



# LOVEWHAT'SREAL

**2015 High School "Love What's Real"  
Writing Contest Winners**

## **Her Rainbow Eye**

A year and a half ago she told the world  
A world that told her  
to go back  
A mother that told her  
to be a woman  
A society that told her  
to love a boy  
She saw life in colors and swirls  
labels no longer being labels but becoming  
definitions  
She loved herself while they all said no  
She hoped one day  
they wouldn't call her  
the lesbian girl  
but just simply the  
girl.

### **Fatima Tall**

*Vallivue High School  
Christina Cochran – Teacher*

*Cover art inspired by "Her Rainbow Eye". Renaissance High School Artists – Cayden Bullock, Renee Taylor and Kayla Bright; Dave Earnhart, teacher; ChalkHeART of 1st place winner 2014*

February is National Teen Dating Violence Awareness and Prevention Month. Each year, the Idaho Coalition Against Sexual & Domestic Violence engages young people to join the movement to end gender violence. We believe that youth who are empowered to end gender violence are less likely to engage in violence or to think abuse or violence is acceptable.

This is the 6th Love What's Real publication, compiled from over 3,000 student submissions for the Love What's Real Writing Challenge. Congratulations to the Idaho's student authors who were selected among a highly competitive field!

A special thank you to Idaho's English teachers who encouraged students to enter the challenge and to the judges who read the amazing submissions by thousands of young people – Melinda Garcia, Josie Fretwell, Malia Collins and the Idaho Coalition teen activists Dalton Tieg, Fatima Tall, Cole Parkinson, Kuei Ring, George Kanku, Georgette Bisoka, Ada Jamboretz, Izzy Barton, Halayna Liera, and Maria Villagomez, and the Idaho Coalition staff.

Kelly Miller, Executive Director  
Center for Healthy Teen Relationships  
Idaho Coalition Against Sexual & Domestic Violence

CENTER FOR HEALTHY TEEN RELATIONSHIPS  
**LOVE WHAT'S REAL**  
[www.lovewhatsreal.com](http://www.lovewhatsreal.com)

**Friends, girlfriends, and boyfriends**  
– all deserve healthy relationships.

**Are your relationships healthy?**

### **Compassion**

Are you kind and caring towards your friends, girlfriends or boyfriends? If we can be kind and expand our circle of who we care about, we can create compassionate, peaceful communities free from violence. We have to care enough to create a better world.

### **Respect**

Are you accepted for who you are? No one should pressure you into doing things you are not comfortable with such as drinking, drugs, or unwanted physical contact.

### **Individuality**

Do you pretend to like something you don't or be someone you aren't? Be yourself; after all, being an individual is what makes you you!

### **Equality**

Do you have an equal say in relationships and put equal effort into the relationship? From the activities you do together to the friends you hang out with, you should have equal say in the choices made in relationships.

### **Acceptance**

Do your friends or girlfriend or boyfriend accept you for who you really are? You shouldn't have to change who you are or compromise your beliefs to make someone like you. Celebrate each other's differences!

### **Support**

Do your friends care for you and want what is best for you? Your friends should understand if you can't hang out because you have to study or if you have plans with other friends.

## **Honesty**

Are you always honest? Honesty builds trust. You can't have a healthy relationship without trust! If you have ever caught your friend or boyfriend or girlfriend in a huge lie, you know that it takes time to rebuild trust.

## **Trust**

Do you trust one another to have your own space, friends, and activities? Trust is important foundation in any relationship.

## **Mindfulness**

Are you present each moment of the day? It's being present with one another – really seeing and hearing the other person – caring, and listening that makes relationships real.

## **Justice**

Do you stand up to injustice where ever you see it? We need relationships and communities where everyone has the same opportunities and no one is oppressed or discriminated against.

## **Happiness**

Are your relationships fun? Laughing at the little things and enjoying time together, that's what makes relationships real.

## **Responsibility**

Are you responsible enough to communicate and respect your friends, girlfriends, or boyfriends boundaries? Do you love yourself and have the confidence to be yourself? It's important that you don't let relationships define you.

For information on unhealthy or abusive behaviors in a relationship, go to page 116-117.



**Be Afraid**

"Get back in the kitchen.

Go make me a sandwich"

No.

I see your sexist comments for what they are;

A defense mechanism

Activated whenever you sense a threat

To your fragile male ego.

You feel threatened?

Good.

Cause I will crush the patriarchy

Underneath my ballet flats with bows,

And I will tear down gender roles

With brightly painted nails.

So go ahead,

Tell me to make a sandwich.

I'll make history instead.

**Linnea Boice**

*Boise High School – 10th grade*

*Cindy Hartley – Teacher*

*First Place Winner (Tie)*

I'm Catholic.  
My family's Catholic.  
All I've ever known is  
He, she, we,  
Are Catholic.  
Except him.  
He's Muslim.  
I say God  
He says Allah  
I say savior  
He says prophet.  
He doesn't eat pork  
And I love bacon.  
He says Volim Te  
I say I love you  
We are the lesser of two radicals.  
Our religions aren't the same.  
What is the same is belief in believing  
Blind to religion.  
Observant to faith.

**Lucy Martinez**

*Bishop Kelly High School – 12th grade*

*Lindy Freeman – Teacher*



### **Loud Woman**

They say you look prettier with a closed mouth,  
because an open one leaves behind outcries on your teeth.  
They'll hand you a brush loud woman,  
to scrape away any hope you've groused in this journey of gender oppression.  
Just remember I praise you loud woman,  
for finding a voice in a room that worships  
small handed conversations  
and slender thigh-ed opinions.  
Loud woman,  
you've questioned this tip toed existence  
and found injustice.

### **Fatima Tall**

Vallivue High School – 11th Grade  
Scott Moore – Teacher

*Second Place Winner (Tie)*

**Lunar Distance**

The Earth adored the moon  
With its eggshell color  
And crevice structure  
But they were doomed  
To stay 238,900 miles apart  
  
So the Earth mourned  
And longed  
And watched  
And waited  
  
Until one day  
He saw his own reflection  
In the mirror  
Of a satellite  
And suddenly he realized  
First he needed  
To love himself

**Analiese Bolinder**

*Boise High School – 10th grade  
Sharon Hanson – Teacher*

## **Universal Language**

Sitting on a cold tiled roof at night in mid-September  
You listen to my sermon about world problems and social justice.  
You do not listen to reply or change the subject.  
You HEAR me.  
We go back and forth with seamless conversation.  
I do not have to hide any opinion of mine.  
The night sky is a reflection of our conversation.  
It is scattered, beautiful, and limitless.

### **MyKel Johnson**

*Lapwai High School – 12th grade*

*Tina Stacy – Teacher*

## *Second Place Winner (Tie)*

### **Filthy Pews**

She confessed not in a church,  
but a restroom with porcelain toilets on the receiving end of the truth  
Because a sinner indulges  
And every calorie contained the devil  
So she will bow down onto the tile floor and pray  
while holding her hair back  
A purse by her side containing the masking of mint  
Because when his arm stops fitting around her waist so perfectly,  
he might realize that her body isn't worth loving

### **Chayce Reynolds**

*Vallivue High School – 11th grade  
Amber Ford – Teacher*

**No More**

Two years ago  
I breathe it in  
Fabric softener, wintergreen gum,  
Lemons.

One year ago  
I breathed again  
Cinnamon sticks, newspaper  
print.

Today  
I breathe once more

Blue pencils and chai tea  
Replace broken hearts,  
Shattered dreams,  
Lost sleep.

