

## Question:

"What message will you send to parents?"

"Ten things you want your parents to know."

I actually really enjoy spending time with you. I appreciate the space you give me. And to my dad, I honestly like to go to Paraguay to see you. It isn't a chore to me.

Thank you for letting me be myself. Thank you for guiding me along the path. I wish I could make even more decisions alone. I appreciate how you support me and sports. I appreciate how you support my grades.

It's hard when you work at the school because everyone calls me a goody-goody. I don't get invited places because everyone thinks I will snitch on anything that happens. Mom, thank you for teaching me about Karma so I know I don't have to get back to people because Karma will.

Dear Mom, thank you for being the mom and dad I've needed I know it hasn't been easy all the time. Remember I'm an adult and you raised me well. I'll be OK

Dear family, stand by me even at my worst times.

I leave school with a headache every day.

Thank you for everything that you do. Just because my friends do bad stuff, doesn't mean I do. Thank you for supporting me with all I do. I am not perfect. Thank you for listening, always being there for me, loving me and being someone I look up to. I wish you trusted me more. Thank you for giving me someone I can always look up to. Thank you for always believing in me. I don't do bad things when I hang out with my friends. Thank you for always being able to make me smile and being able to cheer me up.

Thank you for always supporting me. Thank you for putting up with me. Thank you for listening. Thank you for keeping me entertained. Thank you for making food and having a roof over my head.

Mom and Dad, I hate having to take care of my siblings like I'm the parent. Mom and Dad, thanks for supporting me and sports when you're able to. Mom and Dad, I wish you would use more of your time for me other than just my siblings. Self, I wish you could realize what you're really worth. Mom and Dad, I wish you would appreciate the things that I do for you.

Dear Dad, I don't like it when you come stumbling in at night wasted. I don't like it when you rant to me about the other parent. Self, I wish you could realize what you really were. I don't appreciate you yelling at me for every little thing I do. Mom and dad I wish you would appreciate the things that I do for you.

I want you to know that you can't protect me from everything, no matter how hard you try. That though I may not show it all the time, I love you guys. I'm at an age where I can make healthy decisions on my own and have good judgment. I can be responsible without your help at times. I'm scared to grow up.

I cry when I'm mad. That is why I cry when you yell. I don't yell, I cry. I hate it when you guys fight or when you guys argue with me or my brother. I wish we were closer. I wish you guys would tell me more about your past. My views are different than yours and I hope you understand that. I understand a lot more than you think. Thank you for believing in me and supporting my dreams

Sometimes I need you to be proud. Sometimes I need your support more than usual. Sometimes I need you to care. I'm not always going to agree with you. I'm a lot more mature than you think. I need you to trust me. Let me explore. I'm scared about financial security through college.

I appreciate your support. Thank you for taking care of me and paying for food and shelter. Thank you for entertaining me. Thank you for buying me things. Thank you for teaching me things.

Dear Mom and Dad, I am not really religious. Dad, stop being a lazy piece of crap and do stuff around the house. Dad, stop taking the child support. It's mine not yours.

Mom and Dad, I appreciate you so much. I don't know what I would do without you!

Dad I think you need to slow down on your drinking. Mom and Dad, I'm awesome. Where is my child support going? I could use that for my car payment. Mom, Dad, I'm a better you.

Mom and Dad, thanks for not putting me up for adoption. Love you lots. I appreciate The huge amounts of hard work you put in to take care of me. I know that I'm a lot of work. Even though I came from the aliens, thank you for giving me life.

Dad, I thank you for all the good advice you give me and thanks for not being fake and being real. I know that the split up wasn't my fault. Mom, thank you for being so strong and making it your job to make me even stronger. I appreciate your good advice and helping me with whatever it is I need and making me the strongest teen anyone will know!

Mom and Dad, I want you to know that I won't always be perfect. I make mistakes. I may use my phone a lot, but I do still listen to you. Dad, you can go out once in a while, I don't mind. Mom please don't go out so much. Dad, thanks for being my number one at all times. Mom, I know you try but we don't live that far from town. I'm trying to be a smart decision making child. I might make mistakes here and there. Thank you and I love you.

Mom, I do really love and appreciate everything you do for me even though I don't show it when I should.

Thank you for helping me to influence my decisions. Thank you for helping me to achieve my goals. Thank you for providing me with the resources I need to grow physically and mentally. I appreciate that I'm able to talk to you about anything that is happening in my life. Thank you for preparing me for the world around me. I wish you would realize you cannot protect me from everything. To my friends, it is important to have goals and achieve them. Friends, regardless of your beliefs you actually do influence others choices and paths. Friends, the choices you make affect everyone around you so make good choices. Friends lead by example; others look up to you.

Thank you for supporting my decisions, Mom. Thank you for the freedom. Thank you for never judging me.

