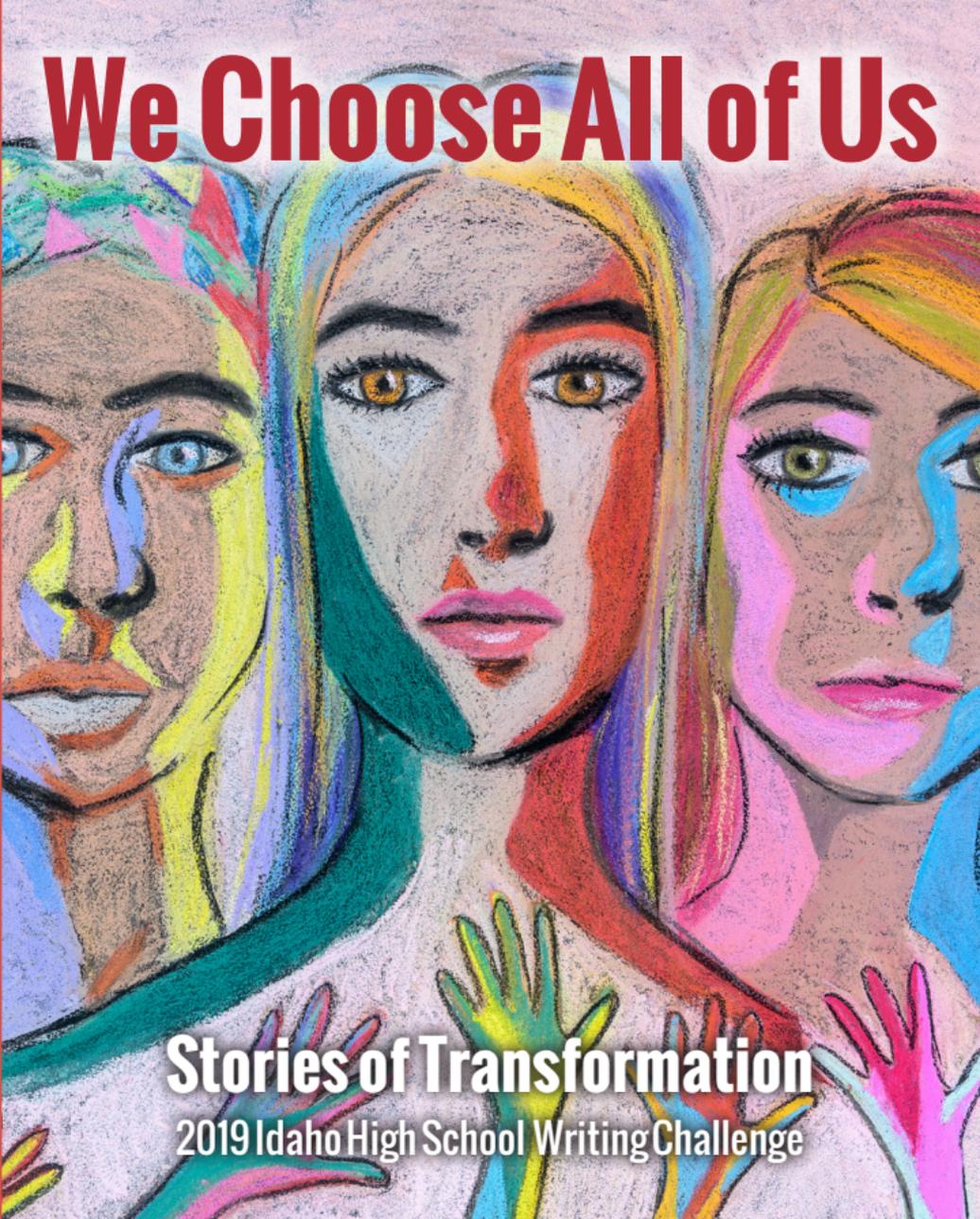


We Choose All of Us



Stories of Transformation

2019 Idaho High School Writing Challenge

Stories of Transformation are poems and writings to create a future where everyone is valued, where everyone is safe, and where everyone can thrive.

Idaho high school students were invited to write on one of five themes - We Choose All of Us, Belonging to Beloved Community, Restoring Wholeness, Our Spirit, and Our Humanity, Together We are Stronger, and Earth is Sacred, Water is Life.

At the heart of these writings, we seek to end our culture of domination, extraction, and violence, and create a world with social equity and collective liberation for all human beings - a world rooted in interdependence, resilience, and regeneration.

The 10th *Stories of Transformation* publication was compiled from over 1,000 student submissions. Congratulations to Idaho's high school student authors whose selections are published as well as the *Stories of Transformation Award* recipients who displayed critical thinking and excellence.