Tonight I will sleep well  
The sweet scent of  
independence

Creeping up my spine  
Tickling my every nerve  
With possibility.

It had been so long  
Since I could count on me

**Elizabeth Lee**

*Boise High School – 10th grade*

*Cindy Hartley – Teacher*

## *Third Place Winner (Tie)*

### **Beautiful**

He grew a terrarium in her lungs  
and it was so beautiful  
yet she couldn't even breathe  
she lit a match and took it to her root  
she burned all he was  
he was sorrow and despair  
her life would be better without him there  
as the trees burned down  
flowers began to flourish  
she felt happiness  
she could breathe once again  
instead of clouds filling her lungs  
she actually breathed in beautiful air

### **Ciara Losey**

*Mountain View High School – 12th grade  
Kristen Galloway – Teacher*

**Wanderlust**

Leather suitcase full of belongings  
a confident soul ready for adventure.  
Countries and cultures color my mind with  
beautiful significance.  
To travel,  
conquer new heights,  
broaden horizons,  
endeavor with peace.  
My purpose in life.

I have seen my sights, a remarkable pinnacle.  
Traveled the world with this meek heart.  
And although you are not here  
you walk beside me in spirit,  
far away but always close.  
Someday I will travel the world with you.

**Chelsey Walters**

*Middleton High School – 11th grade  
Melinda Garcia – Teacher*

## **Late Night Dessert**

Sticky residue all over the counters  
my arms burning  
from the constant of circular motion  
our cauldron of syrups and toppings  
our cavity filled masterpiece  
almost complete  
I watch your intense focus  
wrinkling your brows  
you finish with a cherry  
our eyes met  
silence  
then broken by the cold wetness  
hitting my nose  
this sugary imperfection  
is our perfection.

**Tanya Arnold**

*Middleton High School – 11th grade  
Melinda Garcia – Teacher*



## **Mind the Gap**

I can't think of anything more impenetrable than a wall of empty space,  
a clearer indication of disconnect between each human  
then we're alone in our little skull places.

Because I'm sitting beside you,  
thinking about your diction,  
your hands,  
your reaction to my favorite book,  
and you're oblivious  
to the consciousness streaming under my curls.  
I could angle this furtively, drop it  
anonymously. The discontinuity of our synapses:  
built – in border control,  
hiding me.

### **Jordan Ayers**

*Boise High School – 12th grade*

*Sharon Hanson – Teacher*

## **Two Dads**

Thank God I had two dads.

They taught me how to speak, walk and ride a bike.

Like a normal couple.

Not even once did I hear about hate,

Not even once did I stare at them with shame,

Gay people are weak?

They are my rocks,

two caterpillars that decided to be butterflies.

Together.

Two Dads

two men

same sex

Same Love.

### **Simone Bertoldi**

*Middleton High School – 12th grade*

*Melinda Garcia – Teacher*

Girls are taught to be fragile and feminine  
That they shouldn't stand up for themselves.  
Guys are taught to be strong and masculine  
That they shouldn't explain themselves.  
They're teaching us wrong  
Since we should all stand up for ourselves and explain our actions  
It doesn't matter how society thinks we should be.  
We stand by ourselves and define ourselves by what we think we  
should be.  
We are our own people.

**Lilian Bodley**

*Vision Charter School – 11th grade*

*Becky Mitchell – Teacher*

## **That's So Straight**

"Gay,"  
You mutter  
When your pencil snaps  
In class.

You don't notice  
the boy sitting behind you  
with the bruised circles  
under his eyes

The boy who hasn't told anyone  
Because what would they say?

The boys who would rather be "normal"  
Because no one says  
"That's so straight."

You don't notice  
How he flinches when you comment  
On your broken pencil  
Because it makes him feel  
As if he must be broken too.

**Linnea Boice**

*Boise High School – 10th grade*

*Cindy Hartley – Teacher*

## **Ignorance**

A mother at seventeen,  
Father's out at another party,  
"Mother cares for the child,"  
These are the words Father said  
So that he could leave.

She does all the cleaning,  
All the cooking,  
All the watching,  
He says that's what a good woman does.  
She is ignorant to the true fact.

Ignorance keeps her happy,  
But over years, ignorance fades,  
Mother grown unhappy,  
Father loses control,  
Another relationship is destroyed,  
The cycle begins again.

### **Hunter Brooks**

*Camas County High School – 10th grade*

*Amy Ballard – Teacher*

## **Simply Perfect**

A healthy relationship finds the beauty in every moment,  
It's the way he sings to me in the car,  
And uses cheesy puns,  
It's when we team up,  
And whoop everyone at Charades,  
It's when I forget my burger in his car,  
and he drives all the way back just to bring it to me,  
Our relationship is real because he loves me for me,  
and I love him for him.

### **Macey Bunn**

*Vallivue High School – 11th grade*

*Scott Moore – Teacher*

## **Strong and Courageous**

I always tell the other girls I know  
To be strong and courageous.  
That if he hurts them, to leave.  
Real love does not harm or break down,  
It does not build barriers.  
So I'll shout it on the rooftops  
And paint in every color  
That no woman should awake  
With shaking hands and hollow eyes,  
to knowing such pain.  
I am raising awareness, building escape routes  
To end this culture  
of abusive relationships.

### **Marlee Bunn**

*Vallivue High School – 10th grade  
Tate Castleton – Teacher*

## **Real Equity**

This closet door is glued shut  
My secret fills me with self-hate  
I am sick  
I need to be fixed

The pastor says, "They'll burn in hell"

Alas, I believe him too

I can change

I "choose" to be this way, I can undo it too

But I didn't "choose" to be an oppressed minority

I didn't "choose" to be "second class"

I am not a...freak

I am not...

Don't call me that, please

## **Marisa Butler**

*Lake City High School – 9th grade*

*Annora Jewell – Teacher*



## **We are Equal**

I was taught everyone is equal,

No matter their color

No matter their size

Intelligence sets you apart

Personality is what matters

But my parents knew

The world isn't perfect

People see I'm female

They see my blond hair and blue eyes

They make judgments

My parents warned me,

They taught me to stand tall

To break stereotypes

Be steadfast in my beliefs

They taught me that I am equal

**Regan Campbell**

*Parma High School*

*Jane Dykas – Teacher*

## **Dancing in the Dark**

In the darkness of a small room  
In a place only lit by one television  
And old couple resides in their chairs  
The grey in their hair is far past streaks  
From the TV that lights the room  
Come the sounds of polka  
As the sounds of the accordion and guitar fill the air  
The couple move from their chairs to one another  
The feebleness that age brings is gone  
Dancing has brought life.

### **Christian Clark**

*Minico High School – 12th grade*

*Melinda Garcia – Teacher*

One thought  
Violence is not the answer  
One action  
Speaking up when violence occurs  
One collective thought  
Violence won't be tolerated  
In the school  
In this community  
In this state  
In this country  
In this world  
  
One person  
One thought  
One action  
One world  
Without a culture of violence

**Bailey Clevon**

*Wood River High School – 12th grade  
Heidi Cook – Teacher*

## **Silence**

There are a million ways  
And a thousand devices  
That I could use  
To overcome silence  
And sing my love  
To a man that entices  
But I don't know if I can

The silence is deafening  
The pause is loud  
I look at your face  
And don't make a sound  
Waiting for something  
To break through this cloud  
And you smile and understand

And we walk hand in hand  
Drifting through our soundless land

### **Gabriella Coulter**

*Frank Church High School – 11th grade*

*Josie Fretwell – Teacher*

## **Calloused Hands**

Strong, calloused hands.  
Built up from hard years of work.  
Firm and unyielding,  
They are always there.  
By his side,  
ready for his will.  
No will of their own  
but only doing what he pleases.