Thank you for providing for me and supporting me as I grow as an individual. Thank you, Dad, for motivating me to stay in school. Thank you for helping me reach my goals.

My message to my Mom and Dad: I want them to know how much I appreciate them for everything they do. Without them I wouldn't have seven months and three days clean and sober. I would be lost without them. That I wish they'd put a little more faith in me some days. That I wish they paid more attention to me. I love them unconditionally. They're my best friends in the world. That I'm so sorry for everything I've put them through. That they are the two most important people in my life. That they both have plenty of flaws but the good outweighs the bad easily.

Thank you mom and dad for teaching me everything you have. It's all of these things that have shaped me into the person I am now. To my friends, be more confident. Life is short so don't live it being scared and afraid. Dear mom and dad, I wish you had been there for me more as a child. Let me figure some things out on my own. I'm almost to the age where I'll be on my own and I need to start figuring things out on my own. Thanks for supporting me while chasing my dreams and pushing me to do the things I need to do to achieve. Dear self see yourself with love more often. Love yourself every day no matter what happens. Dear mom and dad, I love you. I know I say it a lot. But I feel like I don't say it enough. I know you've made bad decisions, but trust me enough that I won't make them because I won't. Dad, I know you mean well, but it hurts me more than encourages me when you yell at me to do things. Mom, I know you're strong and confident but understand that I'm not you.

I can handle things on my own sometimes. Even though your support is great, it stresses me out. I don't know where I want to go with my life yet.

Don't address me first thing in the morning as 'girl'. I do actually love you. Please accept what I want to do with my life. My life, not yours

Thank you for always being there for me even when I don't make good choices. Thank you for giving my friends and I a safe house to be in. Thank you for being parents to my friends when their parents are good ones. I know you nag me to do my chores but after a hard day at school and practice I don't want to be nagged. Thank you for showing me hard work. Mom, thank you for letting me tell you anything without you judging me. Dad thank you for always waiting up, it doesn't go unnoticed. Friends, thank you for not peer-pressuring me. Friends, you always can call me if you need help.

Dear Dad, I hate it when you drink. You degrade and insult me when you're drunk. If you're going to drink, do it when I'm not home.

Be forgiving. Stand by me even at my worst times. Thank you for all that you do. I love you! I'm scared of commitment so don't push me.

Dad, I hate it when you drink-you degrade me all the time. Your drinking has gotten worse after the divorce. Everyone listening, find your outlet. If you don't get out to do something you'll end up stuck in a bad place. I want to thank \_\_\_\_\_ for helping me and giving me all the opportunities he's put out for me.

I have tried a lot of things that aren't healthy. You're doing great at raising your other kids. Thank you for not doing any drugs and being a good influence on them and me. Thank you for not judging me and giving me multiple chances. I'm scared that I'll never heal, and I will never see my sisters with my behavior. I'm grateful for you and everyone who helped me with my struggles. Thank you for being here for us.

I've done more than just marijuana. I used to be an alcoholic. I'm scared when you drink all the time. I'm scared to come home and deal with yelling and fighting every day. I'm scared of being alone; and I feel that at home and even at school. I'm sorry I was a druggie in your eyes. I'm sorry I was a disappointment. I'm sorry for all those times you see me hurt myself. I'm scared to be around my brother, but I act tough to hide my weakness. I'm sorry for doing all those drugs and being rude. Dad thanks for kicking me out. Dad I'm sorry I'm not the kid you want it. Mom thank you for being there for me even when you weren't actually.

Would you still love me if I wasn't perfect? I don't like when you drink. Being alone scares me like I'm all alone. I don't like when you scream when you're drunk. I don't like when you leave me feeling useless. I don't like when you don't listen to me. I don't like when you're upset. I don't like when you're angry at Dad. I don't like when you want to cut. I don't want you to feel unloved.

Thank you for letting me be who I am. Thank you for helping me make good choices. I love adventuring with you.

To my best friend, thank you for carrying me through tough times when I made bad choices. To another friend, thank you for helping me through the saddest times in my life. Mom and Dad, thank you for supporting me even when I make mistakes, love you guys.

Mom and Dad, I want you guys to know that I appreciate everything you guys do. Mom, I want you to know that even though I might be mean I really appreciate you. Mom, I want you to know that I look up to and are so thankful for the help you have given me. Dad, I'm so thankful for you showing me what to look for in my future spouse. Mom and Dad I am highly depressed most of the time because I feel like I'm not living up to what you want me to be.

Mom and Dad you are my all-time heroes. Doubters make me want to try harder. The world inspires me to do great things.

I appreciate everything you have done to try to give me the best life possible. I appreciate being able to speak honestly to you about anything. You've been my stability and it inspires me to care so much about prevention.

