity for solutions that build trust and confidence in each other.

Breaking Up

Breakups can be painful and uncomfortable—sometimes, it is the healthiest option for the wellbeing of people in relationships. You remain a whole person throughout the relationship and even when the relationship ends.



In Right Relationship Writing Prompts

Care for Each Other: In what ways do you show you care for other people? How do you care for yourself and someone you are in a relationship with?

Authenticity: Write about what it means to you to be your whole self, unapologetically. What does it feel like, look like, taste like, smell like, and sound like when you are being yourself and celebrating your individuality?

Consent: What does consent mean to you? What does it look like to practice setting boundaries in a relationship and the power to choose, in any setting or situation?

Shared Power: What does it look like to reclaim your own power while still honoring others' power in a relationship? How do you share power and decision making in ways that support our collective thriving, such as being vulnerable, kind, or compassionate?

Moving through Conflict: Describe a time you leaned into discomfort to solve a conflict. What was it like to come to a solution that was best for everyone involved, despite disagreement or differing viewpoints?

Right Relationships Rule

Remind yourself what matters most in your life

Evolve your relationships

Learn what others like about you

Adore the world around you

Teach others to love the world

Introduce new things in your life

Overcome the challenges your relationships give you

Never lose sight of your goals

Show kindness wherever you go

Help others in need

Improve the world around you

Produce the things that others need

Share your life with others

Thomas Cazier

Mt. Harrison High School

Teacher: Angela Schneider

Como Se Siente Siendo Yo

Me levante en la mañana con una sonrisa grande en mi carita
Entre a la escuela y me siento como que yo soy la mejor
persona que yo pudiera ser
Olenido como algodón en azucar porque me siento bien por
ser yo misma
Siento como que soy un pajero bonito con colores brillantes!

Carmen Chavez

*Jerome High School
Teacher: N/A*

Bursting Bubbles

We are all trapped inside of our own bubbles.
To avoid conflict, we contain ourselves within these bubbles.
We remain comfortable with the idea of comfort.
Often enough, we are too timid to burst that bubble and have no fear of judgment.
We must be open and honest with ourselves as well as others.
It is better to discover what is best for all and not just remain alone, trapped.
We must plow through conflict to gain that discomfort,
to gain no fear of judgment, to gain that pure honesty; otherwise,
we are all trapped inside of our own bubbles.

Brooke Essink

*Gem State Adventist Academy
Teacher: Kimberley Mitchell*

A special feeling

Authenticity with someone is a very special feeling. It feels like truth, cradling you carefully as if it is holding your very soul. It looks like imperfection, like a concept so flawed that it outshines everything with its beauty. It tastes like a memory, bittersweet and hopeful on the tip of your tongue. It sounds like the breaking of chains and knowing who you are is enough. It smells like home, like the scent that grounds and secures you no matter what.

Logan Foote

Coeur d'Alene High School

Teacher: Linda Parkin

A Hundred Beautiful Things

I am a hundred beautiful things

I am the place where I return

I am a hundred miles away

I am the place that I call home

I am the soft flowers in a field

I am the place where the vase used to be

I am a warm fire that doesn't burn

I am the place where fire gives way to new things

I am a name you call when you need help

I am the place you'll soon forget

I am everything

I am you, and I am me

I am the place I will never leave

Elizabeth Miller

Riverstone International School

Teacher: Courtney Shey

The Self Love Equation

Oddly,
to fall in love with your authenticity,
you must look back to where you came from.

There's a string of people falling in love,
with people just like you.

The equation is learning to do it too.

Looking in a park puddle,
or a newly cleaned car window,
or a worn bathroom mirror,

you recognize the complexity of qualities people fell in love with.

Listening to your mom's laugh,
you realize you got her infectious snort and smile seen for miles.

Listening to your dad's thoughts,
you realize you have his complex brain that puzzles most,
but not me.

Madeleine Schulze

*Riverstone International School
Teacher: N/A*

You Know

You'll never know
how different you've made the world
Like 7 a.m. when the sun finally wakes
and every inch is auburn orange
Ditch banks are rivers long to be found
and rocks are meant to be skipped
I wish that you knew
you're the reason I smile
When numbers line up at 11:11
it's no longer a time but a wish
Laughing is breathing
and travel a promise of the future
You know
I owe it all to you
Who I've become
I've fallen in love with being alive

Madaya Scott

*Vallivue High School
Teacher: Travis Manning*

Authenticity

She is like a polished pearl from the sea,
She longs for them to let her be,
To be herself in her own way,
To see the many sacrifices she makes each day.

She is quiet and silly,
But do you know her, really?
She's as unique as a pearl polished and bright,
She's independent and going to get it right.

She is comfortable and free,
And determined for the world to see,
Her bright smile, her fierce soul shining through.
Do you really know her? Do you really know you?

Brooke Vanwormer

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

I was, I am, I will be

I was once the texture of the violets that grew in my childhood bedroom, the sound of someone I know snoring in the next room, and the taste of macaroni and cheese.

I was once the sound of distant laughter while I sat holding back tears from escaping onto my cheeks, the noise of change warping my world into a furious whirlwind, the smell of new places and people and things I never imagined for myself.

I am starlight, sun, ocean, and sapphire.
my body is made from memory,
my mind from the fantasies I've created.
I am the smell of coffee, books, and bread.
I am the sound rings of saturn, of bells, of laughter.
I am the taste of unbridled and unknown magic.
I am the texture of warm water, steady and comforting.
I am the sight of family, of creation, of effort.

I see in color, paints and stained glass, vibrance filling every inch of the world. If to me dinner tastes the way sitting on the peak of a mountain must be. If I am vibrant and full of an overwhelming amount of color and memories, I wonder then what else I will be.

Elena Vergara

*Timberline High School
Teacher: Greg Hoetker*

Ocean's Breathe

Set yourself on the beach
The salt water filling your nose
The sand underneath your toes
The breeze engulfing you;
Engulfing you in your surroundings

What do you feel?
Do you question how the ocean feels?

The ocean will keep on going regardless.
The ocean holds home to all the life within.

You are the ocean.
You hold home to the life within yourself.
You do as the ocean does.

Does the ocean apologize for being the ocean?
Then neither should you.