And he takes pleasure when I am happy.  
He is happy when I feel pure joy.  
His calloused hands,  
grasping mine,  
unbroken, smooth.  
Holding hands,  
being together,  
why?

because we love,  
we love each other  
for who we are

### **Gregory Dagget**

*Bishop Kelly High School – 11th grade  
Yasone Krakau – Teacher*

## **Gamer Love**

I'll get the controllers,  
You get the Dew  
Your wildest gaming fantasies  
Are about to come true  
I'll take the floor,  
You take the couch  
By the way...  
Here's a juice pouch  
Just so you know,  
I've been training a lot  
Give it your all,  
Give it all you've got  
Is this love?  
Is this for real?  
What is this emotion I feel?  
You've been sent from above,  
This has to be  
Gamer Love.

**Matthew Daniel**

*Soda Springs High School – 11th  
Caitlin Pankau – Teacher*

## **Behind the Roles**

"Don't Cry," he said to himself

"Just Smile," she said to herself

Be a man

Act like a woman

Meet up to what society determines

A man is supposed to be strong

A woman is supposed to be delicate

But where in life is this all being written?

Stand up against the gender roles and

Show what truly lies within your souls.

### **Brady Delgadillo**

*Wood River High School – 11th grade*

*Amy McGraw – Teacher*

### **Lover Wanted:**

I'm seeking an independent individual,  
interested in sharing experiences with someone:  
only requirements are an already established  
life, a sense of adventure, and a drive to be alive.  
NO controlling, YES support, YES acceptance.  
NO isolating, YES individuality, YES equality.  
NO falsehood, YES communication, YES honesty.  
NO CODEPENDENCY-YES RESPECT AND RESPONSIBILITY.  
I just want to accept you and your life for  
yours, if you'll accept me and my life for mine.

### **Sage Doggett**

*Frank Church High School  
Bruce Fast – Teacher*



I like it  
When we lie there on the floor,  
Laughing so hard our tummies hurt-  
With our hair knotted  
And sticking out in our faces.  
I like sitting there,  
In silence,  
Eating cold pizza with you.  
We are far from perfect.  
Our relationship isn't an intriguing love story from a movie,  
But it doesn't have to be.  
We're real.

**Tatym Dudley**

*Capital High School – 10th grade*

*Dianne Ruxton – Teacher*

## **The Stars Outside My Bedroom Window**

A shy girl  
A loving boy  
He brought out the best in her

A forthcoming marriage  
A future with a family  
She had dreams  
He's chasing them

The quiet girl  
Once filled with ambition  
Exists no more

She waits with a plastered smile  
Till her loving husband comes home  
To tell her all about the stars

She's tending to the kids  
Cleaning the house  
Wondering what it feels like  
To be chasing shooting stars

**Brittany D'Souza**

*Bishop Kelly High School – 11th grade*

*Yasone Krakau – Teacher*

## **Paint on the Walls**

Buckets surrounding our feet  
Walls gradually turning white to blue  
Brushes hitting the blank slates

Paint on my arm  
Your smile pleads guilty  
Wiping color on your face  
Laughter ringing from both of us

Full-out war!  
Blue covering everything  
Joy filling your eyes  
Smirking at my now painted body  
No disgust  
Just the perfection of togetherness

### **Makayla Erickson**

*Middleton High School – 11th grade*

*Melinda Garcia – Teacher*

## **Saved**

Trampled grass  
on a large field in the park  
Frisbees fly  
from person to person  
She calls for a pass  
I wind up for a throw  
but as it leaves my grasp  
it veers astray  
She dives face first  
to grip the spinning disk  
I rush off to help her up  
off of her green stained knees  
"You saved it,"  
I said in amazement.  
"Of course,"  
She blushes brightly –  
"It was from you."

### **Joshua Fenske**

*Middleton High School – 11th grade  
Melinda Garcia – Teacher*

Stereotypes affect us  
Even more than we know  
The subtle way they influence  
How we see people  
The first judgments we make  
Even if it's far off  
From how someone really is  
Everyone does it  
But we must make a change  
We need to expose them now  
Educate the youth  
Our generation needs to change the norm

**Gabby Fitz**

*Bishop Kelly High School – 11th grade*

*Yasone Krakau – Teacher*

I felt like a broken mirror  
Scattering reflections of those  
Whose faces I was not worthy  
To see whole

In shattered pieces on the ground  
Hoarding what little light I  
Could steal from the air around me  
Waiting to live

Then someone put the pieces back  
Together on the frozen ground  
Someone bothered to care enough  
To let me see

**Jessica Fuller**

*Vision Charter School – 12th grade  
Becky Mitchell – Teacher*

## **ma-chis-mo**

### **“strong or aggressive masculine pride”**

Coming from a culture where the male is dominant

That I should be superior over my future family

That I should make the important decisions of the relationship

That when I have a wife, she should stay home

That I should be the breadwinner of the house and she can do the  
“woman’s work”

This is the culture many Hispanics grew up in

But this isn’t right!

I want something different

I want relationship equality

## **Antonio Gallegos**

*Parma High School*

*Jane Dykas – Teacher*

## **Winter Stars**

Wrapped in warm blankets,  
Hot cocoa warming our hands,  
Our breath fills the air,  
With unspoken promises.

In the cool crisp night,  
His voice becomes music,

As he points out constellations.  
First it's Andromeda,  
Then Cassiopeia.

He is mesmerized,  
Gazing at the starry sky.

Slowly,  
His passion becomes mine.  
I love him,  
The way he loves the sky.

### **Addi Ganir**

*Middleton High School – 11th grade  
Melinda Garcia – Teacher*



## **Turn It Around**

### **My dear forever and always**

Do you love me?

### **No and I never will**

Have you ever used me?

### **Every chance I get**

Will you protect me and keep me safe?

### **I wouldn't and couldn't**

Will you ever beat me?

### **Whenever we are alone and all the time**

Will you love me?

\*To change something we have to start again  
and build up (read bottom to top)

### **Brennan Gazdik**

*Bishop Kelly High School – 11th grade  
Yasone Krakau – Teacher*

## **Be Here Now**

Like testing the curling rod, or  
jerking awake in class when our names are spoken,  
Tripping up the first step –  
no, missing the last one.  
Like narrowly escaping the kiss of a coffee table;  
jumping onto a Lego.  
When “we” flipped to “ew”  
& one was left of two  
Like a cat clawing our leg, or  
the sudden need to pee –  
We realize we are in the world  
& the world is comprised of we.

**Marisa Gonzalez-Mabbutt**

*Boise High School – 11th grade*

*Sharon Hanson – Teacher*

## **Ordinary is Extraordinary**

Today is the day. Take your shot, value is power and you have it in your hands. You have one voice. One voice can echo through the halls of time, and create waves that ripple for generations. Cast your voice into the future. There's only an idea, a wisp of an oppressor, standing in your way, and you don't have time for regret. Raise your voice for those who can't, and support equality. Be extraordinary.

### **Emily Good**

*Mountain View High School – 11th grade  
Kristin Galloway – Teacher*

## **Learning to Knit**

I think that you and I  
should learn to knit,  
make socks of all different colors,  
and give them to everyone who looks like they need a hug.  
Let's sit on a park bench and drink chamomile tea and  
Listen to Simon and Garfunkel and  
all the while knit beautiful footwear.  
Then after some time, let's walk on the grass  
and dance in the rain.

