

2023 Idaho Youth Writing Challenge: Accountability in Healthy Relationships

2023 Idaho Middle School Writing Challenge



"Being accountable is how we can come to truly love ourselves, and give and receive love from others. Being accountable in our... relationships creates the pattern of societal accountability."

— adrienne maree brown

Conflict, misunderstandings, or small harms can all happen in healthy relationships - ignoring someone's feelings, acting like you are better than them, saying something offhand that is rude or mean, small lies, or not following through with a promise. Accountability is about being responsible for your choices and the consequences of your choices.

Through writing, we can begin understand how to move through conflict in a healthy way and how to be accountable for our actions. We can learn by engaging in self-reflection and writing about being accountable for the impact of our actions in healthy, caring relationships.

The 14th Annual Idaho Youth Writing Challenge: Accountability in Healthy Relationships publication was compiled from over 1,200 Idaho student submissions. Congratulations to Idaho's student authors whose selections are published as well as the Accountability in Healthy Relationships Award recipients.

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

— Idaho Coalition Against Sexual & Domestic Violence

Accountability in Healthy Relationships

Most of us do not know how to be accountable for our actions. We can learn — and continue learning — about being accountable in our relationships.

Accountability has four parts and each part is important to the entire process:

Part 1 – Self-Reflection is needed to understand your actions and the impact of those actions. Self-reflection helps you get to a place where you are willing to make things right. Looking inward and sitting with uncomfortable feelings (but not with guilt or shame) may help you understand the choices you made, the outcomes of those choices, and how to make different choices in the future.

Questions to ask yourself:

“So what happened?” “Why did I say or do that?” “How did my words or actions impact the person I care about?”

Part 2 – Apologizing is a chance to share that you understand what you did and to take responsibility for the impact of your actions. Apologizing is a fundamental part of rebuilding trust and requires us to practice being authentic and courageous. Accountability doesn’t have to be scary, even though it can be extremely uneasy and uncomfortable.

Words you can use:

“I’m sorry that I (name what you did) and that it impacted you (name how it caused harm). I want to rebuild trust and will make an active effort to (name the way you will change your behavior) in the future.”

Part 3 – Repair means making amends and rebuilding trust. It is an opportunity to do the work necessary to be in a healthy relationship with those you have hurt or harmed — and to be in a healthier relationship with yourself. Repair can take a long time — you may need to apologize more than once.

Questions to ask yourself:

“How can I rebuild trust with the person I’ve harmed?” “What is the pace of trust I can move at right now?”

Part 4 – Behavior change is one of the hardest parts of accountability. It will likely take time and lots of practice. Talk to people you trust about mistakes you’ve made, things you are ashamed of or feel guilty about, or times when you weren’t your best self. Understanding your behavior and how it impacted others may help you identify ways to act differently in the future.

Content on accountability in healthy relationships is adapted from *The Four Parts of Accountability & How to Give a Genuine Apology* by Mia Mingus.

While unhealthy behaviors can be harmful, it doesn't necessarily mean you are in an abusive relationship. In abusive relationships, there can be a pattern of behavior involving threats, intimidation, or coercion.

People who are abusive commonly do not accept accountability for their harm, so blaming the person they harm becomes part of the abuse.

If you are being abused or severely harmed or have a friend who is being harmed — or if you are abusing someone — these accountability practices are not recommended.

If you think you or a friend are in an abusive relationship, a dangerous situation or are severely hurting someone, trust your gut and get help by contacting a trusted adult or a helpline listed on this brochure.

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Accountability in Healthy Relationships Writing Prompts

Accountability in Healthy Relationships – Accountability is a practice of being responsible for your actions. Write about the four parts of accountability — self-reflection, apologizing, repairing, and changing behavior.

Part 1 – Self-Reflection — Understanding your actions and the impact of those actions is the first part of being accountable. Write about pausing, looking inward and sitting with uncomfortable feelings (but not with guilt or shame). Write about understanding the choices you made and getting to a place where you are willing to make things right.

Part 2 – Apologizing — Apologizing is an opportunity to share that you understand what you did and to take responsibility for the impact of your actions. Write about being authentic and courageous when apologizing for a conflict or small harm even though it was uneasy and uncomfortable.

Part 3 – Repair — Repair means making things right and rebuilding trust. Write about making things right in a healthy relationship with someone you care about who experienced a small hurt. Tell the story about rebuilding trust with a person that was harmed.

Part 4 – Changing behavior — Changing behavior is about choosing to act differently in the future. Write about changing behavior — identify ways to act differently in the future.

Apologizing

Are you actually apologizing?
Do you mean it, do you care?
Or do you just want to forget it,
And pretend you are apologizing.
When you know, you really aren't.
Do you just want to push it away,

Bury it

Forget it

Hide it

Or do you actually mean it?
And want to make things right.
Make things correct?
Make things better?
For the best of it.

Nadja Burkholder

South Junior High School

Teacher: Ms. Strickler

Scarlet Beaches

Winds whip
Sandy beaches.
Birds cry from gray skies.
We sit
hand in hand
tears in our eyes.
Nobody speaks
just the wind
and the water.
Finally his voice
only a murmur
utters the words
I've waited
so long
to hear.

An apology
so small
yet it fills
the air
and travels
along the breeze.
When it reaches my ears
I smile
as the warmth spreads in me
and we sit there
hand in hand
until the sky turns
to scarlet.

Carlyn Butterfield

*Moscow Middle School
Teacher: Tiffany VanArsdel*

Isobel

Frustration and screaming is
how it begins
Anger and tears is how it
continues.
No clue how it affects,
Those behind the door,
With their crying and hiding.
Hearing the whimpers,
She pauses a moment.
A calm voice approaches,
"You should apologize."
Mother first.
Then to her sister.

As she enters the room,
The sobs become clearer.
But so does the music.
A nursery rhyme tune,
From a music box.
A quiet voice
"I'm sorry"
Resounds through the room
She exits her bed
And reaches for a hug.
Embracing,
Tears fall.
For a moment,
All is right in the world.

Alison Carrie

*South Junior High School
Teacher: Ms. Strickler*

Together

I see, hear and feel imperfections.
I'm awake as I hear the chirp of birds, and the feeling of isolation.
I slowly register the influence of words.
I put aside my opinion to put together yours.
I confront myself instead of you.
As still as a mountain I feel your embrace and acceptance.
We acknowledge our actions together.
Reassurance is all I feel as we mend the wounds we have made.

Vivienne Cloyed

*Riverstone International School
Teacher: Christian Bondy*

Dull Pencil

It's me.
I know.
I see your face,
shock, burning rage.
I hope
It's been
long enough
to calm the storm
I made.
I miss you more than I can
say.
I'm not making excuses
or rewriting the past
though
I would rather do that.