Alyssa Young

*Vallivue High School
Teacher: Amber Ford*

the power of hello

'hello' a stranger said with a smile
as I walked along my way.
and how that simple word did change
the whole outlook of my day.
because i would then be thinking of him
and how he showed me care.
a small and genuine gesture of love
that i was now free to share.
if i could spread this feeling
to every passerby i see,
then maybe i can spread positivity
and kind the world will be.
and if i can place this joy
in the lives of the ones i adore,
then maybe our bonds will be stronger
and we call can find a smile once more.

Riley Allred

*Mountain View High School
Teacher: Kristin Galloway*

Unapologetically Me

I am myself. I like to live in the moment and cherish the memories.

I would rather ask for forgiveness than permission.

I am young and opinionated. I will let my thoughts be known.

While you judge me, I am living my life freely and you have not crossed my mind once.

I will laugh as loud as I want because happiness will always be better than pain.

The clothes I wear do not define me, but expresses my personality.

Confidence is everything. Even when it's fake.

You are you and I am me.

We live everyday and I will not waste a second of it pretending like I am sorry for the decisions I make.

Rosemarie Alvarez

Vallivue High School

Teacher: Amber Ford

To Be Authentic

To be authentic is to be free,

free to experience transparent love,

free to feel understood.

Presenting yourself as completely authentic feels like a fresh breeze blowing across your skin.

A breeze that blows every inch of fog from your view and mind.

A feeling of lifted weight, of lifted obstacles.

But authenticity in relationships is different, it is visual.

When your souls are completely bare to each other, it can be seen.

In the way, you walk, laugh, and communicate.

The way you relax and the way you love yourself and others.

It shows that you truly are free.

Laurana Anderson

Century High School

Teacher: Lyndsey Mathews

Shared Power

A loving relationship will find it difficult to thrive without each person holding shared power.

But shared power does not come from a set list of rules or regulations, it must come naturally, it must come from respect.

Shared power has to grow out of each person's compassion for one another.

It comes from vulnerability, and it comes from love.

To have natural shared power is to be connected to one another, emotionally and mentally.

Yin and yang, different but complementary.

And even if this does not realistically describe most relationships, there is nothing in the world that cannot be created without teamwork and desire.

Laurana Anderson

Century High School

Teacher: Lyndsey Mathews

Sistine Chapel

The care,
The trust,
The honesty,
These are the foundation.

The foot rubs,
The back massages,
The simple compliments.
These are the columns.

The hugs,
The kisses,
The I love yous,
These are the elegant arches
And beautiful paintings for all to see.

Each is good on its own,
But together, they are the Sistine Chapel.

Casey Arritola

New Plymouth High School

Teacher: Pierrette Madrid-Harris

Paintbrush

I am not afraid of who I am
When you are yourself you feel more free
Being myself is totally my jam

The world may shut you down
You may feel as if you have to hide
They just sound like clowns
You should have pride

Love yourself
Don't be ashamed
It's time to take care of yourself
Don't let people think you are tamed

The world is your canvas, so let your paintbrush run wild
Paint them a picture, show them that you are the world's beautiful child

Grace Beck

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

The Forest of Self-love

To love yourself is powerful
Push aside the people who make you feel insecure
If you love yourself you learn to love others
Loving yourself is like a deep forest
If you don't love yourself you can get lost
It's hard, confusing, and worrisome
It can be empowering and meaningful
To love yourself is a breath of fresh air
Exhaling the negative and inhaling acceptance
Smelling the pine cones, sap on the trees
the sounds of critics turn into soothing sounds of birds chirping
The wind wooshing trying to knock you off your track
You are like the trees big and strong, never falling and standing tall
the leaves the color of emeralds swaying in the wind
The sky is a beautiful blue, moon out and stars shimmering in the moonlight
The campfire crackling with blood red and orange flames
Perhaps your family is there encouraging you on your way
Acceptance
Insecurities
Determination
Confidence
Appreciation
Self-love

Ellianna Barber

*Vallivue High School
Teacher: Travis Manning*

Return To Sender

love and care
marked "return to sender"
and a handwritten letter
to somebody new

spread the joy
like a honey bee spreads pollen
from flower to flower
in a flourishing garden

let generosity bloom
'round every corner
growing further and stronger
than you ever knew

love and care
marked "return to sender"
who knew how much
a simple gesture could do?

Cadence Slevin

*Vallivue High School
Teacher: Amber Ford*

Ways I Say I Love You

It's just another relaxed hangout but pizza and plenty of blankets have been provided
A quick text is sent after everyone has left to ensure they got home alright
New clothes are complimented to make sure they feel special
Notes are left on cars to let friends know someone is thinking about them
Laughing at their jokes because everyone should know they're funny
Offering to drive even if we are going somewhere far because they drove last time
None of this really seems like a big deal, but it's my way of saying I care without really saying anything at all

Cassandra Bloomfield

*Mountain View High School
Teacher: Kristin Galloway*

I'm Sorry, It's Just an Argument

It's dark. The car seat I'm in feels rocky and uncomfortable
There's no noise but my own thoughts are definingly loud
I wonder if I'll ever get out of here
The car feels like it's getting smaller and smaller,
Like a warm blanket being swaddled around a small child
Suddenly, peace comes
It feels like cool water rushing over your body at the beach on a
hot summer's day,
Abrupt yet welcome
I feel accomplished, productive, and glad
This isn't how I thought I would feel after a fight
But sometimes arguing grows a relationship, instead of ending it

Cassandra Bloomfield

Mountain View High School

Teacher: Kristin Galloway

MASK

Putting on a mask gets tiring
Reality stars blurring
You don't feel like yourself anymore
You feel yourself being ignored
But there is no reason for the mask
That's something nobody asks
To be yourself is the hardest thing
But all it takes is time and soon you'll feel like a king
The mask is something that has no use
Something that makes us feel like a lost little goose
The unseen mask that makes it seem like everyone knows everything
When in reality they know nothing
So be you be real
Know that you are a big deal

Maryn Bowers

Mountain View High School

Teacher: Kristin Galloway

Beautifully Me

Life is too short to not love yourself
So I look in the mirror and smile at myself

I am a pearl, I'll show them the real me
My soul is rewarded by my self value

We all have flaws, so why should I hide mine
the ones who love me will see them as beauty

God made forests, mountains, and sunsets
He also made me, his beautiful creation

I wear a smile upon my face
I'm proud of who I am, I will not change

I'm finally feel free from comparing
Let yourself shine, rejoice in your differences

Allie Bowman

Lake City High School

Teacher: Molly Rich

Gardening

The gardener said
That the deep, flushing red
Of the blood that dripped down his arm

Was a small price to pay
For his roses in May
And the way that they made him feel warm.