### **Luisa Graden**

*Moscow High School – 11th grade*

*Susan Hodgkin – Teacher*

## **A World of Glass**

A ceiling of glass shines before the night sky,  
locking the heavens from earth.  
They long to break the barrier that reflects  
a world of mirthless smiles who say,  
“Shrink your dreams. Go back to your dolls.  
Your place is here, not up there.”

Yet glass, in its splendor, is vulnerable.  
Shards fall with quiet words  
that sparks into battle cries.  
So break the glass  
and erase their expectations,  
to explore the dawning world above.

**Frances Mari Grimaldo**

*Orofino High School – 12th grade*

*Cindy Ponozzo – Teacher*

## **Why Us?**

I've never been good at hiding me,  
But then again neither has he.  
They like to say, "You're meant to be."  
Why?  
Because;  
I like chips on sandwiches,  
He likes random singing.  
I hate wearing shoes,  
He hates football.  
I count the number of cars passing by,  
He closes one eye when reading.  
We don't care what anyone thinks.  
We don't try to make the other one change.  
With us you get what you see.

### **Payton Grover**

*Melba High School – 11th grade*

*Natalie Welch – Teacher*

## **Thinking Time**

Stroll along a dirt path.  
Sunlight filters through foliage.  
Fresh pine clears my mind.  
Only small talk today,  
as we're each lost in our thoughts.  
Higher and higher we climb,  
catching glimpses of the outside world  
through the trees.  
Just before you peak,  
my foot slips –  
you hold my waist reassuringly.  
We reach the mountaintop  
and look out across the vast expanse  
of wilderness.  
Content  
with the silence of each other's company.

### **Emilie Grow**

*Middleton High School – 11th grade*

*Melinda Garcia – Teacher*

## **The Violinist**

Rainbows of color  
Treats for the eyes  
Erupt through the air  
As she plays for the skies.

Then he stepped forth  
And offered to play –  
Our colors will be  
An exquisite display.  
Where harmony should be  
One melody was heard

Quietly drowning  
The sweet little bird.  
Pale songs took flight  
After he left  
'Til you showed up  
To softly suggest:  
Start from the top,  
Pull the bow down –  
Watch my colors.  
They no longer drown.

## **Mikayla Hagen**

*INSPIRE Connections Academy – 12th Grade  
Susan Whipple – Teacher*



## **Perspective**

Stubborn,  
I call it self-confident.  
Arrogant,  
It really means pride.  
Crazy,  
That's another term for passionate.  
Bossy,  
I'm just showing my leader side.  
Every perspective is different,  
It's all in the point of view.  
I choose to be the way I am,  
You shouldn't change for me,  
Because I'm not changing for you.

### **Kylie Hansen**

*Twin Falls High School – 9th grade  
Melodie Hathorne – Teacher*

## **County Fair**

A hundred degrees  
standing on black top  
seeing animals in the stalls  
your hair is in a sloppy ponytail  
trying to find your brush  
might not feel pretty  
but I think you are  
frustrated  
with everyone around  
every time our eyes connect  
I watch you silently  
scream at me for help  
about to show  
you keep fidgeting with your hair  
and asking how you look,  
nervous, unsure  
all I see is  
my perfect country girl

**Sam Hicks**

*Middleton High School – 11th grade  
Melinda Garcia – Teacher*

## **What is Normal?**

Today, it's violence and abuse  
Media portrays it as 'part of the culture'  
A regular on the news  
Because it's "nothing new"  
When really it needs to end  
But no one takes a stand  
Too many people are suffering  
Scared to come out with the truth  
Stand up together as one  
Fight for what is right  
End this crime  
And speak up for what you believe

### **Isabelle Howard**

*Bishop Kelly High School – 11th grade*

*Yasone Krakau – Teacher*

## **Goldfish and Oreos**

Five girls crammed on a bed  
Laughter and love reverberate off the walls  
Goldfish and Oreo crumbs spread

Makeup is smudged  
Our hair far from perfect  
We know we won't be judged  
Words aren't needed to show how we feel  
Emotions fly without fear  
For once, we are simply – real

**Sandy Jensen**

*Gem State Adventist Academy – 10th grade*

*Kimberley Mitchell – Teacher*

## **Rain Dance**

Standing at the doorstep I step out of my comfort zone  
I untie my chucks and step into the wet grass and mud  
The rain pours instantly consuming my clothes and face  
Without another look back I dance and twirl looking at  
the grey and black sky  
I smile back to motion for him to join  
Our spirits exposed unshaken and free  
Simplicity in every step we take  
For the first time he sees me

### **MyKel Johnson**

*Lapwai High School – 12th grade*

*Tina Stacy – Teacher*

"You speak so well."

"Retard, is socially correct."

"You are special."

"So what?" I say

"So what?" who cares

About the bolt drilled in my skull

About the many experimental hearing aids

"So what?" I am deaf, hearing impaired

Whatever you want to call me

"So what?" I am not disabled

Say what you want

"So what?" I don't care

I love myself

**Georgia Keshian**

Boise High School – 12th grade

Sharon Hanson – Teacher

## Country Life

Leaving early in the morning to pick up your girl  
she loads the horses you hitch the truck  
the rumble of the truck as she helps you shift  
dragging down the muddy roads fishtailing  
she slides over on the next sharp corner  
get out to the cool crisp air in a wide grassy field  
boots in the mud dressed in Carhartts to brace the cold  
you mount up then ride into  
warm rising sunlight.

### **Cameron King**

*Middleton High School – 11th grade*

*Melinda Garcia – Teacher*

Loyalty was never important  
People don't say  
I love you  
And mean it.  
We get in relationships,  
Too afraid to be honest.  
No one is ever  
Uplifted, accepted, and listened to;  
But sincerely  
Degraded by one another.  
We never have been  
Truth with passionate fire.  
This is  
How our world is today.

(Now read lines from bottom to top)

**Emily King**

*Rocky Mountain High School – 10th grade*

*Lynn Fouts – Teacher*



## **Models**

I mock the  
Scrawny models  
Walking across the screen

But I want to be them

I don't want to walk  
And feel disapproving eyes  
Scorch into my skin  
Judging my weight

I don't want to be mocked myself

But my friends  
Tell me  
"shrug it off"  
With smiles

And I feel better...

They smile at me and  
I forget my weight  
And the models...

### **Mikayla J Knoche**

*Lake City High School – 11th grade*

*Kristen Pomerantz – Teacher*

## **Fourth Gender**

Smaller particles  
clung  
to the droplets  
creating dismay in the way which the sea was perceived  
and yet, the patter of rain a comfort  
intertwining within a body so dissociated from being  
but the leg was bare  
needle poised  
if rain a contaminant, I will transition with the sky  
for nothing is sterile  
only some things deemed more clean than others  
and define to me  
clean  
because my body  
is not  
impure

## **Oliver Knox**

*Another Choice Virtual Charter School – 10th/11th grade  
Stephen Gibson – Teacher*

## **Take What You Like**

Disappointed.

In how I feel, how I look, what's inside.

You picked me. Was it my shiny wrapper? Was I an unknown,  
or a sure thing?

You can embrace what I offer, you can learn to love what's different.

I can't change now. And I shouldn't have to.

Simply pick again. We will both be happier.

It's not like I'm just a piece of Halloween candy.

If only it were that easy.