Maizie Comin

*Moscow Middle School
Teacher: Tiffany VanArsdel*

There's no easy way to
say this.
Yes, it's my fault.
All on me.
I shouldn't have done what
I've done,
nor appease
the anger lashing.
A razor-sharp whip,
I feel its sting on my tongue.
The scars on you, inside not out,
still sealing, still undone.
Ashamed, stricken.
No words.
I'm sorry.

Mirror

I'm sorry.

There, I said it.

I'm sorry for everything,
everything i've done to you.

I'm sorry for the ways,
the ways I'd make you feel
less, insignificant.

I'm sorry for the ways I made
you feel small. Tiny,
like your problems didn't
matter.

How could I ever do that
do that to you.

Hurt you so bad.
Made you feel sick,

unsafe,
unloved,
unwanted.

I'm sorry I said
one last time,
as I backed away.
Backed away,
from the mirror.

Divya Danesh

*Riverglen Junior High School
Christine Murphy*

Apologies

Apologies aren't just words,
They're actions,

Promises.

Apologies have the power
to heal,

To change.

They're opportunities,

Never just 'I'm sorry',

You find what you did wrong,
accept your mistake,

And change what you can,

But never.

Never.

change yourself,

Never apologize for your
personality,

You are your best self,

Embody it.

You choose when you accept
an apology.

Not them,

Not mom or dad,

Not your siblings or friends,

Yours,

accept an apology if it feels
meaningful,

If it's hollow,

Vacant and lighthearted,

It's not an apology,

It's an excuse.

Addy Gravatt Zabel

*Riverglen Junior High School
Teacher: Ms. Schulz*

Bridge of Stars

The bridge has been burned
Its dusty, gray ashes blowing in the wind.
We stand on both sides, heads down, averted eyes, guilty glances.
The connection the bridge once supported is gone,
-And both of us can't cross the night sky without falling.
I miss the days when all I knew was that she trusted me,
And I trusted her.
I now regret what I did,
Lighting a match and holding it to the tiny, glittering stars.
I take a single star from the pile of destroyed rubble
And so does she.
Day after day,
We rebuild the bridge together.

Charlotte Meng

*Homeschool
Teacher: Christian Bondy*

For the Future

You're not good enough
You never do anything right
Everyone is staring
You're so stupid

These are things we say to
ourselves every day.
Self-hate is a
Hard habit to break
But we can learn.

Talk nice to yourself.
Speak with someone.
Work on yourself.
Don't always think of others first.

Self relationships
Are the most important
Relationships
To have.

You have worth.
Mistakes are learning
opportunities.
Focus on yourself.
You got this.

This
Is what needs to be said.
You can choose to do better for
Yourself in the future.

Olivea Placzek

*Moscow Middle School
Teacher: Tiffany Vanarsdel*

eli

hiiii	ofc <3
hi	im sorry for what happened at the fair earlier
hru ??	i didnt think itd freak you out that bad
imok	
hbu?	its ok
im pretty alright	i appreciate the 2nd apology
i just wanted to tell u	its ok if u didnt understand
i like it when u repost things on anxiety!	just as long as ur willing to learn
it helps me understand u better and i hope ur ok	ofc i think im gonna go 2 bed now gn!
really?	gn
thanks	ily
it means a lot	ilyt!

Livy Warth

*Moscow Middle School
Teacher: Tiffany VanArsdel*

Bridges

A drop away
from spilling over
into a rift.

And in that fateful moment...
The air suffocates lungs and heart...
A quiet apology burning in the back of our throats...
We made the choice to build a bridge
so that when the dam breaks,
I'm sure,
We'll see each other again.

Halaia Zedwick

*South Junior High School
Teacher: Ms. Strickler*

The Great Chef

That's too much jam!"
How was I supposed to know
It's not like I
Spend all my time baking
But my grandma does
Everything she bakes
Is mouth watering
Desirable
A skill I'm envious of
She's taught me grilled cheese,
Pie crust,

Currently strawberry jam pop tarts
She's older,
Wiser,
Then most I know
I need to spend time with her
She won't be here forever
I can't go off on my own
But it's hard
I promise to do better
Because together is where I'm
happiest

Rebekah Abbott

*Moscow Middle School
Teacher: Tiffany VanArsdel*

Fix This

This is my apology
For every single thing
I'm taking a step back
Hopefully to the right track
Because now I can see
Part of it was me
Not one person is at fault
Sometimes we just need to halt
Some words will get said
But in the end
All actions have an impact
And that's a fact
So I will take responsibility
And try to mend our broken being
I know I have to fix this
This chance, I can't miss

Layla Al-Abdullah

*Riverglen Junior High School
Teacher: Shannon McKay*

One Word

It's just one word with five letters
And I hope it can make our situation better
Just one word, but it's so hard to say
Because nothing can undo that day
But I have to try
Even if it makes me cry
Because you deserve to know
Just how far I'd go
To earn back your trust
Build it back up from dust
So here I go
You should know
I'll push away my worry
To fix this story
"I'm so sorry."

Layla Al-Abdullah

*Riverglen Junior High School
Teacher: Shannon McKay*

Your Mistakes

Your Mistakes
Are your own
Affect you
Are your responsibility.
 Your Mistakes
Are your own
Affect others
Are your responsibility
 Your Mistakes
Need you to fix
Need you to resolve
Need you to make right
 Your Mistakes
Are always your own
And when they affect others
Always need you to make right

Josh Apreotesi

*Riverglen Junior High School
Teacher: Gretchen Schulz*

Accountability is like the sun

We need it for humanity to survive
We need it for relationships to survive
Without it, havoc would wreak
Like toddlers, we lie
"No I didn't take a cookie"
Morphs into
"No I didn't speed"
Our sun is dimming,
Only we Can fix it
But will we,
Will we put in the work
I don't know
But we can hope
All I know is that I will try
To brighten our sun

Stella Beavers

*South Junior High School
Teacher: Tyler Bevis*

Two Birds of a Feather

Like a beautiful bird
with her feathers ruffled
She knows she messed up
And she needs to do better

She didn't mean to do it
but pushed her friend down
So hard that her wings stopped working
and she hit the ground

It wasn't supposed
To be be this for
Two birds of a feather

She wants to apologize
And needs to do better

Mira Buckley

*East Junior High School
Teacher: Christina Bondy*

How Do I Apologize?