Thorned words might cut deep
And the wounds might then seep
Through your heart and into your soul

But no wound is forever.
It is worth the endeavor,
For your roses can help you be whole.

Julianne Brownlee

Richfield High School

Teacher: Lahela Maxwell

To Be You

To be you is not just to look pretty and perfect
It means to know who you are as a person
To feel safe, snug in your own skin
What you believe in, what you think about life
To find true meaning in the little things
To not just please others but yourself for you are a person to
finding pure joy in something real within you
To peel the mask off and feel whole, complete
To be the real you, happy finally

Marisol Bueno

*Wendell High School
Teacher: Jolene Smith*

Consent

Consent is peace:
growth,
warmth,
happiness,
communication,
heartfelt conversations.
Consent is gentle afternoons,
when the sun is bright in the clouds,
understanding is blossoming,
and being taken advantage of
Consent is a life without fear.

Kaia Bullard

*Century High School
Teacher: Lyndsey Matthews*

To be Authentic

To be authentic
is to listen to yourself, and who
you are,
and even if you can't express
those truths aloud, or won't
accept them for what they are,
or are not.

To be authentic
is to accept those thoughts,
those truths
and let them wrap around you,
define you,
not in cloudy veils of haze
but in clarity and truth, a far
brighter

Color
then any painted shield of lies
and
Fabrication.
Authenticity
to me
and you
is what makes us whole
what makes us true.
To ourselves
and others
it's what makes us
shine with others
And ourselves.

Aidan Cahill

*Riverstone International School
Teacher: Courtney Shey*

The End of Love and Start of Friendship

I remember we had danced in darkness,
A tremendous leap of faith I had leapt.
My heart, no longer in semi-darkness.
As obelisks of emotions accept.
Your eyes; purity hidden behind frames.
Long hair, blacker than the darkest of nights.
A personality brighter than flames.
Kindness that had glowed like the northern lights.
I made my final move and had confessed.
At the moment you declined my heart smiled.
My love would just make sorrow manifest.
You are a dove who should be free and wild.
I'm overjoyed that we could stay as friends
Exchanging compassion until the end.

Esteban Calderon

*Wendell High School
Teacher: Jolene Smith*

Authenticity

Feels like my soul shining through my skin
Looks like dancing in the rain
Tastes like a fruit popsicle on the hottest summer day
Smells like the pine forest
Sounds like never apologizing for being me!

Naya Carrillo

*Timberline High School
Teacher: Greg Hoetker*

A single violet

A field of daisies
Stretched across roaming hills for miles on end
As I was meandering through the lit up field of white,
A purple flower stood tall in my sight
Its soft velvet petals danced with the wind
While its sweet candy like scent surrounded it
And that is when I realized you do not belong to anyone but yourself
That violet saw that place as home
Even though it didn't fit in
Putting yourself before trying to adhere to other's expectations
Is the only way you will grow and find love for yourself within

Brynn Celani

*Timberline High School
Teacher: Greg Hoetker*

Authenticity

When you walk in a room full of strangers,
You might be tempted to water down who you are.

You might wanna put your best foot forward
You put on a show and shine like a star.

The best feeling is when you can just be yourself
Not hiding or pretending to be something you're not.

It's a lot of work and exhausting,
making small talk and trying not to get caught.

I crave honest conversations
How do I show who I really am?

Don't be afraid of judgment, be confident,
Accept others even if it could be a scam.

Gianna Cox

New Plymouth High School

Teacher: Pierrette Madrid

How to Share Your Care

How to show you care?

Giving compliments is a way,

Gifts are nice but not everyone enjoys to receive.

Quality time is great, but what if you can't find the time?

Hugs bring comfort.

Long and deep conversations can help you learn and care deeper.

Apologies are important,

Sharing and compromising are too.

Remembering the little things bring joy to a person's heart.

Ashlyn Creech

New Plymouth High School

Teacher: Pierrette Madrid

Power

Power is huge
Directing movement
Listened to
Sought for answers

Power is guilty
Seeking confirmation
Worried mindset
Questioning authority

Power is happy
Tasting confidence
Commanding action
Knowing importance

Power is hopeful
Feeling inspired
Promising result
Demanding triumph

Power is careful
Contorting commands
Considering consequence
Understanding strength

Power is costly
Breaking barriers
Inspiring lives
Revealing truths

Sofia Creitz

*Gem State Adventist Academy
Teacher: Kimberly Mitchell*

Imperfect

I wipe the makeup from my face
Baring my scars and flaws for you
I have no fear of showing it all
For you are safe and will not judge
You love my imperfections as you love my perfections

You wash out your hair gel
Letting me see your mess
With your trust I see all of you
For I am safe and will not judge
I love your imperfections as I love your perfections

Merrell Cunningham

*Forrest Bird Charter School
Teacher: Wendy Thompson*

No Means No

"No" is a very serious word

It needs to be respected and understood

Going against this term is very absurd

This is something we learn in our childhood

Appropriate times for affection is okay

Accepting boundaries is principle

Understand that some don't want this everyday

You need to know what they think is acceptable

Taking advantage of others will not make you satisfied

Vulnerability is not something to play with

Ignoring "no" should not fill you with pride

What they're willing to share is a gift

Simply respect the boundaries of "no"

Then watch how lovely your relationship will go

Heather Davis

Wendell High School

Teacher: Jolene Smith

Birthing Authenticity

Labor was long, excruciating, and messy

Leaving you exposed and vulnerable

But now she's arrived, so small yet so significant

In her ocean blue eyes, you stare at your reflection

A new you

Empowered and tranquil

Still tasseled and worn, but confident that her presence will speed
your recovery

She is your new beginning

And Oh! How beautiful she is

Every passing day your gratefulness for her grows

Your life, unimaginable without her,

She awakens qualities you never knew you possessed

You are creative,

You are funny,

You are strong,

You are finally happy

She made you happy.

Aunika Day

Forrest M. Bird Charter School

Teacher: N/A

Equal Power

Being kind leads to compassion.

Being compassionate leads to having sympathy.

Being sympathetic leads to having a partnership.

Being in a partnership leads to a shared relationship.

Having a shared relationship leads to having equal power.

Jada Day

Mountain View High School

Teacher: Kristin Galloway

The Adorations of Love

“There are many types of love languages. Which one is yours?” How do I explain? Well, one that makes living feel like such a beautiful thing. “In sickness and in health” they say. I will practice that to the very end and even before I say those words to them. Checking up on them or giving a sort of comfort that will let them hear my heartbeat of how much I love them.