### **Andrew Korf**

*Capital High School – 10th grade*

*Dianne Ruxton – Teacher*

## **Rain**

Do you still have that sweater, Monet  
The one I gave you  
So blue it made your bonny eyes shine  
Made your chestnut hair gleam  
Do you still wear it the first snowfall?  
Do you remember that day, Monet  
When the rain thundered  
And made us shiver  
But you didn't care, Monet  
You said you liked the rain  
You laughed at my plastered hair and I at yours  
Do you still have that sweater, Monet?

### **Elizabeth Lee**

*Boise High School – 10th grade*

*Cindy Hartley – Teacher*

## **Chains of Society**

I'm locked under chains  
The chains set by society  
Be a lady; do the dishes  
I'm locked under chains  
The chains set by society  
Man up; be the provider  
I'm locked under chains  
The chains set by society  
Don't feel that way; it's disgusting  
These roles they put up are killer –  
For they kill the dreams  
Of those who need them most

### **Jazmin Lomax**

*Highland High School – 10th grade*

*Shelly Romine – Teacher*

## **Stars**

Our feet hang from the tailgate,  
your cowboy boots  
and my running shoes  
brushing the night.

Stars flood the sky,  
firefly valley lights  
paling in comparison.

I point out figures glittering  
in the inky parchment,  
rambling off their stories.

You interlock your hand with mine,  
content with the sound of my voice,  
as our hands trace the heavens  
Together.

### **Emily Luker**

*Borah High School – 12th grade  
Pam Atkins – Teacher*

## **Taking Her Home**

It could barely be seen  
that the rust-covered bike  
had once been blue,  
But she didn't care,  
even though it would ruin her perfect white shorts.

She sat down on the carrier,  
Placing her arms around me  
Like an unbreakable chain.

Her weird exotic hair  
resting on my back  
as we rolled slowly down the street  
met by summer warmth and summer breeze,  
and I wish she lived further away,  
so this would never end.

### **Douglas Lunde**

*Middleton High School – 11th grade*

*Melinda Garcia – Teacher*

## **Here I Stand**

Us women should all be tired of it  
of inequality  
of being judged  
of being called weak  
because it's time for a change, and it's time for rise above  
And to show the real power that women are capable of  
Because I am a woman, and here I stand  
against the power of a man

**Tatum MacMillan**

*Bishop Kelly High School – 11th grade*

*Yasone Krakau – Teacher*



Imagine a place where everyone is positive.  
Joyful.  
I tell you now,  
Step out of your comfort zone.  
Say hello to someone different.  
Even a random compliment  
to someone different,  
could mean a life changed.  
You don't know who they are,  
but they do.  
An act of random kindness per day  
Could keep the silent killer away.  
I tell you now,  
Imagine a place where everyone is positive.  
Make it happen.

**Nate Mack**

*Fruitland High School – 10th grade  
Kara Walton – Teacher*

## **Guidelines**

I am a woman.

I am a man.

There are things we can't do

And things that we can

But we don't have a say in these things

It's not up to us to decide

It's up to society to determine who we are

We must follow their guide

And then there's me

I don't follow rules

I tear the book, piece by piece

Society doesn't rule over me.

### **Kelly Marcilliat**

*Rocky Mountain High School – 10th grade*

*Lacey Reynolds – Teacher*

## **The Feeling of Love**

Knowing you're good enough  
The way you look at each other with such affection  
Goosebumps and chills constant smiles and laughs  
No worries.  
No make-up,  
Just sweats,  
a loose t-shirt.  
Being your complete self, silly, witless  
Snoring loudly in his arms asleep  
he looks at you with a big cheesy grin  
He still thinks you're beautiful  
This feels more than right

### **McKya May**

*Middleton High School – 11th grade*

*Melinda Garcia – Teacher*

## **Melodious**

    Their relationship is music,  
    forever entwined by fitting melodies.  
A romantic ballad playing for a lifetime – composed together.  
    The intimacy between each sound note,  
    how attuned their instruments of love sound.  
    Their hearts a metronome: steady and together.  
    Their souls singing: truly free, truly in love  
    A foul note occasionally plays – but neither stops  
    The mistake is forgiven by understanding and love.  
    Their relationship is music,  
    melodious and whole.

**Alissa McKay**

*Idaho Virtual Academy – 12th grade*

*Becky Bermensolo – Teacher*

## **I Have a Voice**

Your words, like lava spew.  
Rage unchecked, getting dangerous.  
Unwarranted, no provocation.  
Verbal blows, to the soul, infecting, destroying.  
Not good enough,  
Ugly,  
Stupid.  
You sit in silence. A normal evening.  
Too long this has gone on, you decide.  
You stand abruptly.  
Silent thoughts become words.  
Don't tell me how to live,  
To cover up,  
To serve men,  
To be silent.  
I have a voice too.  
And this is me saying goodbye.

**Hannah Miller**

*Gem State Adventist Academy – 9th grade*

*Becky Mitchell – Teacher*

## **A Sporting Chance**

We sit on bleachers in the gym  
Just laughing, poking fun  
And you smile at me with a radiance  
That simply rocks my world  
I don't even really care  
How the basketball game turns out  
In fact, I only came  
To see your face, hear your voice  
I wish you knew how I felt  
I'm glad you're in my life

**Flint T. Miller**

*Rockland High School – 12th grade*

*Keith Miller – Teacher*

## **Time for Change**

For too long I sat on the sidelines.  
Watching friends suffer because they refuse to leave.  
Acting like they're happy, but are dying inside.  
I watched, hoping things would get better.  
I watched the boy hit the girl.  
Yet the girl refuses to let the boy go.  
  
I will no longer stand by and watch.  
They will say, "It's none of your concern."  
Well, I say, "It's now my concern."

### **Anthony Moreno**

*Northside High School – 10th grade  
Gordon Smith – Teacher*

## **Star Gazer**

I laughed when you revealed your crooked smile,  
When you grabbed my hand the stars seemed brighter,  
We gazed at them,  
The bright and the dark,  
Knowing everything will be alright,  
As we wished upon the dimmest one of them all

### **Elizabeth Moretti**

*Vision Charter School – 9th grade  
Becky Mitchell – Teacher*



## **Would**

Would you look at me differently if I were male?

Would I think the same things?

Would I have more power in my words?

Would I be taken more seriously?

Would I be more than just a pretty face?

Would I be more than just a stupid girl?

Would you respect me more?

Sadly yes.

## **Abigail Neef**

*Mountain View High School – 12th grade*

*Kristin Galloway – Teacher*

To be beautiful, social media had to tell her what beauty was and how to fit in with “society.”

We have forgotten what real beauty is from looking at it and have turned to Instagram, Facebook, and Twitter for their definition of what real beauty is. She cries in hope that someone comes to save her from this media frenzy that goes on but everyone is being controlled and all hope is lost.

**George Ngalamulume**

*Borah High School – 11th grade*

*Amy Eversob – Teacher*

Just a girl; that's what they say  
Religion, boys, workplaces...  
Say I'm not equal to a man  
They're all wrong  
I can outsmart the boys, work hard or harder  
To show I'm a person too  
They say I have no voice, no vote  
Women don't run homes  
But I can speak as clearly and loudly  
To show I'm somebody  
Girls are mothers not warriors  
But I dream of being remembered  
A girl  
Wrong  
An equal

**Charlotte Nyblade**

*Burley High School – 10th grade*

*Seth Nielson – Teacher*

## **Finding Life**

Breathe in. Exhale.