A special thank you to Idaho's teachers who encouraged their students to discover new insights through writing and to the judges who read the amazing submissions by thousands of young people.

— Idaho Coalition Against Sexual & Domestic Violence

Cover art inspired by "We Choose All of Us."

Idaho Fine Art Academy— Artists: Emma Cook, Hallie Simpson and Katy Hightower

Teacher: Jenny Palmer

OURGENDERREVOLUTION

www.ourgenderrevolution.org

We Choose All of Us

We are a people who choose
A world where everyone is
valued, where everyone is safe,
where everyone can thrive.
A world where love is love and
kindness is everything.
Nothing less than this.
Every day we choose love and
in this love everyone belongs to
beloved community.
Everyone.

We are whole human beings.
We believe in our collective
humanity and our deep
connection to all living things.
We will create the world we
want to see and move forward
with courageous love and
mutual responsibility.

We are all part of this story.
When believe when we
imagine together, we can
achieve the unimaginable.

We commit to bringing
forth a world rooted in
interdependence, resilience,
and regeneration.

We will live into this new
story of Idaho with sacred
responsibility, in silence,
We look to the stars for lessons
of interconnection,
And abiding spirit.
We believe in the wonder of
what wholeness can look like;
the small glimmers of this
place, first; and then the soft
voice, growing stronger and
clearer, until this world is fully
realized.

Our choices have power.
We will be bold.
We invite you in.
We choose all of us.

Join us at
www.WeChooseAllofUs.org

Gender and Violence

Gender is one of the core
ways we learn to identify and
expresses ourselves. Gender
is socially and culturally
constructed — it's something
we learn — not just something
we inherit though our biology.

We learn and create our gender
through our relationship to
ourselves and our interactions
with the people around us.
And, even though much of
gender is socialized, it is still
very real; it shapes each of our
experiences in profound and
different ways.

Unfair treatment, harassment, or
discrimination based on gender
or gender expression is wrong
and creates the conditions for
gender violence – abuse and
sexual assault – to occur.

We do not live single issue
lives: we see the limitations
of single identities of gender,
sexual orientation, race, ability,
class, religion, immigration and
refugee status.

When identities like gender,
race, religion, and many others
are linked to power, control
and domination, many people
are devalued just for being
who they are. When people
are devalued it creates harm,
including hurtful words,
discrimination, and eventually
physical violence.

We can change this by
redefining what gender means
to us and valuing everyone
in our diverse communities.
We can interrupt and end all
forms of hate, oppression,
and violence and create a
world where everyone is
safe, everyone is valued, and
everyone can thrive.

The Love of a Tree

There was once a tree down my street
Roots hidden and caked in cement,
Whose branches wove through the air
In graceful splendor.

My youthful gaze perceived it as magic
That something so beautiful
Could exist in man made clutter.

I remember one summer morning
under the rising sun,

And singing birds,

My brothers and I

each gave it

A small kiss on the trunk.

The smallest thank you

For existing in such captivating contradiction.

Indigo Blauch-Chappell

One Stone High School

Teacher: Chad Carlson

sensational soundless

complete silence
that is all i needed.

the way she looks at my eyes –
the way the golden rays hit her nose –
the way our happy feels nothing less than quiet.

queerness has always been a talking point;
as if lesbianism was written on my knuckles.

but with her
it is still.

no conversations about uniqueness
or the way that the future may end up.

it is just hushed acceptance:
the most sensational soundless.

Megan Gilbert

*Renaissance High School
Teacher: Heidi Renk*

Who We Are

We all look the same under our skin--
But that mangled flesh would not be us,
No more than our skin

The challenge of seeing someone's self
Is that it is an ethereal thing
That cannot be seen

It is a thing you must have faith in
And if millions have found faith in a faceless God,
Surely we can find faith in people.

Paisley Hansen

*Boise High School
Teacher: Cindy Hartley*

You Are Stronger

A pregnant woman running
with a 5-year-old girl in her arms.
She just watched her father die
and she's praying her daughter
won't remember the men with guns
As she runs she remembers the words told to her by her mother.
Words she never thought much of until now
"Ufite Imbalaga"
You are stronger.

Charlotte Iradukunda

Riverstone International School

Teacher: Crysta Swarts

A Sacred Night

On that night
It was only me
And the sky stretching above me,
A black canvas
Sprinkled with the light of a million stars.
There,
In the fading heat of summer,
I listened to the voice of the night
As she sang to the tune of the crickets
And smiled with the twinkling of the stars.
Her voice so clear,
So brilliant,
Reminded me how privileged I was
To share her song.