Guarding yourself with a lock and a key Have I broken everything?	I know that trust only comes with time But with every second I'm growing up Without you next to me
You say we're fine But every time I pass by Your eyes fall Not sure if they can trust me	I just hope That one day Things can go back To the way They were in the past - Your lock and my key In perfect harmony
How do I apologize For such a simple mistake And repair my broken key	

Mira Buckley

*East Junior High School
Teacher: Christina Bondy*

Sounds of Nature

I sink into the darkness
of a soothing night
my tears falling
onto the grass.
I breathe in
I breathe out
to the sounds of nature
the chirping of crickets
the howling of wolves.
The stars twinkle
a silent comfort
as I hold my head
in my hands
and speak
hardly a whisper
in the sounds of nature.
"I'm sorry."

Carlyn Butterfield

*Moscow Middle School
Teacher: Tiffany VanArsdel*

Opportunity

Apology is an opportunity,
that does not hold forever.
Taking responsibility is hard,
but regret is harder to stomach.
You get the choice.
You can wallow in regret,
the regret everlasting.
Or you can take your opportunity to tie ends.

Devyn Butts

*Riverglen Junior High School
Teacher: Gretchen Schulz*

Apologies

Through the thick fog of conflict I now see hope.
Two simple words, yet they mean so much to me
"I'm sorry"
Your words, before shallow and bitter, have become sweet like before.
No longer burdened with anger and resentment we bloom again.

Calliope Bradford

*South Junior High School
Teacher: Tyler Bevis*

Healthy Relationships

A Healthy relationship is being able to communicate with each other. People need to realize that their partner has feelings too. People should be able to express their feelings without feeling judged. A relationship also revolves around trust. People need to be able to trust and be trusted. People can impact people positively or negatively. People should reflect on themselves by taking responsibility for their impact on others. When people negatively affect people they need to understand that they are doing that and apologize for negatively affecting their relationships. People have to change their bad relationship behavior to better themselves.

Rylee Chaffin

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

I'm sorry

You claim you didn't mean to hurt me,
but you never said sorry.
I wish you would set me free.
Your words keep breaking me.
We both feel terribly bad and I think you would agree.
I feel sad and you feel guilty.
A way to solve this is by a simple apology.
Saying "I am sorry" is a task that is easy.
We have to mean it deeply.
I realize I have caused you hardship as well.
I am sorry for making you have that horrible feeling.
I will forgive you when you apologize, just do it with meaning.

Rylee Chaffin

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

Mirror

I was a malicious being.
No one liked me, no one ever did.
I have words that can cut like a knife.
I take down anyone that comes towards my path,
Like a predator killing its prey.

Looking at the mirror, feeling of my hated gut.
Looking deep into my heart full of ice.
Realized whom I become.
Realized what I had done wrong.

I finally felt what others think of me.
I needed to stop my sharp tongue.
Wanted to be something new.
Anew me.

I flipped my switch.
A brand new me had risen.
Light has shine upon me.
Please forgive me for what I had done.
I promise I changed.
Let's create a new relationship between us,
new friend.

Hau Cing

*South Junior High School
Teacher: Ms. Strickler*

White Tulips

I'm sorry,	the shock.	repair,
I hurt you,	In that moment	ready to
I knew it.	I knew	move forward again.
I wish	what I had	Until then
I could go	done.	I'll be here
back	I crossed the Rubicon	repenting,
and change.	and not	waiting
But I can't	for my gain.	for that day
so I'll be	I lost.	to come,
better today	My casual	sackcloth and
please,	sorries	ashes adorning
don't turn me	were in vain.	my soul,
down.	I'll wait	I'll be better
I remember	'till you're ready,	for you.
your face,	ready to	

Maizie Comin

*Moscow Middle School
Teacher: Tiffany VanArsdel*

She is Different

She is different; She's not like the other kids, She gets sad too quickly. She gets mad too fast.	She bleeds easily, She figured that out herself. She's sorry, For making herself bleed
She breathes with her mouth, The same mouth that she screams with, Screams at herself with. She says she is sorry, But the one she's sorry for is herself.	She tries to fix it, Band-aids and words of encouragement, I'm sorry she says, And this time she means it. Maybe next time, She can forgive herself for it, Too.

Divya Danesh

*Riverglen Junior High School
Christine Murphy*

The Anarchist Of Emotions

Who is feeling something That Something only being Regret The one who caused Only to be described as Anarchy For feeling But after a Tracherous war of Strong Emotions Willing after time to finally	Heal All in an imaginary bastion of a Mental war All to the Anarchist of feelings words By that person being Me Who finally wills To Try To Heal Once more.
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Melodie Davis

*Moscow Middle School
Teacher: Tiffany VanArsdel*

A Love Too Late (Option 2)

A slight wind blew past my ear, I felt cold, and empty. I missed her. Everyday I felt horrible. If only I had said sorry, but back then I was so self-centered. I walked to my house and sat down at my desk, and started to write. I pour my heart into it, using every bit of feelings left in my dark, lifeless soul. I sent out the letter and hoped it would reach her. I waited, with no response. I had to assume she didn't love me anymore. So I sat down contemplating where I go from here.

Ashton Dean

Les Bois Junior High School

Teacher: N/A

Self Reflection

I would hate myself too
If what I did to you
Happened to me too.

It's not who I am
But that's how I acted.
You saw that side of me.

Now you reacted.
Only I can change who I am.
And only time will tell.

But it'll take time for you and I
To make
amends.

Stephanie Del Toro Obeso

South Junior High School

Teacher: Ms. Strickler

Class C

For two years	I wish you were to blame.
I held on to it	But you aren't.
Even though it burned.	We aren't.
I blamed you	I'm sorry. I forgive you.
It wasn't me.	Words I cannot say
I had to be perfect.	Because you added fuel
But now, even with charred skin	So I dumped gasoline.
Even with a blackened heart	Maybe my scars are my fault.
I still live.	Maybe they're yours.
Because of you.	Or maybe we were just trying
Because of me.	To find light in the dark.
I lit the match. You dropped it.	

Gabbie Dingman

North Junior High School

Teacher: Donna Hale

Accountability

In love, we seek a bond so true,
One built on trust, respect, and view.
But without accountability in tow,
The love we have will never grow.
A partners words and deeds they do,
Define the love that's sared anew.
Acknowledging faults, accepting
Blame,
Is how we keep love's fiery flame.
For when we hold ourselves accountable,
We build a love that's unbreakable.
With trust, respect, and honestly,
We build love that lasts eternally.