Lift your right hand. Put it down.

$2+2=$ \_\_? Did you say four?

You breathe, move, think.

You're at your prime.

You won't be like this forever.

Why waste your days?

Why live half-heartedly?

I challenge you.

Today.

Smile at someone.

Greet an acquaintance by name.

Take a picture with your neighbor.

Step out of your safe box and truly

LIVE.

You'll find when you look outside yourself.

Welcome to the world.

**Abby Orlovich**

*Capital High School – 11th grade*

*Carla Zumwalt – Teacher*

## **Here by the Pond**

The sunset illuminates the sky  
The warm colors are breathtaking  
And here we are by the side of the pond  
Climbing trees  
Skipping rocks  
Talking and  
Playing rock-paper-scissors.  
Our love is simple,  
For you are my best friend.  
Our love is based on personality –  
Not physical affection –  
We have nothing to hide.  
We see understanding –  
Not physical intimacy –  
We have nothing to fear.  
As we  
Laugh,  
Listen,  
Learn, and  
Love.  
Here by the pond.

### **Dale Parkinson**

*Idaho Digital Learning Academy – 12th grade  
Melinda Garcia – Teacher*

## **Equal Hearts**

I want to love you  
And you to tell me I am loved.  
What's a boy to do?  
My hands aren't tied, they're gloved  
By society's decree;  
Genders heed a label left unspoken  
Anyone dissenting conformity  
Changed their choice, unchosen.  
I'm not a man by their definition,  
I'm hardly one of my own.  
You're a lady by no disposition  
But the strength about your tone  
Inspires me to dare  
Act upon such a bootless prayer.

**Kassandra Peralta**

*Caldwell High School – 10th grade*

*Andrea Arnold – Teacher*

Be careful  
Butterflies in your tummy  
can be wasps in your mind  
and sometimes it isn't love  
it's just pain

**Mason Perez**

*Canyon Ridge High School – 10th grade*

*Leah Holloway – Teacher*

## **The Ferris-Wheel**

The scene was painted perfect,  
Ivory lights draped everywhere.  
The colors of the sunset fading,  
We hopped in the cup on the Ferris-Wheel.  
Staring into each other's eyes,  
Laughing uncontrollably.  
Snorts started coming out surprisingly.  
He giggles softly and says,  
"Everything about you is so cute."  
I didn't believe him  
Until I looked up,  
He had this warm and sweet look in his eyes.  
We talked about everything,  
It felt so natural.  
A perfect moment.

### **Reese Petross**

*New Plymouth High School – 9th grade*  
*Pierrette Madrid-Harris – Teacher*



## **Place of Benevolence**

He walked through the smell of mothballs,  
Admiring the donations  
Of hand knit Christmas sweaters  
And stained turtlenecks.  
She walked through aisles of past possessions,  
Dresses of faded beauty  
And parachute pants of the 1980's.  
He searched for unscratched vinyl;  
She searched for unread books.  
Their attraction remained unknown,  
Until she caught his glance.  
He was her treasure  
And she was his.  
Hand in hand, they walked out of the memories  
And into their own.

### **Madison Pratt**

*Idaho Digital Learning Academy – 12th grade  
Melinda Garcia – Teacher*

## **Reliability**

Relationships are like a Chevy. Half of the time they don't work.

### **Coltan Quigley**

*Bliss High School – 10th grade*

*Matues Valadao – Teacher*

## Support

Coexisting bodies. Equal ground. No oppression. She has an idea and he intently listens. She tells him how if everyone just worked together, they could fix the world. He agrees and gives feedback. He likes to sew. For Christmas she gets him a sewing kit, promoting these little habits that make him who he is, whether it is masculine or not. They love each other for who they are, not for the expectations of others.

### **Taylor Renner**

*Capital High School – 11th grade*

*Paula Uriarte – Teacher*

## **Ramble to You**

Abominable day,  
    with more weight by the load.  
Running into a speed bump,  
every stride along the road.  
Stuck in traffic jams time after time,  
not having enough hours to make this day up,  
yearning to surrender to every shebang that comes my way.  
But knowing how to save the day –  
I simply ramble,  
And make my way to you.

### **Eduardo Reyes**

*Middleton High School – 11th grade*

*Melinda Garcia – Teacher*

## **To Live**

Amid the chaos.

Through the perpetual rind of sneakers on a scuffed floor.

Within the uniformity.

A media-driven realm of uncertainty senselessly called life.

Yet, nobody is living.

Hiding behind a façade of testosterone and passivity.

Sensitivity a seemingly unknown concept to the sentiment of a man.

The dictation of our ideals,

Consistently augmented by a society which I don't discern.

Life oppressed to a dull hum.

Living is to understand who I am.

### **Chase Robinson**

*Sage International School of Boise – 10th grade*

*Echo Savage – Teacher*

## **As Awkward As I Am**

I wish I knew you  
Because everyone thinks I know you inside-out.  
Because everyone thinks I love you inside-out.  
Because I think I love you.

But I want to know I love you.

Isn't that healthier?

To know

Instead of think

What do you think?

I want to know.

To know what you think,  
To feel that flawless connection,  
You'll have to be someone  
As awkward as I am.

**Paul Roach**

*Vallivue High School – 11th grade*

*Scott Moore – Teacher*

## **Invisible Good**

What does kindness, compassion, and peace look like?  
I take them all for granted and hardly notice them.

But I observe violence:  
The bruises I never feel,  
The stinging words that never reach me,  
The prejudice that never once confined me,

I don't know what it's like,  
I'm guilty of living in normalcy

But the best part about being normal:  
Making the  
Invisible good  
Visible to those who need it more.

**Paul Roach**

*Vallivue High School – 11th grade  
Scott Moore – Teacher*

## **After School Program**

We race to the car  
Playing Katy Perry  
As loud as we can.  
We get to the house  
Throwing off our shoes as we run to the kitchen  
Looking for any source of substance.  
After, we slump down on the edge of my bed  
We pick our weapons of choice.  
The match begins,  
Everything disappears  
All that matters is the game –  
He doesn't care that  
A girl beat him on his own turf.

### **Maddie Schlader**

*Middletown High School – 11th grade  
Melinda Garcia – Teacher*



## **An Act**

Women,  
weak, frail, dainty.

Men,  
strong, dominant, muscular.

Men vs. Women  
A relationship is a game,  
of power and control.

Gender roles define us,  
dictate who we are.

We act as dolls,  
playing the parts.

Living in chains,  
never breaking free.

Unrealistic standards,  
fake identities.

Constrained to stereotypes.

Relationships ruined,  
by what we are supposed to be.

Reading lines,  
acting on stage,  
the falsified couple.

Join the game,  
grab your script,  
and play your role.

### **Kenya Schott**

*Wood River High School – 12th grade*

*Heidi Cook – Teacher*

## **Corn Maze**

We arrive at the Farmstead Festival,  
the ground littered with hay  
and an occasional cornstalk.  
Heading into the maze is first easy,  
though soon we are lost.

Now virtually alone.  
Slowly stumbling along  
Seemingly in circles.  
Whispering our discourse.  
With the faint rumble of distant tractors.

Without our destination in mind  
we wander.  
Hoping to remain lost  
in the corn maze.