Respecting boundaries and don't pass them. You wouldn't trespass into private property, right?

Having that affection and adoration for someone makes it feel like a fond dream.

Jennifer Diaz-Sanchez

Wendell High School

Teacher: Jolene Smith

Planted with care

I show I care

In the ways the ocean takes care of seagulls,

And paint takes care of a canvas.

I provide and I replenish,

I give and I help.

I care in the way pencil takes care of paper,

And trees take care of air,

By fulfilling and reviving,

Redoing and listening.

To care and to love in a way that time has before me,

Like the moon to the sea,

The leaves to a tree,

I care in the way a flower does to a bee.

Brianna Dickens

Timberline High School

Teacher: Greg Hoetker

Authenticity in You

Always be true, even when

Under the scrutiny of

The judging crowd around you,

Hopefully, you have friends by your side

Every moment should you live to strive,

Not to make others happy around you

To only yourself be true,

In the hard time or in the good

Cause when you are *authentic* to the people around

In the days when even the sky isn't blue

The people who were before judging you

You will see that they like the *authenticity* in you too

Aryelle Dunn

Gem State Adventist Academy

Teacher: Kimberly Mitchell

Consent: Respect

Consent is respect
It's giving a choice
Respecting that choice
And using your voice
You need to give permission
You need to trust each other
It's a thing of repetition
It's working together.
Consent doesn't hate
It's being smart
You have to communicate
And use your heart.

Kaleb Earl

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

Why Not Choose to Care

The smooth touch of sympathy glides across my skin,
My eyes begin to water as the world before me begins to crumble
into anarchy,
I listen to the cries of war and indecency,
I taste the bitter flavor of cruelty and inhumanity,
The smell of honest brutality and force crams its way into my nose,
But why, why can't we all get along,
There is nothing to be gained from our indecency,
Nothing to be cherished by our actions,
Why not choose to accept the differences,
Why not choose to care

Josh Essink

*Gem State Adventist Academy
Teacher: Kimberley Mitchell*

The Power of Empathy

Shared empathy cultivates relationships

Shared empathy creates balanced power

Shared empathy settles conflicts

Shared empathy does not threaten

Shared empathy does not cultivate unsafe situations

Shared empathy does not abide by stereo

Halle Farris

Mountain View High School

Teacher: Kristin Galloway

Letting go of the fear.

Being your authentic self is one of the most rewarding feelings in the world. I know what it feels like to be overcome with fear, and shutting out your true self. I've been doing it for most of my life, because I'm afraid of judgment. I am afraid that people won't like me for who I am.

However moments come where I forget about everything, and let my true self shine. It feels euphoric, and exciting, finally letting go of the fear that swallowed me. I wish I could let go of the fear more often, and be myself forever.

Caidon Felder

Caldwell High School

Teacher: Kim Akkerman

I see the real world show
Honestly it makes it hard to grow
Friends indeed are all we need
So we began to plant a seed

Seeds of friendship beginning to burst
Pushing and pulling through our worst
Relationships and life dragging us down
Let's help each other reshape our frowns

To big beautiful smiles and hope ahead
A future to embrace, not to dread
Helping one another step by step
Hyping one up, full of pep

All you need is a friend
To guide toward the end
No matter how confusing
With good friends, I am winning, never losing.

Krysalynn Freitas
Salmon Junior/Senior High School
Teacher: Brett Dickerson

Be Authentic

Covered in a veil
She hides her face from the world
Afraid of what people think
She puts on a front
Little does she know
In a world full of imitators and liars
Nothing shines brighter than those who are themselves
How refreshing is it
To see someone unafraid to show their real selves
To be authentic

Sierra Futcher
Gem State Adventist Academy
Teacher: Kimberley Mitchell

Self

Am I me?
When I laugh with my friends
When we joke and tease and pull and push
When I bottle up the things I want to say?

Am I me?
When I tell my family about my day
When I lie about the homework I haven't done?

Am I me?
When I'm with you
When we hold hands
When I bare my mind
save for that one part
When I tell you I love you?

Who am I?
If I change from moment to moment,
friend to friend?
Who am I,
if even I don't know?
Am I me?

Matthew Gehrke

*New Plymouth High School
Teacher: Pierrette Madrid*

Authenticity

Authenticity, by definition is
The quality of being real or true.
It feels like a steadying of identity
Of who I've been,
Of who I am,
Of who I will be.

It looks like mirror,
reflecting a person who is
entirely recognizable as myself –
Of whom I know every perfection and every flaw.
Who I accept fully for who they are,
Because they are authentic,
Because in being so,
They possess the quality of being
Unapologetically real and true.

Clara Hawkins

*Timberline High School
Teacher: Greg Hoetker*

Kindness Today

We need more kindness today
Through our words and our actions and all that we say
With a simple smile you can brighten someone's day
A word or a gesture can cast fears away
Extending a helping hand to those in need
Is crucial for a society to thrive and succeed
Let's all pitch in together to spread some joy around
So we can live in peace where love abounds

Rowan Hendricks

Gem State Adventist Academy

Teacher: Kimberly Mitchell

You, Me, and The Afterlife

We sat,
On the edge of the world.
Our hands turned to dust,
Our words to stone.
Our world now covered in ivy,
You and I drifted off to Mars.
We picnicked on the moon,
And played our songs on Saturn's rings.
Together we cured Pluto's boredom.
Held hands through nebulas.
You and I rode stars like cowboys,
We slept through ailments,
Laughing through our skeletal pains,
Running through asteroid fields together.
Tomorrow we will dance through our afterlife,
Hand in ghostly hand.

Emma Hird

Borah High School

Teacher: N/A

Self love

In order to be your true self
You have to love yourself
You have to love
Your personality
Your body
Your expressions
These things
are what truly makes you unique
And what ultimately makes you
yourself

Chase Hohne

Timberline High School

Teacher: Greg Hoekter

Bloom

In the past I woke up and hid
Placed makeup on my face everyday even when I didn't want to
Avoided the mirrors in my house to stop the dysphoria
Minimized my space and my voice
But it's all different now
Now I wake up and love my scars
Acne strawberry freckles and the raw human state
Morning yawns, bedhead, stretchmarks
So naturally remarkable and captivating
I look at my body in awe, the rolls in my stomach so pure and lovable
I speak up and take up space because I know I'm worth being seen
I'm worth being me.