Alyson Edwards

South Junior High School

Teacher: Tyler Bevis

The thief

My sister stomps down the hall
Yelling at me like a crazy baboon
Wishing there was a banana in her mouth to shut her up
"I didn't know it was yours!" I yell
"Yes you did, I was gonna wear that tomorrow!"
She slams her door
Who let her out of the zoo anyways
I look down at her dirty sweatshirt I'm wearing
Maybe she has a point.
I wash it and fold it then leave it on her bed
Sometimes love looks like a clean sweatshirt

Sydney Fizzell

Moscow Middle School

Teacher: Tiffany VanArsdel

Root Rot

You can't get rid of root rot.
You can water the plant all you want,
Cover the plant in fresh new soil,
But no matter how hard you try,
The roots will still coil.
Wrapping around themselves,
Getting stuck in knots.
But until you try to fix things,
That plant still rots.
Trim off the dying roots,
Take the plant out of its pot.
Take responsibility,
And learn from what you've got

Arron Flores Konecny

South Junior High School

Teacher: Tyler Bevis

Black ink

As the black ink sinks into the page of my feelings
I wonder why did you say that
It might have been a helpless comment
But i feel betrayed, ignored and neglected
Then suddenly the page of black ink is my page of feelings again
They have wiped away the bad and made the page brand new
All by noticing my feelings and saying sorry

Bryonna Flynn

*Riverglen Junior High School
Teacher: Gretchen Schulz*

The meaning of sorry

Sorry isn't just a word.
Sorry is not just a curtain you can hide behind.
Sorry is something you can only keep when you mean it.
Sorry isn't something you can always escape with
Sorry is proof you care.
Sorry is proof that you do care what people think.
Sorry is telling someone that you're moving on
Sorry is a way to tell someone that you care enough to rescind your action.
Sorry can come in different forms and gestures.
Sorry can mean something different to everyone.
Sorry it might be hard to say but. ..
Sorry always means sorry

Max Fowler

*Riverglen Junior High School
Teacher: Gretchen Schulz*

Self-Reflection

Who am I to you and me
Who am I supposed to be
Looking back on what I have done
It wasn't all really fun

Self-reflection is good to a point
But not when you think you disappoint
When used too much it can tear
But when used right it can repair

Every day we move forward
But we never know what we are going toward

We have to learn how to mend
So we are better around the bend
Realizing something is wrong is better than not at all
If not for apologies and righting wrongs society would fall

Jesselle Galvan

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

Repair

Having a relationship is to care.
Care is to be aware.
As it starts to rain.
You apologize as you feel sorrow.
Don't feel sorry for your feelings.
Be sorry of your actions,
Once the time comes.
In return for your actions.
You get awarded with a smile.
And when the time comes.
Time won't stop for you.
Your dreams are to be followed.
Your relationship may come to an end
But don't be sad.
Pardon for what you have done.
Choose what you have to do,
Not what you have done
Once you've seen what you've done.
The right time is to come.

Yasmin Garcia

*Riverglen Junior High School
Teacher: Gretchen, Shulz*

The Long Awaited Apology

The Long Awaited Apology

A Snarky joke was made by me to my younger sister

A heartfelt relationship it seemed otherwise

My face a snarky smile with the comment made to her

Her face a stone cold figure tears welling up in her brown eyes

A whirl of her brunette hair and she's gone

So is our bond

Later on, I feel like I'm drowning in the depths of guilt

Then I think about when she was born

A euphoric moment

She didn't come to the world to be bullied

Tears in my own eyes

I apologize

Our faces reassured

Makai Godfrey

Moscow Middle School

Teacher: Tiffany VanArsdel

No Turning Back

In the stillness of the night,

When all is calm and quiet,

I sit and ponder deep within,

And search for answers to begin.

I take a look at who I am,

And what I've done and what I can,

I examine my thoughts and my heart,

And try to make a fresh new start.

I think of all the things I've done,

The good and bad, the right and wrong,

And ask myself what I can learn,

And what I need to change in turn.

Dylan Gray

South Junior High School

Teacher: Ms.Strickler

The Computer

I Like to talk
No not like,
love to talk
Online in life,
Everywhere

But sometimes
I say too much
that can hurt a
Relationship

So we have to think
Before we talk like
I said something
unkind to player

in the game
And I regret it so
Say The things that
you would like said
to you

Robert Hall

*Moscow Middle School
Teacher: Tiffany VanArsdel*

Behavior for the Bold

Issues
Anger, Hate, Judgment
Well hopefully this isn't news
These will hurt your relationship
Whether it be family or friends
Or even a classic courtship
You need to fix this
Before it gets out of hand
And ruins a relationship you'll miss
Reflect
What issues are yours?
Direct
A new path to better behavior
Happiness, Understanding, Empathy
Great traits for the bold
Are you bold?

Ian Harlin

*Les Bois Junior High School
Teacher: Angela Heindel*

Change

I sit here	I think
Pondering	Remembering
What I could have done differently	The day, everything I shouldn't have done
I wait	I open my eyes
Listening	Feeling
To the silence of my thoughts	As if I've reached the light at the end of a tunnel
My eyes closed	I stand
Watching	Resolved
The back of my eyelids transform into memories	To change my behavior
I'm completely still	I walk
Breathing	Certain
The still air around me	I will not make the same mistake again

Sawyer Hayes

*Riverglen Junior High School
Gretchen Schulz*

Apologizing

I made a mistake	All talk they say
I hurt someone's feelings	I walk up, apologize, looking at my feet
Not intentionally	It's fine
But it still doesn't feel right	It's all gone, the acid, the stench
I need to fix it	Someone's cleaned it
It feels like acid, burning,	It wasn't that difficult to apologize
The foul stench of things not amended,	But I did
Repulsive,	And I won't tell them
I don't like this feeling	The doubting ones
I must fix it	Because it's not for them
Sitting here thinking of what I must do	It's for me

Sawyer Hayes

*Riverglen Junior High School
Teacher: Gretchen Schulz*

The Domino Effect

Imagine a line of dominos, standing straight, and separate. All of a sudden, the domino in front gets pushed and the rest after fall too. Dominos are like actions. One domino can affect a thousand. Just like one action can affect a thousand variables. Understanding how your actions affect others is so important. Reflect on those actions that make you feel guilty or ashamed. Ask yourself why you made that choice and what you will do to get things back on track. So take the time to look in the mirror and see who is looking back.

Bianka Hendershot

*Les Bois Junior High School
Teacher: Angela Heindal*

Within

I'm sorry" he muttered
but it wasn't enough
it wasn't actual sorrow
but a simple inconvenience for him

she needed true love
so she looked
within herself
to find the love
she deserved

Grace Hobson

*South Junior High School
Teacher: Mr. Tyler Bevis*

Relationships are important in life

Relationships are super important in life, especially with the people we love. Sometimes we need a break.

We need to find something that makes us happy, a good stress reliever.

A break from everyday life.

Stepping up when you are wrong in a relationship is super important.

Those who love you will support you no matter what.

You never know how important a relationship is till it's gone.

So when you make a mistake take a break, and think about how can I change my actions.

It doesn't matter that you made a mistake, it matters that you learned from it.