Cate Knothe

Boise High School

Teacher: Jennifer McClain

Their Water

Our history is found
In the rivers that flow next to our cities
And the clouds that hang over our heads.
It connects us in
A cycle that has spanned the centuries of our existence.
Running through my fingers
Is the same water that years ago
May have touched the palms of my ancestors
May have rained down upon their heads
And reminded them that
This world
Is as alive as their children and mothers.

Cate Knothe

*Boise High School
Teacher: Jennifer McClain*

The Truth About America

there's nothing like seeing your –
Nightmares on a screen
Sexual Harassment
a new common scene
our moms warn us all too well
little did they know –
what Loomed in our future?
nothing but Sorrow
One Out Of Every Four Girls –
innocence stolen
childhoods gone, destroyed and –
ruined
“when you're a star –
you can do anything”
Apparently, this means
even molesting
If only our mother's warnings were heeded
according to our “great” president
Consent not needed

Victorih Madrigal

Meridian Medical Arts Charter High School

The Little Galimoto Man

Contorted wheels,
Strong wire frame,
Hand-wrapped in string.
A yellow, fabric head.
The Little Galimoto Man sits atop his bike,
Mighty.
Wheels spinning,
Procuring wire whistling sounds
That accompany young feet
Slapping wood.
The Little Galimoto Man
Is happy, beloved.
A companion for the girl
Who opens her eyes to The Little Galimoto Man
Propped by the bed,
Waiting.
Hoping his wheels will keep turning,
Hoping the girl will keep him from rusting.
Beloved.

Fiona Martinez

*Boise High School
Teacher: Sharon Hanson*

Who I am

I am told that my sexuality
doesn't define me but I am
treated differently because
of such.

I am reminded that I'll always
be treated differently, even
with the advances in time.

My people fear for themselves
just because of who they love.

The problem is the closed
minds of people.

Communities could be drawn
together from just opening
the minds of others.

Kaydence Moore

*Caldwell High School
Teacher: Jason Hunt*

Oranges

and what does it mean to be alive?
I inhale
summer fills my lungs
calendula
cherry tomatoes
curl into mother
my heartbeat
cracks my ribs
makes the earth tremble
oranges
fall and spoil and bloom again
and we
fall and spoil and bloom again
mother
raises her branches
our chests lift as one
and we
fall and spoil and bloom again

Sarah Pearce

*Boise High School
Teacher: Sharon Hanson*

Break Down Pt. II

"I just want to be-"
Happy, we say
In one breath
Then breathe poison in the next.
Patterns. They matter.
This follows that, then that follows
This
Life we live,
An ABSOLUTE gift
"Time's up," the voice said
I cried, then thought,
Such waste of these precious
Seconds
Minutes
Days go by quickly
So whenever I sit sadly somewhere
I like to think
Oh, how sweet it is
That tears can be shed at all.

Ibrahim Tall

*Richard McKenna Charter School
Teacher: Jon Wood*

Intertwined

Caucasian, Hispanic, Asian, African American.
We are all the same except the color of our skin.
We have hearts that can ache,
Eyes that can cry,
And mouths that can laugh.
We all feel love, and hate, and joy.
Alone, we will break
But when we stand together
We are one and we are strong
We are a community
We are intertwined

Debbi Aguirre

*Gem State Adventist Academy
Teacher: Kimberly Mitchell*

The Power of a Girl

Girls are taught to be delicate, helpless, and meek;
Taught to have a family and care for a house.
We stay in the background, we don't speak up.
I am a girl, and I choose to be independent.
I will not be helpless and fragile;
I will not stay back or be quiet.
I will fight for my rights.
Yes, I am a girl,
But I will make a difference.

Debbi Aguirre

*Gem State Adventist Academy
Teacher: Kimberly Mitchell*

Puzzle Pieces

Jigsaw puzzle
Never been opened
Thin plastic, precariously and prematurely torn off
Day after day:
Cover taken off, pieces taken out
Put together, ripped apart
Back in the box, lid back on
Each time, pieces disappear, never to be seen again
So, when the little boy gets bored of the puzzle
And walks away ...
How do I compose myself?
How do I undo all the damage that has already been done?

Maya Alger

*Kimberly High School
Teacher: Norma Kunau*

Benefit

The people who shaped me
did not do it for my own benefit
they didn't even mean to do it
they meant to break my bones
to make me bleed and gasp for air
they meant to destroy a part of me
the only hand that reached out
was my own
but I still reach for others.

Rachel Alonso

*Capital High School
Teacher: Brett Bishop*

Streams

Running my hand through the water
The water speaks sweet nothings
The steady beat of the earth in my ear
The freedom away from the war zones and disasters
The fresh air that not everyone in the world has
The streams that provide my love and life.