Isabella Homer

Vallivue High school

Teacher: Amber Ford

Love Languages

I'll tell you even if I could go to space
Inside your eyes would be my favorite place

I'll sit on your roof and talk for hours
Dreaming and making the stars ours

When your day goes opposite of what you planned
I'll be there holding your hand

Examining the intricacies of everything you say
Learning what I can give to make your day

At the beach I'll perform one last loving notion
You're not the ash, you're now the ocean

Paityne Hume

*Timberline High School
Teacher: Greg Hoetker*

I Am a Polaroid Camera

I am a Polaroid camera
I like to see life in a different perspective
I snap memorial moments in my life that I will never forget
I am constantly sitting alone waiting to get used again
I often take treasurable pictures of photobombers in the background
I sometimes even run out of battery making me useless to use
I feel a bit old compared to the new cameras in 2022 but who cares
I am a Polaroid camera

Kaylee Izaguirre

*Mountain View High School
Teacher: Kristin Galloway*

I Can Do It

I get tired being strong,
Tired pushing through,
I need someone to carry me,
I just can't without you.

Lead me through the dark,
Guide me when I'm blind,
Whisper in my ear,
'Everything'll be alright.'

Tell me I'm enough,
It's nice to hear those words,

When the world around me,
Is only filled with hurt.

I don't pray for blessings,
I only pray for strength,
Little did I know,
You're both, in one break.

You moved me when I couldn't walk,
Held me when I couldn't stand,
And when I almost lost myself,
You reminded me who I am.

Icandoitcandoitcandoitcandoit

Ruby Jordan

*Highland High School
Teacher: Stefanie Plato*

Unconflicted

Walking away is the best that I can do
When a conflict arises I need to get through

My temper, often high and patience relatively low
Opening my mind, vent before it blows

I've worked on my attitude trying to remain calm
I take deep breaths trying not to clench my palm

Releasing the tension from my body and mind
I strive to be calm, collected and kind

My blood that once boiled begins to cool down
I now smile as I turn back around

I sincerely apologize, my emotions spiraled out of control
Finally, I am unconflicted and whole

Cadence Kaufman

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

A Message on Boundaries

Setting boundaries with someone you love isn't always easy, but always necessary.

If you can't sacrifice that time or energy

If they want you to say yes but you need to say no

If you don't approve of being described that way

You reserve the right to say so

DO NOT be afraid to tell them

DO NOT jeopardize your future self for the sake of their temporary pleasure. If fear is the trigger to submission, then they are NOT worth a single moment more.

The only real boundary is the one between you and freedom from constant, subconscious control

Lauren Kelley

*Gem State Adventist Academy
Teacher: Kimberley Mitchell*

To The Next Moon

Lend an ear here and there

Maybe a smile too

Let them know that you see them, hear them
and they'll see you too

Perhaps a smile is too hard some days

Even we have our limits

But your presence in someone's life
Keeps them moving to the next moon

A text might be easier, you might not know where to start

But let your foolish heart guide you,

And that tiny bit of care can bring back someone's laugh, someone's smile
Treasure that, cradle that, and it'll keep you going to the next moon.

Sydnee Kruzich

*Timberline High School
Teacher: Greg Hoetker*

What Is Consent

A single word
Consent
The dictionary definition
Permission for something to
happen or agreement to do
something

We teach our children
We tell our partners
And we remind ourselves
Is it just a word

But words are ignored
Boundaries are broken

Samantha Lattin
Timberline High School
Teacher: Greg Hoetker

Trust becomes unrepairable
And we lose our voices in society

So ask for my consent, my
permission
And I will ask for yours
It's a two way road
So put your trust in me

And my trust will be with you
Ask, "Do I have your consent"
And listen to my answer
With open ears
And an understanding heart

Care

Showing the way you care can be as little as a Hershey's
chocolate kiss melting in my mouth
Showing the way you care can be as big as that stuffed
bear I got on Valentine's.
Showing the way I care can be as easy as putting the
natural foundation on my sponge and
wiping away at my face.
Showing the way that I care can be me giving you gifts.
Caring for someone can take a lot of commitment but
when it comes to you, I feel free.
Showing the way that we care can be saying "I love you."

Adeline Leuro
Coeur d'Alene High School
Teacher: Linda Parkin

Taking off the Mask

The wall I built and the image
I have created start to crack
Breaking away from the surface
That they have come to know

Dissolving as it hits the ground
As if it were nothing at all
Even though it will always
Leave a trace of once was

Feels as if I almost have lifted
A weight off my shoulders
Putting away something that
I thought I needed, to take off the mask

Amelia Lopez

*Vallivue High School
Teacher: Amber Ford*

No More Mask

This is me, the real me
No one can tell me otherwise
I am who I am
Nothing less or more

Finally free to be me, no one else
But the me that I should have been
Releasing myself from the burdens
Of what other thought of me

See that there is no reason to hide
That there is nothing wrong with me
And who I choose to be
No one else should tell me who I am

To have the courage to stand on my own
Freeing myself from the
weights and chains that have vanished
Now that there is no more mask

Amelia Lopez

*Vallivue High School
Teacher: Amber Ford*

Authenticity is us

Authenticity is us
Authenticity is the ability to be real
It is being able to express how you feel
Be true to yourself and be true to others
It is time to celebrate who you are
It is time to shine
No need to follow the limitation put on us by others
This is a proclamation of who we are
No need to run from the true self
Don't let the self limitation make you forget who you are
Be authentic

William MacDonald

*Magic Valley High School
Teacher: Jennifer Henderson*

Growth

Decisions sound easy, a temporary debate in your mind
But they're not, they're the most challenging thing you will face
It was the agonizing decision that started it all
Recurring fights or nights of tears, never changed
Trust slipped through my fingers
We aren't happy but we don't want to leave
So we continue to break each other and call it love
The decision was clear
I let you go
The freedom was bittersweet
Grief and heartache was constant
But I never felt my smile feel so natural
My shoulders stopped tensing
And you found a way to heal properly

Kainani Maio

*Vallivue High School
Teacher: Amber Ford*

Who Am I?