Makenzie Kriebel

*Moscow Middle School
Teacher: Tiffany VanArdel*

Fields of love

A relationship is like a field

It starts out filled with nothing but potential

Each field and its crops and weather are different

But effort can make any field flourish

Just because you have burned the fields does not mean you must salt the earth

Just because you have let the crops wither does not mean you can't regrow

Don't leave the field you worked so hard on dry and barren

Unable to grow any crops

Unable to try again

Eleanor Kvanli

*South Junior High School
Teacher: Mr. Bevis*

Bouquet

A bouquet of flowers
The most known and widespread display of love
Hundreds of thousands of different flowers and yet you choose
just one arrangement
Roses, beautiful and fragrant
But covered in hidden thorns that don't apologize when they
make you bleed
Lily of the valley, small and graceful
But they don't own up when poisoning any who ingest or even
touch them
Bleeding hearts, a stunning display of nature
But all parts of the plant are toxic to your skin and body, yet they
don't help you heal
You can be better than these representations of love
You can apologize, you can own up to your actions, and you can
help someone heal

Eleanor Kvanli

*South Junior High School
Teacher: Mr. Bevis*

Loud Crowd

This is to all
About the loud fake laughter
The obnoxious yelling
And the many unrealistic lies

I am sorry to you all
I am sorry for myself
The embarrassment and the friendships ruined
The begging for one more chance to change

I hope I am no longer seen as this embarrassment
I hope I am seen as a strong respectful leader
I hope to change good but not change how others want me

My laughter at a calm controlled appropriate level
No yelling but slow-paced talking
No lies only the truth
New me
Old friends

Chase Lambert

*Moscow Middle School
Teacher: Tiffany VanArsdel*

Friendships Repaired

My words bite
What I wish I hadn't said
Guilt washes over me like ocean on sand
It eats me
I hope you know

A new beginning
I can't take my words away
But I can heal the hole
Repair the strands
A new bond like fresh snow
Like a phoenix rising from the ashes

Broken hearts healed
Friendships mended
Caring again
No agony, or pain
Just trust again

Elly Lock-Smith

*South Junior High School
Teacher: Ms. Strickler*

Reflection in the water

Staring into crystal like clear waters
The things I said
The uncomfortable feelings
And the person staring back at me,
I don't wanna be that person
I want to change
To start all over again
To make the exchange
From the person I was,
To who I want to be.

Elly Lock-Smith

*South Junior High School
Teacher: Ms. Strickler*

Imperfect Design

Looking within yourself, you'll see,
Imperfection, guaranteed.
You lie sometimes,
Cheat, and steal.
Inflict pain,
Nobody should feel.
You're imperfect, nevertheless,
So am I, I confess.

This isn't a flaw nor mental
deformity,
Just a reflection of reality.
Nothing's good or bad,
Only shades of cruel and amazing.

Both beauty and destruction,
Result from fires blazing.
You'll see if you're perceptive,
That "perfection" is subjective.

To keep fire contained,
Stay unfeigned.
Narcissism holds us back,
Burns us and our loved ones too.

No fighting it,
There's only one thing to do.
Reflect on yourself, unblind,
Perfection isn't how you're
designed.

Amora Loumeau

*Les Bois Junior High School
Teacher: Mrs. Heindel*

Promise

I've now said sorry but something is missing.
My stomach feels like butterflies.
I ask my brother, "why don't I feel right?"
And he replies "because you have one more step."
I had no clue what to do, so I did what I always do ...
"Mom what do I do? I've said sorry but there's more?"
"Oh my you forgot a crucial step my son you have to make
a promise like this, I promise not to do that ever again."
"Ok thanks! Brother I promise I will not do that ever again!"
"Ok thank you, little one."

Conor Marron

*South Junior High School
Teacher: Ms. Strickler*

A Parents Apology

I was never around,
And you entertained yourself
I never made meals,
And you learned how to cook.
I never called a babysitter,
But you took care of your siblings.
I never worked,
But you worked for the family.
Now that your an adult
You cut off all connections with me
And I just want to say
I'm sorry.

Landon McCoubrey
South Junior High School
Teacher: Tyler Bevis

Sweet, Sweet Persimmons

All this time, there has been an invisible barrier between me
and my friend.
We know we both wronged each other. We know we both
haven't said those two words to each
other: "I'm sorry." They're long overdue, like stale crackers
waiting to be eaten.
I know I can change things between us. I know I can do this.
Before it's too late.
I apologize, not reluctantly, but willingly. Those two long
overdue words. The barrier between us crumbles.
My dad says apologies are like persimmons, best served
ripe. But even after they're dried and hardened, they're
pretty sweet too.

Charlotte Meng
Homeschool
Teacher: Christian Bondy

We Lose Sight

Apology

A remorseful acknowledgment of wrongdoing or frustration

Why are relational apologies so rare in this nation

We often seek to justify why we were right

And they were wrong

We lose sight

Maybe they were the ones who were right

Dig deep

Find a way to apologize

Maybe you need to open your eyes

There is no need to worry

Can't you see that your relationship has gotten blurry
forgiveness

End angry feelings or resentment toward someone

When you need to apologize - go get it done

Taylor Miller

Les Boise Junior High

Teacher: Taylor Rhon

Sorry

I see sad and lonely
no one to help

I come over and offer
some

her deep dark frown
turns into a bright
smile

I give her

sorry

just this can
help change a person's
actions and feelings

Rinad Mohammed

Moscow Middle School

Teacher: Tiffany VanArsdel

Mistakes were made

Words were said,
Mistakes were made.
Unspeakable things were done,
Mistakes were made.
Thinking back,
Mistakes were made, by me.
Sorry to say,
Mistakes were made.
Saying you'll make things right is easy,
but DOING the action of making things right takes courage,
Mistakes were made which is why we must try.
Try to make it right.
Take the next step forward and move on.
Mistakes were made,
And now change must be made.
Mistakes were made,
And we must fix them
Together

Sydney Nielsen

*Riverglan Junior High School
Teacher: Gretchen Schulz*

Listen

I dropped you like a cigarette,
I stomped on and crushed you into the floor,
It is something I deeply regret,
You do not need to shove your feelings in a drawer,
You don't need to forgive me,
Just listen to what I have to say.

Adryanna Ortega-Tenorio

*South Junior High School
Teacher: Tyler Bevis*

Trust

Rebuilding trust is a very long and time consuming process. It takes will power and cooperation. You have to be willing to take accountability for your actions. It's certainly doesn't mean that everything will be the way it use to be. In fact, it could never be the same. However, it's something that must be done if you want to maintain healthy and long term relationships. It isn't easy, but it's part of life!