Dear mommy, even though you're gone you're still my hero. You fought so hard against cancer. I love you so much. And I just want you to know in January it will be 10 years. I will make sure \_\_\_\_\_ and \_\_\_\_\_ and your beautiful granddaughter \_\_\_\_\_ are all OK and happy.

Dear Mom and Dad, I don't do drugs. No matter how much we don't like each other sometimes I am truly grateful for you. Without you I wouldn't be who I am today. To all my friends I will always stand by you but I will let you know when you're doing something stupid. To my brothers, we are brothers and we fight but at the end of the day I love you until I die.

Dear Mom and Dad, I have very little confidence and constantly put my ideas or thoughts down. This divorce has been hard on me, along with the dragging it out. I'm still hurt over you missing out on things. I lose all motivation when things fall apart. I'm very afraid of being unable to conquer the things I strive for. Thank you for raising me to be understanding and full of service. If I had a restart button for the past few years I would change everything. I wish we did more when I was younger but you were always working. I'm sorry for not working harder in school. College is coming close and I'm terrified of my future.

Mom, I appreciate everything you have done for me. Sometimes I would like for you to recognize that I'm basically all grown up and need to do things on my own sometimes. Sometimes I wish you would let my brothers and I fight because we're family and we are always going to fight. We can figure it out and try to go with it. I love you!

Thank you for everything. I'm sorry for anything and everything. I love you. I'm going to be OK.

How will you change your world; school; friends?

Be positive. Golden rule. Create bills to better people.

Be more positive with the environment. Get a public speaker with the experience of overcoming addiction.

Stop alcohol misuse in school. Alcohol shouldn't be demonized. Factual information given just like soda. Not for drinking but know the facts and the educator.

Tell people, alcohol kills 88,000 people a year cited from the CDC 2015. Tobacco kills 480,000 people per year cited NIH 2016.

Alcohol leads to memory problems and poor cognitive functioning in people under 25.

Don't drink on an empty stomach please.

We need factual information that doesn't demonize alcohol because when you tell a youth or young adult "no" that makes it more enticing.

We make under age drinking risks clear and that these are facts.

Show people they should wait for their brain to develop before drinking alcohol.

Make people more aware of the dangers maybe in a more harsh way.

Educate with real facts. If you're going to smoke anything wait till 25.

When people get out of control that is when things go bad.

Make drugs an excuse for bad ideas.

Volunteering. Having a positive attitude. Make school events well-known. Assisting in red ribbon week.

Lead by example. Be supportive. Ask what they think about safe healthy choices.

Effects of prescription drugs. Signs of addiction.

Be open-minded.

Be a support system.

Know how to help.

Radio ads, pamphlets.

Lead by example. Assemblies.

Providing information on social media.

Bring more awareness through interactive assemblies.

Find people to speak. Set a date.

Rally the students. Follow up with more information.

Promoting through social media.  
Community service.

Chess club. Step 1: get out the word. Step 2: make it happen. Step 3: make a difference.  
Library volunteering. After school activities. Gives a place for students to be after school if they don't want to do sports or be alone at home.  
It helps bonding and happiness. Makes new friends. Help students feel like they belong.

Care to inspire: Step one: recruiting.  
How? Tell students about it. Encourage staff to talk to students about the project. Come up with a plan.  
Step two: Act!  
How? Publicly broadcasting the information.  
Use visual statistics. Minimal words. Help plan the next event. Keep up with social media.

In school:

1. Chem free events
2. Flex Friday. Group activities.
3. PSA videos. Show drugs or alcohol does to people.

Get more guest speakers. Have more extracurricular activities on contract. Bring more sports to school. Flush flyers-how to get more help (rehab).

Figure out a plan! Get it excepted. Make a rough creation. Present. Have a movie night.

Share personal stories. Establish friendships. Continuing and creating past and new projects.

Share our goals with peers.

Post fliers.

Get an emotional speaker-police officer.

Talk to our school. Find people. Set the date. Getting the students involved. Follow up.

Bring awareness to student body about problems in our community through assemblies.

Create more self-confidence within our peers. Create a positive school environment.

Create short film with students in our school or bring in motivational speaker who has personal experience with drugs to help raise drug awareness. Reduce conforming to societal drug use.

Promote positive messages on social media.

Decide what we want to post. Plan our posting times.

Create social media pages in Snapchat Instagram and Twitter.

Post to social media and get word out.

To friends: opportunity to spend time in positive environment.

Have a place to be safe.

To school: training for students (current abuse and recovery)

Expand YLTA. Provide out of school activities.

To community: kids teach adults. Students have more resources.

Adults need them too!

Step one: finish school

Responsible: me or myself

Timeline: until graduation day

Resources: teachers and support

Potential barriers: other students and drama

Communication plan: myself and studying when needed

Lead by example!

Assemblies!