My name is laughter whistling and ringing in the air
Warming embrace of a hug and holding of a hand
Loving family, friends, and animals

My name is empathic and heroic of rough waves
Scenting of sweet cherries, savory cinnamons, and Italian spices
Tasting the sweet in bittersweet moments

My name is loyal and truthful as the earth
Following hopes, stories, games, animals, and individuals
Leading with creativity and ambition

Everyone is unique
I'm not perfect and no one is
But I'm me

Harrison Mallane

*Timberline High School
Teacher: Greg Hoetker*

Comfort in Discomfort

Conflicts are not about winning
It's not about being comfortable
But the ability to find comfort in discomfort
And to communicate your needs
It's essential
And you,
You cannot fix what's not broken
So please
Don't let your words be unspoken
Talk to me

Morgan Manley

*Vallivue High School
Teacher: N/A*

Meant To Be

The rainy mornings
makes us dread
Although I enjoy what then turns into a streak of color in the sky
They see the power go out
But I embrace the darkness
The richness of the cotton-like clouds
simple like birds swiftly gliding in the sky
I am found underneath them
Like the snow on the hilltops
the blossoming of daffodils
All things coming into place
They are destined to be
Just like you and me

Michelle Martinez

Vallivue High School

Teacher: Amber Ford

Finding Peace Among Pain

Sometimes it's okay just to let go.
If you hold it for too long, it may drag you down.
Let your loved ones go and be free.
Cherish the moments you've had together.
Move on and live your life,
you still have much longer to go.
For love is the thing you can value most.
Never forget your loved ones.
They will always be with you.
Sometimes it's okay just to let go.

Sienna Mellish

Gem State Adventist Academy

Teacher: Kimberley Mitchell

Find You Amongst Them

It's time to find comfort in the uncomfortable.
To test new boundaries and try new things.
To find yourself from what held you back.
Being yourself doesn't come with a handbook or set of rules.
So do what you like and not what others want.
What's the worst that could happen?

Sydney Middleton

Mountain View High School

Teacher: Kristin Galloway

My Relationship with Nature

With this canvas and these brushes
I will paint the world.
The world gives me inspiration,
Dotting my vision with vibrant hues
and luscious streaks of green and blue and brown.
I record its state,
Providing the world with a work reflecting its beauty.
In exchange, the world reveals
Its secret truths and hidden beauty,
All evident in my brush strokes

Rayce Miller

Orofino Junior/Senior High School

Teacher: Michelle George

Chicken Noodle Soup

She made me chicken noodle soup. My throat was sore and she made me chicken noodle soup. Her head was aching. I made her peppermint tea. She makes me soup, I make her tea. We repeat the cycle. The two of us exchanging tokens of our affection. Food, thoughts, memories, that make us think of one another. I hold onto all of them, hoarding them, keeping them safe in my heart. My heart feels like it is bursting with every token in there. I make her peppermint tea. She makes me chicken noodle soup.

Delancey Misko

Century High School

Teacher: Lyndsey Mathews

The Feeling of Me

The feeling of the warm welcoming sun on my skin as I head out to the bright green fields of the ranch. Hearing laughter from family and friends as we spend time together. The warm water of a big lake as I jump off the boat. Hearing the cows bellowing for their calves as we move them home to the main ranch. Listening to my grandpa talk about how things used to be. Being me is feeling free as I watch a beautiful sunset after an exhausting day, thankful to be who I am.

Ashley Moore

Salmon Junior/Senior High School

Teacher: Brett Dickerson

Trust and Triangles

Triangles are the strongest shapes found in nature.

We create one,
Holding a rope in our outstretched arms,
Feet together,
Heads apart,
Strong triangle.

We're not two stars, hot and far away and all-important.
We're not halves of the same soul, identical down to our heartbeats.
But we're not a binary, you and me, in and out, no blur.
We are the rope we hold between us.
We trust each other, and trust that we both want to keep holding on.
Love is balance.

Elena Moses

*Filer High School
Teacher: N/A*

ocean me

The ocean is like me	Mermaids
The untamed seaweed	The child within
My untamed passion	The darkness
The vibrant coral	The burdens and struggles of the past
my undying happiness	The unknown
The great white shark	For what the future holds
Competitive spirit the dominates over others	The unfortunate amounts of garbage
The sea turtle	All the pressure to do the right thing
Gentle and kindness towards others	The waves never dying
Octopus	My thoughts and conversations never cease
Being willing to help others with any amount of tasks	The ocean is me
Dolphin	Strong, dangerous, amazing
Friendliest of friends with goofiness above all	

Jillian Moses

*Timberline High School
Teacher: Greg Hoetker*

Authentically Me

I'm loud when I talk about things I'm passionate about
I keep buying plants even though they always end up
dying in my care

I wear bold eyeliner because it makes my parents mad
I watch old movies because I think they're better than
what they make now

And I really don't like going to church

But I never apologize for being me

And I will never change for someone else

If you don't love every part of me, I don't want it

Because if there's one thing you need to know about me

I don't change for other people

Lauren Muniz

Mountain View High School

Teacher: Kristin Galloway

Consent is power

Consent is power

Consent is a term defined in the mind's eye

As an intimate topic for you and I

With consent you comply or deny

Without temptation or another try

Consent is power

The power of your right

That stands through the hours

Changing as it might

Boundaries are determined by what feels

fine

Whether your consents are overlapping or drawing a line

Consent is fluid because it moves from time to time

Consent is about saying yes when it's right

Or saying no when it's right

Whether it's through asking for permission

Or asking politely to let you in

Consent is a power

Consent is your right

What does consent mean to you?

David Noot

Timberline High School

Teacher: Greg Hoetker

I Wonder

I wonder why I'm here
The gift of life chose me
I wonder what it means
A mystery to live by
I wonder why
As I experience the world
The only me is me
Unique, distinctive, different
I have to wonder
I have to know
The truth behind it all

Chanhee Park

*Teacher: Timberline High School
Teacher: Greg Hoetker*

Out of the Storm

Shared power is like a volleyball game
Played unwell and go down in flames
The team demands working together
Attitudes and heart determine the weather
Losing any of our games
Is ice burning through our veins
Only one way out of the storm
Communication has to form
The power of our teamwork shall rise above
Showing others we share the same love
The sun shines when the foundation is strong
As long as the team is wanting to belong
Staying together will lead us to win
So shared power is where we begin

Sidney Pilkerton

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

Instincts

We all care like a mama bear
Growing up learning to care
A world of love in our eyes
But behind the screen, we hear the cries
A world we never see
Ask and they will want to flee
Bring care to those below
Allows their love to overflow
our instincts have always been to love
From those who live below and above
Bringing love through hate in to the world
Like light through dark ready to soar
In a world of opportunity
We can all live in unity

Julian Ponce

*Wendell High School
Teacher: Jolene Smith*

Comfort

Why was I given these hands?
For what am I to use them for?
Why was I given these ears? This heart?
For what purpose do they serve?
The answer becomes clearer when I hold you,
Tears streaming down your face.
I was given these hands to comfort you,
To bring you the things that will cheer you up.
I was given ears to listen to you,
And a heart to feel and care.
I was made to care.