Lindsay Perez

*Clark County Junior/Senior High School
Teacher: Lorri Clark*

Apologizing

Even though it was agonizing, I did what I must. Sometimes we have to go through Confining apologies, To gain back someone's trust.	Go ahead, Say the words. Hold nothing back, And let it not be blurred. A countdown is helpful sometimes, So here we go, When the count of three chimes. 1, 2, And 3. I'm sorry.
Yes, it does take courage, And maturity. But in the end, it will be worth it. With a little tenacity, all indeed will be pretty.	

Victorya Perkins

*Salmon Junior/Senior High School
Brett Dickerson*

Care For a Flower

Oftentimes it is hard to admit being wrong.
Even if you already knew it
Even so, a wilted flower still grows back with enough care
So long as you carefully water, repair mistakes you made
Mend with care and admit to the faults you played
Water regularly and give just enough sun
Then sometimes the forgiveness outshines the original wrong
Because if a wilted flower will bloom again
There is no point in plucking it cold and dead

Sailas Peterson

American Heritage Charter School

Teacher: N/A

Self Reflection

I stare at the mirror
I do not like what I see
Why did I do that?
What if I went too far?
Anger returns and I think
They should apologize first
They were wrong first
I'm unsure what to do with myself
An angel and a devil on each shoulder
Always fighting, always bickering,
Who will win?
I should make this right
Be the bigger person
Hopefully it's not too late.

Halina Pitcher

Salmon Junior/Senior High School

Teacher: Brett Dickerson

This was me

It was me

It was my fault

For the thing I did

I disrespected everyone

My family

My friends

My life I failed

The choice I made

But I didn't just sit

I was the one

The one who brought pain

And I am sorry

The choice I had made

I knew what I did

Oh I knew

Because this was all me

Logan Poxleitner

Moscow Middle School

Teacher: Tiffany VanArsdel

A healthy relationship is not

A healthy relationship is not

A healthy relationship is not having to be with
each other, but giving each other space

It's not criticizing each other for every mistake,
but helping each other get better

It's not leaving them when they need help,

It's being there that counts,

It can not be fixed with a simple apology,

It takes time for people to heal

Kendall Redfern

South Junior High School

Teacher: Mr. Bevies

recipe to repair

give them space,
apologies,
be aware of your actions,
start slow,
remember it takes time to heal,
don't hurt them,
don't get hurt

Kendall Redfern

*South Junior High School
Teacher: Mr. Bevies*

Wrong Choice

One day in October my cousin
Naison and I
were in an after school program
we just got out and
We walked down the street
and we just saw a red bike
My bike had been stolen
So I thought I'm gonna take it
Because someone took mine
We took it
but it is not ours.
We went home
we were just eating
Then the school called our aunty.
They told her that they saw us

on the camera
taking a bike.
And then we both lied to our
aunty
She got mad because she knew
the truth
She said I was the older one and
I should know
what is bad
which is not bad.
And all I do is just say sorry
but she wouldn't forgive me
until the end of November.
I still have not forgiven myself.

Arvin Rimuo

*South Junior High School
Teacher: Ms. Stickler*

Reflection

To reflect on the good	The stuff you have done
The bad it rebuilds	Seem like
And helps you	Its building up until it hits the
In ways	Big screen
One can not imagine	And what you do now
It helps	You will reflect
Your actions	On with some 3d action
It helps to make friends	So make friends
And keep them	Live life and make
Reflecting makes	The movie you want
Your life	Reflect its
A movie	What makes
Its as all	The best

Wyatt Richards

*South Junior High School
Teacher: Ms.Strickler*

Rebuilding

You've made a mistake
You've hurt someone with words, unintended
You've unleashed the beast of fury
You've broken that bridge of trust

Now you must pick up the broken pieces,
the snapped ropes,
and shattered stones

First, the foundation of "I'm sorry"
and the base of time goes on.
Then the stones of trust start building it up
and the rope of forgiveness ties it all together

It may still be a little unstable
but time heals all wounds
and one day the cracks will be repaired
and the memories will seal it

Willow Ritthaler

*South Junior High School
Ms. Strickler*

I'm Sorry

Hate words said in anger
Things not truly meant
Fury taking control
Stubbornness overtaking common sense

But, to lose a friend is to break two hearts
so if you truly care for them, know this;
in the grand scheme of things
a simple argument could never outweigh
a best friend for life

So, put away your pride
and that stubborn ego
and_ tell those two words of utmost power
I'm sorry

Willow Ritthaler

*South Junior High School
Ms. Strickler*

Reflection

Did you really mean that?
Were those snapped words really worth it?
Was that insult really necessary?
Did you mean to make them hurt inside?
Did you really want that fight?

Every word you say is a stone hitting water.
It's your choice whether the ripples are good or not
It's your choice whether someone's day is ruined or not

So make your choice wisely and remember
sometimes it's better for the stone to never leave the hand

Willow Ritthaler

*South Junior High School
Ms. Strickler*

Mirror Mirror on the wall

I look in the mirror with a frown on my face
These uncomfortable feelings are way out of pace
I anticipate the day I'll own up to my mistake
The day I'll admit
that things need to change
The choices I made and my errors were displayed
The choices I made were not all that great
I will make things right, yes I will
This was the day
I look in the mirror with a smile on my face
These feelings that I've controlled
Make me feel safe
This was the day I owned up to all my mistakes

Olivia Roberts

*Les Bois Junior High School
Teacher: Ms. Rohn*

my sincerest apologies -mfm

i've wanted to go back
patch up the scars that leaked your pain
my neglect piercing through
repeating these unended cicatrices
that linger in memories

Kai Romeo

*South Junior High School
Teacher: Mr. Bevis*

gum

i feel like gum
stuck to the bottom of your shoe
trying to trust,
to hold on
wanting someone to lean on
but you ended up stepping all over me
walking, smacking across the floor
just to pick me off slowly
chipping away, decaying
till only scraps remain.

Kai Romeo

*South Junior High School
Teacher: Mr. Bevis*

Acknowledgment of my Wrongs

Walk, and fast.
Run away,
from the words I never meant
to express.
In the moment it felt
vulnerable and raw,
did I mean those words?

Shut my eyes tight,
I despise them,
I despise them,
I despise them.
I am right,
I am right.

Open my eyes, and let the
cold air fill my lungs.
I am wrong.
I am wrong, wrong, wrong,
but it will be alright.
I can acknowledge that I
didn't mean it,
how I misunderstood it all.

Release the cold air,
slow down these thoughts,
and reflect on the discussion.

It's okay to be wrong.

Argelia Saldana

*Riverglen Junior High School
Teacher: Gretchen Schulz*

Time Machine

I would like to own a time machine
To travel back to the sorrowful scene,
To change our conversation's way.
We were inside an argument,
On that tragic day.
I said something I hadn't meant,
And before I knew it, she faded away.