### **Kyle Schuenman**

*Middleton High School – 11th grade*

*Melinda Garcia – Teacher*

## **Self Esteem**

The lion knows it's the King of the jungle  
Therefore it is

When you know yourself  
And realize you truly are powerful

Nothing can stop you

When wind has no barriers  
It knows its strength  
And turns into a tornado

The moment your love for yourself  
Overrules the opinions of others

Nothing can stop you

When you accept yourself  
And love all that you are

Nothing can stop you from loving others

## **Scout Seley**

*Forrest Bird Charter School – 12th grade*  
*Wendy Thompson – Teacher*

## **I am Me**

You say that I'm not good enough

I'm too fat

I have no curves

I am not as pretty as other girls.

Why do I let you define who I am?

Why do I let you push me around?

I am beautiful

Without starving myself.

I am wonderful

Without being everything everyone wants me to be.

I am confident

About my body, about my grades, about my personality.

I am me.

And 'me' is perfect.

## **Nina Sessions**

*Compass Honors High School – 9th grade*

*Jon Stadtlander – Teacher*

## **Where Imitation Reigns**

Walk like this, talk like this

Act like this, look like this

Why has society decided for us

What we, as women, must be?

We must be tall, smart, thin, strong

Because that's what people want us to be

We are a generation of emotionally unstable robots

Trying to be and act the same

We have lost our individuality

We have lost our real beauty

We ourselves are lost

In a world where imitation reigns

## **Nina Sessions**

*Compass Honors High School – 9th grade*

*Jon Stadlander – Teacher*

## **And**

Why are your eyes too small  
and why can't the silver glint hide your pallor  
and don't you know about mascara and tanning beds  
and don't you know taking a step sideways so the reflection  
can only cage half your body  
won't narrow your shoulders  
and don't you know how girls are meant to look  
And why won't you let the silver square above you sink  
and society's encased reflection  
define you, like it "should"

### **Heather Siddoway**

*Borah High School – 12th grade*

*Pam Atkins – Teacher*

### **To Fit In**

She sits on her bedroom floor  
Crying tears for her lost self  
The one she tried so hard to change  
Just to simply fit in.

He sits on the curb of a city street  
Wishing he didn't make those choices  
He gave away his future  
Just to simply fit in.

We all cry for acceptance  
We all have tainted hearts  
We give up our identities  
Just to simply fit in.

#### **Ava Smith**

*Bishop Kelly High School – 11th grade  
Yasone Krakau – Teacher*

## **Real**

I am able to be myself.

I'm able to laugh.

I can speak my opinions.

I'm not afraid to use my voice.

I'm at ease with you.

I'm happy around you.

I'm able to talk freely.

I can have a real conversation.

It's not only what you or I want.

We make decisions together.

We talk things through.

Neither of us are fake.

We are real.

### **Samantha Snow**

*Vision Charter School – 11th grade*

*Becky Mitchell – Teacher*



## **Fly Fishing**

On the muddy bank together  
Your hands in mine  
Following my every move  
Watching and feeling everything I do

The scent of your hair fills the air  
Your blue eyes glisten  
like the sun-lit water  
You stand out,  
among the beauty of our surroundings  
I gaze at elegance standing before me

I love everything about you  
Even more,  
I love you.

**Nicholas Stoldt**

*Middleton High School – 11th grade*

*Melinda Garcia – Teacher*

Pure as snow  
never blackened  
selfishness ceased  
swift like night  
smooth as water

Equal roles  
different minds  
but still alive

Understanding  
blackened snow  
pure and whole

**Sarah Streeter**

*Middleton High School – 11th grade*

*Melinda Garcia – Teacher*

## **I Knew Someone**

In September,  
I knew a girl name Tam,  
Who had purple hair,  
And was just herself.

In October,  
I knew someone named Tam,  
Who still had purple hair,  
And liked male pronouns.

In November,  
I knew someone named Tam,  
Who found comfort in the Internet,  
And didn't care what pronouns you used.

In November,  
I knew a boy named Luke,  
Who sometimes went by Tam,  
And didn't know if the world would accept him.

### **Jamie Sugai**

*Kuna High School – 9th grade  
Sylvia Fine – Teacher*

I'm sorry if me presenting rape culture in society makes you feel "alienated" because the 85 who do get raped are women of color, that I can't make you see that because you don't get raped doesn't mean you don't receive side glanced violations. I'm sorry that I can't show you the domino effect that's caused by Friday night game nights and that rape is not a "it-happens" coincidence. Sorry, if this makes you uncomfortable.

**Fatima Tall**

*Vallivue High School – 12th Grade*

*Scott Moore – Teacher*

## **Listen Up**

You don't have to hit me for me to feel abused,  
Words tend to be a cleaner kill.

You put such high expectations on me,  
I wish you knew that I can hardly be an example of the word "divine."

Contrary to popular belief,  
The word "perfect" only exists when your definition differs from  
everyone else's.

I wish I could only come to realize,  
That I am merely speaking to my reflection in the mirror.

### **Sydnee Thomas**

*Meridian High School – 11th Grade  
Courtney Murray – Teacher*

## **An Evening**

The potent smell of Sprucewood  
And the reverberating echoes of every note  
Through the hollow body  
Of my guitar.

My fingers scrape against the bronze wound strings,  
with subtle tranquility.

We sit on a cozy couch  
Not concentrating on the music  
But just resting.

It's been a tiresome day.  
Cleaning the filthy dishes,  
Sweeping the floor  
Contaminated with dirt,  
A regular Thursday.

And we rest,  
Enjoying the duet of life.

### **Connor Thueson**

*Middleton High School – 11th Grade  
Melinda Garcia – Teacher*

## **Abomination and Sin**

Abomination and Sin  
The Gay is just that  
Tabooed and defined in no other way.

Abomination and Sin  
taught only to despise myself  
'cause I had crossed God's natural.

But in a moment of self-deprecation  
seeing my own wither away:

I feared liberation's definite uncertainty.

In hindsight,  
Whoever's hand I have in mine,  
Whoever's got me  
Our love is ours to define.

Because at the end of the day,  
Abomination and sin feels just fine.

### **Dalton Tieg**

*Vallivue High School – 11th Grade  
Scott Moore – Teacher*

## **Letter To A Girl Who Thinks She's In Love**

Dear 12 year old me,  
When he says he loves you it's because he's lonely.  
When people tell you  
you don't know what love is,  
understand that you don't.  
Not yet.  
Not romantically.  
You will someday,  
Learn to wait for that day  
Don't give up,  
Not until you need to.  
Hug your friends  
Love can be platonic.  
Remember that.  
Love,  
15 year old me

**Dayna Torp**

*Boise High School – 10th Grade*

*Sharon Hanson – Teacher*



## **Glass Bird**

I told him I couldn't live without him  
and he believed me  
The glass of our friendship clutched in his hand  
My existence tied to his hold on me  
His masculinity proof of power  
My femininity proof of weakness  
The past is my soul sold to him –  
The future is freedom  
The now is  
I do not call for his presence to calm me  
He tells me I can't live without him  
But I can

### **Dayna Torp**

*Boise High School – 10th Grade*

*Sharon Hanson – Teacher*

## **Weekends**

Friday night,  
Car stops by the house  
She's waited for that moment,  
After a long week of work,  
He drove five hours for their smiles.  
Saturday morning,  
Happier house,  
Coffee smells good, toast even better.  
Morning kiss, and breakfast in bed,  
He's missed that.  
Big smile on their faces,  
Saudades papai,  
Kids happily tell their hero.  
Sunday morning,  
Goodbye time, tears rolling, hearts tight,  
He knows he has a reason to come back,  
Every weekend.