Sydney Preuit

*Canyon Ridge High School
Teacher: Brenda Reichenbach*

The Lies of Life

Human relationships are capable of becoming stronger when broken and mended. They drag you under the deepest darkest waves just to push you up to the warmest brightest skies. All our lives we search for that one “perfect relationship”, the connection that makes us feel fulfilled and successful. That is the fairy tale lie. On our own the battles we fight and conquer continuously throughout life tell us that the “perfect relationship” lies within us. A soul full of self love. That is what we should be searching for

Emberlyn Reynolds

Lake City High School

Teacher: Molly Rich

Internal Conflict

It is hard to understand others sometimes. Someone might do things that you don't like and you might resent them for that. However, you don't know their whole story. They might be the way they are because of their situation at home. They may be hurting deep down and are just smiling through the pain. That is when the best thing to do is be there for them. Make them laugh and include

Abigail Rex

Raft River Junior/Senior High School

Teacher: Shelly Romine

Shine

Differences make us remarkable
And help us achieve the unbelievable
The world has a foolish idea
That being different is bad
But don't forget your differences
Make you who you are

Do you see who you are?
Do you know why I'm still here?
You mean so much to me.

The truth is life will always be worth it
And you can try your best
And search for your purpose
Please try so hard
To be just like the stars
In a big, bright, beautiful pattern
Because the world needs you for who you are
So go out and shine

Carrie Riding

*Deitrich Schools
Teacher: N/A*

I am me

Who am I
I am me
I am myself, kind, nice, and most of all respectful
These characteristics are who I am
And who you could also be
There is hate everywhere, and anywhere
It doesn't stop
Happiness its unbelievable
It's great and beautiful
Everybody wants happiness
But not everybody can have it so they try and earn it
Who am I

Julius Rivera

*Vallivue High School
Teacher: Travis Manning*

Power in Unity

There is power in all of us
Each unique to our own
But if we unite together
With all our power as one
We are alone no more
Multiple minds connected
When one succeeds
All succeed
Each of us altogether
Creating shared power

Ian Rogers

*Gem State Adventist Academy
Teacher: Kimberly Mitchell*

Working Hard to be Myself

I realized from a young age that being myself and accomplishing what I want was going to be difficult. As a little kid I wanted a lot out of life but it wasn't going to be easy. But I felt like my dreams were a reflection of me and who I truly wanted to be. It took dedication in academics and sports to accomplish the goals I had set for myself. Making the necessary sacrifices to achieve my goals

Devon Schmidt

*Mountain View High School
Teacher: Kristin Galloway*

Be you not me

Why be someone else when you can be yourself
If I could be anyone who would I be
I would simply just be me
I am my own person
I can hear others talk about me
But I don't mind
I simply just want to live,
With no judgment bothering me
And no restrictions holding me back
I'll choose to be me and no one can change that
Besides me.

Alex Smith

*New Plymouth High School
Teacher: Pierrette Madrid*

Authenticity

Doing things I enjoy
and being my authentic self,
makes me feel the sense of weightless
worth so much more than wealth.
When I'm in the zone,
light footed and fearless
as if I'm a force of nature.
I'm feeling a sense of nearness.
Lovely smells coming from the oven.
I feel myself starting to dance
with the music flows determination,
I'll give this life another chance.

Carma Smith

*Salmon Jr./Sr. High School
Teacher: Brett Dickerson*

Shared Power

Shared power is humility. Everyone has specific abilities and strengths. If you want to win do not put a sprinter in a long distance race, or a distance runner in a sprint. You must use everyone's talents wisely. The understanding of when to pass the baton and responsibility to someone else for a time is essential to the success of shared power. Ego is the main competitor in the race. One cannot win a meet by themselves no matter how hard you try. You must pass the baton to win.

Liberty Sommers

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

Authenticity

Authenticity. . . what is it? Authenticity is being real, valid, or truthful. How many of us are actually "authentic"? Growing up I put on a front to impress those around me. I fought and used substances. I really didn't want to be the outcast or outlier. While I wasn't being authentic I was surely being very disingenuous. I recognized that a lot of what I was and who I was meant that I would have to continue playing a roll, one I don't want to play anymore, for a long time. Being more authentic means more honesty with ourselves and others.

Forrest Staggs

*Juniper Hills High School
Teacher: Brittani Bailey*

Red Light, Green Light.

A traffic light only changes when it's ready.
Most people know not to run a red light,
You have to wait for it to turn green of course.
No matter how long you've been waiting,
No matter how badly you want to hit the gas pedal,
No matter how deep of a connection you have with the light,
It doesn't give you the right to disregard the light's opinion.
A traffic light has to control traffic,
Just let it do its job.
It can change when it's willing.

Suzanne Stitzel

*Vallivue High School
Teacher: Amber Ford*

Boundaries

Look me in the eyes and tell me you understand.
Because these things I am telling you will not be taken lightly.
I am giving you the key.
Trusting you not to abuse it.
I am opening my doors to you.
Holding my hand out to you.
I want you to take it.
And I want you to understand,
That what I am telling you will not be taken lightly.
Do you understand?

Caroline Thompson

*Riverstone International School
Teacher: N/A*

Being Me

I am a tree
I have times of beauty, in the summer thriving
I have times of loneliness, as fall strips me
I have times of vulnerability, in the winter-bare
I have times of growth, as spring blossoms
I am like a tree going through the seasons
Weakening under pressure with great loss
Strengthening as I keep coming back
I am growing and blossoming
I am raw and bare
I am lonely and losing
I am beautiful and thriving
Strip me of my leaves, I still stand strong
Take my fruits and limbs, I give willingly
My roots are deep and I will persevere
Growing tall, strong, wise

Joselyn Turner

*Twin Falls High School
Teacher: Zackary Carson*

Breath-taking-growth

Love —	Brings fire wood for the cold
no & yes	& next day green growth
Relationships need war	The cattle feed
Struggle that waters crops	Fields lush
But doesn't drown it	like glace memories
For the ground to grow	Sweet taste you can't
It cries for water	Receive without trepidation
so, the clouds storm	So, fall in water —
Maybe knock down her tree	But don't forget it's water...
But what they don't see	You can swim, just some
It's supply, it	choose not to

Zabella Tuscany

*Vallivue High
Teacher: N/A*

To be...