We used to laugh and joke together,
Our relationship was quite tame.
Now, love is gone forever,
It'll never be the same.
With this time machine, I'd travel back
To alter the words taken as a verbal attack.

An apology is going to have to be
My time machine, I'll have to see
If she forgives me

Julian Schray

*South Junior High School
Teacher: Tyler Bevis*

Apologize

Apologize for your mistakes
Apologize for love
Apologize with truth in your words
Apologize from your soul
Apologize with beautiful words that make the heart melt
Don't always just say "I'm sorry", sometimes say more

Ada Shidemantle

*South Junior High School
Teacher: Tyler Bevis*

Changing Behavior

Challenging your best
Fixing your worst
Looking back
Moving forward
Making someone
That you are proud of

Kyle Shifley

*South Junior High School
Teacher: Ms. Strickler*

Apologizing

When we make mistakes, and cause hurt,
It's time to offer an apology, that's worth.
With humble words, and a sincere heart,
We seek to mend what's been torn apart.

Brayden Smith

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

Apologize

So what if I realize what
It's gone I did
I just needed it The realization
For a day Burst
Sorry not sorry Into my head
For the delay I rise
You deserved it I stride
To be To the door
Honest The guilt still
But that's not There
The end I take a deep
 Breath
Stuck in a Knowing the
Room alone Conscience
With my thoughts Still sorry ...

Helen Spencer

*Moscow Middle School
Teacher: Tiffany VanArsdel*

Love's Renewal

Sometimes in love, we face a test,
Where heartache and pain leave us depressed.
We wonder if our love will last,
Or if it's time to move on and forget the past.
But in these moments of doubt and fear,
We must remember that love is near.
It's not just a feeling, but a choice we make,
To stand by each other and never forsake.
We can renew our love by letting go,
Of pride, anger, and resentment's shadow.
We must communicate and listen anew,
And embrace each other with hearts that are true.
Love's renewal requires effort and care,
But the joy and the bond are worth the dare.
So let us cherish the love we share,
And renew it with each passing year.

Cason Stoldt

*South Junior High School
Teacher: Tyler Bevis*

If I Never Said That

I feel like if I
Had never said that,
things would be different now.

Estella Tapias

*South Junior High School
Teacher: Ms. Strickler*

Reflection

In the stillness of a tranquil pond,
A sight that one cannot abscond.
A mirrored image, crystal clear,
Reflecting all that's far and near.

The ripples dance across the
surface, The reflection wavers
with each purpose. But still it
holds, though not quite true, The
image warps, but still imbues.

The sun, the sky, the trees, the
birds, The world's reflection,
spoken in words. All captured

in that pool serene, A perfect
image, evergreen.

And as I stand and stare in awe,
The image begs me to withdraw.
To contemplate and introspect,
To see the world with new
respect.

For in this world, of light and
shade, A reflection is but a
fleeting parade. A glimpse of all
that's there to see, A moment's
truth, for you and me.

David Tarkowski

*Riverglen Junior High School
Teacher: N/A*

I want to repair

I want to make things right between us
You were right, I was wrong
I want to keep this relationship healthy
Let's have better communication between each other
I want to apologize for the wrongs I have done
To be able to right those wrongs,
Let's talk through it together
Together, we can rebuild and re establish each other
I want to repair this relationship

Dustin Taylor

*South Junior High School
Teacher: Tyler Bevis*

Rebuilding

Red and orange
Fly over my head.
I can feel
Your tension.

Trust was broken
In the 'incident'.
I hope to fix it
So you can be well again.

I have finally
Released my guilt and shame.
You too will feel better
After helping me rebuild.

It will take quite a while
Not a walk in the park.
We will both need some faith
To be on the same page.

Serra Thomas

*Moscow Middle School
Teacher: Tiffany VanArsdel*

Sorry

I'm sorry.

Sorry I wasn't honest

Sorry I wasn't understanding

Sorry I couldn't be there.

I'm changing.

Changing my honesty

Changing my empathy

Changing my flexibility.

I'm trying.

Trying to tell the truth

Trying to be understanding

Trying to be there for you.

Serra Thomas

Moscow Middle School

Teacher: Tiffany VanArsdel

It's hard.

Hard to be completely honest

Hard to understand your feelings

Hard to be there when I can't
find myself.

Forgive me.

Forgive my lies

Forgive my heart

Forgive me for being lost.

I'm sorry.

Accountability

You are your own person

Whatever you do will affect you or someone else

It's as if you're walking on ice

And one little slip up can ruin you

Look down at the ice, you see your reflection

You look inward

Uncomfortable, guilt

It washes over you like a huge wave

You think how can I fix what I have done

How could I have acted differently

Why did I do that?

Elliyah Ueland

South Junior High School

Teacher: Ms. Strickler

Stay True

when you apologize	stay kind
stay genuine	don't yell and
make sure	don't get mad
it's real	try and
don't make it	be understanding and
seem like	try to imagine'
you dont care about	how that person feels
what you did	stay bold
stay honest	don't walk away
don't lie dont	always keep
say its not	your head up and
your fault	have courage
don't guilt	
trip making the	
person feel bad	

Anne-Sophie Veillet

*Moscow Middle School
Teacher: Tiffany VanArsdel*

Accountability

To put yourself in my shoes and
To ask yourself how I might feel
To know what I mean when I'm
Talking and paying attention to how
I feel
when you know the reason for
what you did and how to take
Responsibility for your action
To take accountability when you do
Something wrong or not okay

Aleah Wallace

*Moscow Middle School
Teacher: Tiffany VanArsdel*

Apologizing

The way you say you were wrong

And you are sorry

How bad do you feel and the way

You describe that

When you don't repeat the

mistake you made

When you learn from your mistake and

Express that to the person you did wrong

Aleah Wallace

Moscow Middle School

Teacher: Tiffany VanArsdel

Self Reflection

When you do better after realizing

That you did wrong

When you realize how you would feel

If that happened to you

When you tell yourself that you can improve

and overall do better in the future

Aleah Wallace

Moscow Middle School

Teacher: Tiffany VanArsdel

I'm Sorry

I'm sorry for what I did,
you probably have so much hatred.
I know what I did was wrong,
I hope you won't be mad for too long.
It's sickening to know that I lost a friend,
I thought we would stick together till the end.
I know my apology isn't a work of art,
but I'm apologizing from the bottom of my heart.
Everyone makes mistakes,
I wish I could go back and do a retake.
I hope our relationship will mend,
and you will still be my forever friend.

Payton Walsh

*Meridian Middle School
Teacher: Mrs. Oswald*

Apologizing

Simple, yet so difficult
a few small words
how could they be so difficult to say?

If not said
it will cause more pain
how could it be so difficult to say?