### **Bruna Torres**

*Middleton High School – 12th Grade  
Melinda Garcia – Teacher*

## **The Damsel**

Saved by the prince  
troubles swept away by a man with impeccably coiffed hair  
and plenty of charm

Saved by the superhero  
plucked from the throes of danger  
swept up in strong arms  
protected from a villainous world

I grew up waiting to be saved  
and then I realized  
I had skirted becoming a damsel  
by dispelling my own distress

### **Kate Tsourmas**

*Boise High School – 12th grade*

*Heather Marr – Teacher*

## **Description**

Cold aloof powerful,  
Words to describe a man  
Emotional passive object,  
Words to describe a woman

Warm caring compliant,  
Words that should describe  
Respected equal true,  
Words that should describe

Individual.

## **Jaiden Wafwa**

*Vision Charter School – 9th grade*  
*Becky Mitchell – Teacher*

## **If Only He Knew...**

His love of pizza  
Sings to me  
Like a bird calling out to its mate

Controllers in our hands  
Soda between our legs  
Eyes glued to the screen

Battle cries and small victories  
I let my love  
Beat me  
Without his knowing

Pausing between games  
To taste the sizzling pepperoni  
And the sweet nectar  
Of my drink

I continue to let him win  
He leans over  
And whispers in my ear  
I love you

**Skye Whitewater**

*COSSA Academy – 10th grade  
Juan Garcia – Teacher*

I had to teach him how to see the world  
I shocked him with my honesty  
My independence led me on with him  
He had never met anyone like me  
He was so set in his ways that shock was etched on his face  
That was, until, he realized it was okay  
I helped him see the true ways of humanity  
He loves me more than ever  
And I love myself as well

**Paige Wooten**

*Borah High School – 10th grade*

*Toni Ansotegui – Teacher*

## **Gravity**

I want kissing to feel like a Lindor chocolate melting on my tongue

I want my relationship to feel like sun through a winter window

I want laughter to feel like the first drop on a roller coaster

I want love to feel like a tulip pushing through the snow

I want my son to feel I will be there for him

Like gravity

### **Alexis Zamora**

*Marian Pritchett High School – 12th Grade*

*Christine Murphy – Teacher*

**Another Choice Virtual  
Charter School**

Oliver Knox

**Bishop Kelly High School**

Gregory Daggett

Brittany D'Souza

Gabby Fitz

Brennan Gazdik

Isabelle Howard

Tatum MacMillan

Lucy Martinez

Ava Smith

**Bliss High School**

Coltan Quigley

**Boise High School**

Jordan Ayers

Linnea Boice

Analiese Bolinder

Marisa Gonzalez-Mabbutt

Georgia Keshian

Elizabeth Lee

Danya Torp

Kate Tsourmas

**Borah High School**

Emily Luker

George Ngalumulume

Heather Siddoway

Paige Wooten

**Burley High School**

Charlotte Nyblade

**Caldwell High School**

Kassandra Peralta

**Camas County High School**

Hunter Brooks

**Canyon Ridge High School**

Mason Perez

**Capital High School**

Tatym Dudley

Andrew Korf

Abby Orlovich

Taylor Renner

**Compass Honors High School**

Nina Sessions

**COSSA Academy**

Skye Whitewater

**Forrest Bird Charter School**

Scout Seley

**Frank Church High School**

Gabriella Coulter

Sage Doggett



**Fruitland High School**

Nate Mack

**Gem State Adventist Academy**

Sandy Jensen

Hannah Miller

**Highland High School**

Jazmin Lomax

**Idaho Digital Learning  
Academy**

Dale Parkinson

Madison Pratt

**Idaho Virtual Academy**

Alissa McKay

**INSPIRE Connections  
Academy**

Mikayla Hagen

**Kuna High School**

Jamie Sugai

**Lake City High School**

Marisa Butler

Mikayla J. Knoche

**Lapwai High School**

Mykel Johnson

**Marian Pritchett High School**

Alexis Zamora

**Melba High School**

Payton Grover

**Meridian High School**

Sydnee Thomas

**Middleton High School**

Tanya Arnold

Simone Bertoldi

Makayla Erickson

Joshua Fenske

Addi Ganir

Emilie Grow

Sam Hicks

Cameron King

Douglas Lunde

McKya May

Eduardo Reyes

Maddie Schlader

Kyle Schuenman

Nicholas Stoldt

Sarah Streeter

Connor Thueson

Bruna Torres

Chelsey Walters

**Minico High School**

Chrisitan Clark

**Moscow High School**

Luisa Graden

**Mountain View High School**

Emily Good

Ciara Losey

Abigail Neef

**New Plymouth High School**

Reese Petross

**Northside High School**

Anthony Moreno

**Orofino High School**

Frances Mari Grimaldo

**Parma High School**

Regan Campbell

Antonio Gallegos

**Rockland High School**

Flint T. Miller

**Rocky Mountain High School**

Emily King

Kelly Marcilliat

**Sage International School  
of Bosie**

Chase Robinson

**Soda Springs High School**

Matthew Daniel

**Twin Falls High School**

Kylie Hansen

**Vallivue High School**

Macey Bunn

Marley Bunn

Chayce Reynolds

Paul Roach

Fatima Tall

Dalton Tiegs

**Vision Charter School**

Lilian Bodley

Jessica Fuller

Elizabeth Moretti

Samantha Snow

Jaiden Wafwa

**Wood River High School**

Bailey Clevon

Brady Delgadillo

Kenya Schott

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For more information contact the Center for Healthy Teen Relationships, an initiative of the Idaho Coalition Against Sexual & Domestic Violence 208-384-0419 or 1-888-293-6118

### **Are there unhealthy behaviors in your relationship?**

- Calls or texts too much
- Ignores your opinion
- Has trust issues (constantly checking your emails, texts, or wanting to know where you are)
- Ignores your need to spend time with your friends and family or doesn't give you "alone" time
- Focuses on the relationship lasting forever
- Thinking you can change your partner
- Lots of relationship drama (the silent treatment, lying, cheating, jealousy)
- Other behaviors you are concerned about and not sure if they are unhealthy? Chances are if it doesn't feel right to you, it's not healthy.
- If you have checked any of these behaviors, think about whether you should stay in this relationship.

### **Are there abusive behaviors in your relationship?**

- Does not respect your decisions
- Keeps you away from friends or family
- Obsesses with knowing what you are doing
- Puts you down, humiliates or demeans you
- Pressures you to use alcohol or drugs or have sex
- Acts mean or gets angry quickly

- You are fearful you will make your partner mad
- Follows you or shows up uninvited all the time
- Threatens suicide or threatens to hurt themselves, you, or someone you care about
- Hitting, slapping, shoving and other ways of physically hurting you
- Refuses to believe the relationship is over
- Treats you badly , promises to change, then never does
- Other behaviors you are miserable or concerned about and not sure if they are abusive? Chances are if it doesn't feel right to you, it's not healthy.

### **Where to get help**

If someone is in immediate danger, call 911. If you or a friend might be in an abusive relationship, talk to a parent/caregiver, a school counselor, or another adult you trust, or a local domestic or sexual violence program. Or call a hotline:

#### **National Dating Abuse Helpline**

1-866-331-9474 or [www.loveisrespect.org](http://www.loveisrespect.org) to chat online

#### **National Suicide Hotline** 1-800-273-TALK (8255)

#### **National Sexual Assault Hotline**

1-833-656-HOPE (4673) or [www.rainn.org](http://www.rainn.org) to chat online

**LOVEWHAT'SREAL**

[www.lovehatsreal.com](http://www.lovehatsreal.com)