Do you understand
The real warmth
Of a true smile?

Not someone else's
But from you?

Do you know
The sound of piano,
And sound of stringed?

They're different
But true blue
& hold pure individuality.

The piano can cry
As much as it'd try
But never be stringed —
So it doesn't bother

Love your sound because
When you cry it doesn't
Hide your instrument
But showcases your insecurities

& your immaturity weeping for light
But to be your true —
It's like living anew

Zabella Tuscany

*Vallivue High School
Teacher: N/A*

Relationships and Life

Being in the right relationships,
Means making the right decisions,
It means sensing your needs,
And allowing others to understand you,
While you begin to understand others,
The world has many perspectives,
With different sights,
Different colors,
Different sounds,
And we cannot tap ourselves into the minds of others,
Which is why communication,
Is key to the understanding established,
In a relationship,
Therefore, being in the right relationship,
Involves having the trust to share your inner nature,
With someone else.

Miranda Trester

*Emmett High School (Idaho Digital Learning Alliance)
Teacher: Hannah Clark*

The Way You Look at Flowers

I look at you the way you look at a blooming rose
Or a withered tulip.
My lips turn upward and my eyes glitter when you're in my presence.
I caress your hair like you touch a petal.
Compliment your soul and sing you your favorite tunes, though my
voice can hardly make a melody.
Your tears drown me but your smile lets the sun shine.
At the end of the day when the moon lights the night and the petals
wrap in expectation for the morning to come,
You tell me that I am your Flower.

Kimberly Vargas

*Vallivue High School
Teacher: Amber Ford*

What creates a right relationship?

Authenticity
A complicated word,
With a simple meaning.
An overlooked message,
That is remarkably essential
Care
A seemingly simple word,
That creates quite a challenge.
A critical life component,
To others and yourself.
Power
A word we all want,
That comes with its hardships.
Something we give and receive,
And can be shared among us.

Jenna Waterhouse

*Gem State Adventist Academy
Teacher: Kimberley Mitchell*

Our love for others

Our care for others might seem insignificant
But others are the radiant rays of light in the dim darkness of the night
We can do amazing things with trusting people
People can help you, people can bring you up
People can love you, people can trust you
You just have to believe in yourself and others
If you give them a chance, they will give you a chance
We can do amazing things with trusting people
But there are those who oppose us
But if you see their side and collaborate
It can be really great for everyone in this

Lucas Weaver

*Caldwell High School
Teacher: Kim Akkerman*

Shared Power

Sharing power is sharing symbiotic energy between one another.
One must ensure the other person has a say in any situation. Shared power is a positive reflection on one another. Let the ego disappear and make decisions beneficial for each person and people group.
Don't tell or show them you are the best, make everybody the best, not just you.

Hunter Yeazie

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

* Living in Mutuality Award
+ More than one poem

Borah High School

Boise

Emma Hird

Caldwell High School

Caldwell

Caidon Felder

Lucas Weaver

Canyon Ridge High School

Twin Falls

Sydney Preuit

Century High School

Pocatello

Laurana Anderson+

Kaia Bullard

Delancey Misko

Coeur d'Alene High School

Coeur d'Alene

Logan Foote*

Adeline Leuro

Deitrich Schools

Deitrich

Carrie Riding

Emmett High School

(Idaho Digital Learning Alliance)

Emmett

Miranda Trester

Filer High School

Filer

Elena Moses

Forrest Bird Charter School

Sandpoint

Merrell Cunningham

Aunika Day

Gem State Adventist Academy

Caldwell

Sofia Creitz

Aryelle Dunn

Brooke Essink*

Josh Essink

Sierra Fitcher

Rowan Hendricks

Lauren Kelley

Sienna Mellish

Ian Rogers

Jenna Waterhouse

Highland High School

Pocatello

Ruby Jordan

Jerome High School

Jerome

Carmen Chavez*

Juniper Hills

Lewiston

Forrest Staggs

Lake City High School

Coeur d'Alene

Allie Bowman

Emberlyn Reynolds

Magic Valley High School

Twin Falls

William MacDonald

Mountain View High School

Meridian

Riley Allred

Cassandra Bloomfield+

Maryn Bowers

Jada Day

Halle Farris

Kaylee Izaguirre

Sydney Middleton

Lauren Muniz

Devon Schmidt

Mt. Harrison High School

Heyburn

Thomas Cazier*

New Plymouth High School

New Plymouth

Casey Arritola

Gianna Cox

Ashlyn Creech

Matthew Gehrke

Alex Smith

Orofino Junior/Senior High School

Orofino

Rayce Miller

Raft River

Malta

Abigail Rex

Richfield High School

Richfield

Julianne Brownlee

Riverstone International School

Boise

Aidan Cahill

Elizabeth Miller*

Madeleine Schulze*

Caroline Thompson

Salmon Junior/Senior High School

Salmon

Grace Beck
Kaleb Earl
Krysalynn Freitas
Cadence Kaufman
Ashley Moore
Sidney Pilkerton
Carma Smith
Liberty Sommers
Brooke Vanwormer*
Hunter Yeazie

Timberline High School

Boise

Naya Carrillo
Brynn Celani
Brianna Dickens
Clara Hawkins
Chase Hohne
Paityne Hume
Sydnee Kruzich
Samantha Lattin
Harrison Mallane
Jillian Moses
David Noot
Chanhee Park
Elena Vergara*

Twin Falls High School

Twin Falls

Joselyn Turner

Vallivue High School

Caldwell

Rosemarie Alvarez
ellianna barber
Isabella Homer
Amelia Lopez+
Kainani Maio
Morgan Manley
Michelle Martinez
Julius Rivera
Madaya Scott*
Cadence Slevin
Suzanne Stitzel
Zabella Tuscany+
Kimberly Vargas
Alyssa Young*

Wendell High School

Wendell

Marisol Bueno
Eteban Calderon
Heather Davis
Jennifer Diaz-Sanchez
Julian Ponce

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 guilt's 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

This project was supported by Grant No. 2016 WR-AX-0008 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Justice.



Idaho Coalition Against Sexual & Domestic Violence

www.engagingvoices.org