Apologizing
it is a way
to tell someone you care
but yet
it's so difficult to say.

Hayden White

*South Junior High School
Teacher: Ms. Strickler*

Sorry

My thoughts are a jungle
My eyes filling up with salty pools of water
The dam holding me together is soon to break
Cracks running down its walls
My head feeling the pain
Everything throbbing with the memories
The memories I caused
A throb for each heart beat
It's my turn to take this burden
My turn to feel the burn of regret
Why is it so hard for me
There is so much more to be said
So much more to be meant
But the one word closest to the truth
Sorry

Lili Wiebe

*South Junior High School
Teacher: Tyler bevis*

Sorry

Sorry Isn't just a word you can say,
It's a word you must mean.
Sorry can mean lots of things,
From righting a wrong to a meaningless word.
A real I'M SORRY means you care for other people,
It means you accept your actions,
It means you truly regret your decisions,
It means you will do anything to repair the damage,
It means you're willing to put everything out there,
And take the risks.
I'm sorry.

Tyson Wolfkiel

*Riverglens Junior High School
Teacher: Gretchen Schulz*

To the people I've wronged

I know I messed up,
I've done wrong for what I know;
The things I've done wrong are uncountable,
And no "I'm sorry" can ever fix them,
I have to dig deeper to repair the damage I've caused,
Reach deeper down to the parts of myself I've never truly embraced,
The parts of myself that know what is right.
I have to take responsibility for my actions,
stop hiding behind a curtain of guilt.
I have to step out and brave the consequences for those I have
wronged.
But no matter what,
I must remember to stay myself.

Tyson Wolfkiel

Riverglen Junior High School

Teacher: Gretchen Schulz

Inside Me

Looking inward, I see
All the flaws inside of me
The doubts, the fears, the pain
That I often try to restrain
But self-reflection is key
To unlocking what I can be
To face my weaknesses head on
And find the strength to carry on
For in the depths of my soul
Lies the power to be whole
To embrace my truest self
And let go of all else
So I'll continue to reflect
To learn and grow, to introspect
For in the end, it's only me
Who can shape my destiny.

Jakobee Woods

South Junior High School

Teacher: Tyler Bevis

Found

Habits long-formed,
patterns unbroken,
but the will to change
can leave them unspoken.
A new path emerges,
with each step we take,
old ways fall behind,
and new choices we make.
The road may be winding,
and the journey may be long,
but with persistence and time,
new habits grow strong.
So take that first step,
and keep walking each day,
for changing behavior
is the key to finding our way.

Jakobee Woods

*South Junior High School
Teacher: Tyler Bevis*

Reborn

Broken pieces, shattered dreams,
A heart in need of fixing seams,
Gather up the tools of care,
For love and hope to now repair.

Mend the cracks, seal the gaps,
With gentle hands and patient taps,
Rebuild the trust that once was lost,
At any cost, no matter the cost.

For though it may take time and skill,
The joy of a healed heart will fill,
And in its newfound strength and grace,
Repair will shine in every space.

Jakobee Woods

*South Junior High School
Teacher: Tyler Bevis*

Trust Renewed

We've lost our way, the trust we had,
A bond so strong, now turned so sad.
But still, we hold the pieces tight,
Determined to rebuild, to make it right.
With patience and love, we mend the break,
With understanding, we start to retake.
The trust that once was so pure and bright,
And rebuild a bond, stronger than the night.
So let us start again, hand in hand,
And show the world, we can stand.
Reborn, renewed, and full of grace,
Our trust will shine, with a brighter face.

Lillian Youngberg

Meridian Middle School

Teacher: Jamie Oswald

* Accountability Award
+ More than one poem

**American Heritage
Charter School**

Idaho Falls
Salias Peterson

**Clark County Junior/Senior
High School**

Dubois
Lindsay Perez

East Junior High School

Boise
Mira Buckley +

Homeschool

Charlotte Meng +*

Les Bois Junior High School

Boise
Ashton Dean
Ian Harlin
Bianka Hendershot
Amora Loumeau
Taylor Miller
Olivia Roberts

Meridian Middle School

Meridian
Payton Walsh
Lillian Youngberg

Moscow Middle School

Moscow
Rebekah Abbott
Carlyn Butterfield +*
Maizie Comin +*
Melodie Davis
Sydney Fizzell
Makai Godfrey
Robert Hall
Mackenzie Kriebel
Chase Lambert
Rinad Mohammed
Olivea Placzek *
Logan Poxleitner
Helen Spencer
Serra Thomas +
Anne-Sophie Veillet
Aleah Wallace +
Livy Warth *

North Junior High School

Boise
Gabbie Dingman

Riverglen Junior High School

Boise
Layla Al-Abdullah +
Josh Apreotesi
Devyn Butts
Divya Danesh +*

Bryonna Flynn
Max Fowler
Yasmin Garcia
Addy Gravatt Zabel *
Sawyer Hayes +
Sydney Nielson
Argelia Saldana
David Tarkowski
Tyson Wolfkiel +

**Riverstone International
School**

Boise
Vivienne Cloyed *

**Salmon Junior/Senior
High School**

Salmon
Rylee Chaffin +
Jesselle Galvan
Victorya Perkins
Halina Pitcher
Brayden Smith

South Junior High School

Boise
Stella Beavers
Nadja Burkholder *
Calliope Bradford
Alison Carrie *
Hau Cing

Stephanie Del Toro Obeso
Alyson Edwards
Arron Flores Konecny
Dylan Gray
Grace Hobson
Eleanor Kvanli +
Elly Lock-Smith +
Conor Marron
Landon McCoubrey
Adryanna Ortega-Tenorio
Kendall Redfern +
Arvin Rimuo
Wyatt Richards
Willow Ritthaler +
Kai Romeo +
Julian Schray
Ada Shidemantle
Kyle Shifley
Cason Stoldt
Estella Tapias
Dustin Taylor
Elijah Ueland
Hayden White
Lili Wiebe
Jakabee Woods +
Halala Zedwick *

Support Friends Who Have Experienced Abusive Relationships or Sexual Assault

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

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

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

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

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

"I'm here for you."

"I'm sorry this happened to you. No one deserves to be hurt."

"It's not your fault."

"I am worried about you."

"How can I help?" or "What do you need?"

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

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

Where to get help

National Dating Abuse Helpline

1-866-331-9474 or www.loveisrespect.org to chat with an advocate online

National Sexual Assault Hotline

1-833-656-HOPE (4673) or www.rainn.org to chat with an advocate online

National Suicide Prevention Lifeline

1-800-273-TALK (8255) or dial 988

Crisis Text Line (text HELLO to 741741) 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
www.engagingvoices.org



Idaho Coalition Against Sexual & Domestic Violence

www.engagingvoices.org