Rachel Alonso

*Capital High School
Teacher: Brett Bishop*

Eyes

When I look into your eyes,
And you treat me so kindly,
I think to myself
That the language of love
Can be fluent for everyone.
We belong to those
Who see us beyond
The physical aspects of our bodies,
further than the shortcomings we see in ourselves.
When i look into your eyes,
And you treat me so kindly,
I feel a part of something larger
Than physical attraction.

Indigo Blauch-Chappell

*One Stone High School
Teacher: Chad Carlson*

The Accident

After the truck hit me
I lay in bed for weeks
Struggling to heal
And make sense of the world again
The dark room and painkillers every hour
Made me numb and terrified
But
Each day
you cared for me
Until I regained my feet
I am so grateful
For that sacred time
Because even though we no longer speak
Your love helped heal me
At a time when I struggled to heal myself

Indigo Blauch-Chappell

*One Stone High School
Teacher: Chad Carlson*

I got something in my nose

Yesterday morning I woke up and took a deep breath
With it came the wind
There was so much wind that a bit of dirt got in my nose
And there was so much dirt that some plants wriggled in
After the plants came
The towering trees and crawling creatures were so heavy
They sank to my stomach
Until now the earth could be taken away from me

Ariana Borzea

*One Stone High School
Teacher: Chad Carlson*

I stared into a stranger's eyes for 5 minutes

If I shifted my weight we would have brushed knees
I could have yanked on the red string that hung between our eyes
The wall of tension that burst into my laughter
Is what made our silence so loud
I have seen connection in a way I never thought I would
Where all we know is empathy

Ariana Borzea

*One Stone High School
Teacher: Chad Carlson*

Scrap Wood

A single plank of wood is often neglected.
What good is one plank?
If you try to stand one up, it will likely fall over.
A single plank tends to be weak.
But when planks come together,
Be it through the shared pain of nails,
Or the easy binding of glue,
The fence stands stronger than the plank.

Jeffrey Boujoulian

*Boise High School
Teacher: Cindy Hartley*

Forest of Secrets

I run to the tallest tree,
My body craving to see the view.

I stand by the trunk,
My mind takes in all the secrets one branch holds.

I get closer to the top,
My breathing becomes heavy gasps.

I sit at the top,
My brain wonders what the view's like from others.

Closing my eyes
My mind is at ease.

Once I run back to the forest of secrets.

Sierra Bovey

Salmon River High School

Teacher: Ashley Mayes

Pure Spirit

the spirit is yours
just take it in your hands
grasp it tight
forevermore
often it gets lost in the shuffle
of life and
work and
every excuse
but it's the center
of everything
you are your spirit
at the purest part

Chloe Bowen

Skyview High School

Teacher: Mikayla Walker

Coming Together as One

We challenge and put our utmost effort within our community

Together we strive, making each day count.

When one falls, we come together

Grieving loss together instead of individually.

Allowing someone to join the fun that comes much later

Including them, and indulging in benevolence

Allowing them to open-up, giving their best effort as well.

Together, we are stronger

Making each day valuable

Becoming a loving community who cherishes all within,
remembering those who left.

McKalee Bruegeman

Caldwell High School

Teacher: Jason Hunt

Cookie Cutter

Life is a bakery

We are cookie dough

Society takes us

And puts us through cookie cutters

Scraping away parts of us

Until we're all the same

Then we are put in an oven

And hardened

Until if we try to change, we break

And are thrown out

Bakers say that the only cookies that get chosen

Are flawless ones that fit the mold

But a broken cookie

Tastes the same as a whole one

Janey Cress

Kimberly High School

Teacher: Norma Kunau

Labels

Wishes, hopes, dreams
Passions, ideas, creations
Hundreds of smiles, puddles of tears
And you think you can define anyone
In two words or less
Weight, height, race, gender
These are used to define us
Instead of who we are
These are our labels
Cherry-picking favorites
Leaving behind those who don't fit
This won't work
This can't be
No longer can this stand
If every artwork was the same
Then it wouldn't be art at all

Janey Cress

*Kimberly High School
Teacher: Norma Kunau*

Just a Dreamer

She was born from a caravan of lost souls,
Her mother escaping a broken country,
No English, no job, just hope.
And the guards at the border,
They pushed her away,
"Go back to where you came from"
But her mother came back,
Again and again,
So she could grow up in a country, could speak her mind,
And so she used that voice,
To show them,
That those "aliens,"
Are really just humans too.

Sofia Edgar

*Timberline High School
Teacher: Laurie Roberts*

Nopales

Prickly, green, and covered with spines,
Nopales sound like some sort of monster,
Some menacing creature.
So who would think to eat them,
Or grow them,
Or look at them in any other way besides a weed?
Mexicans.
We have accepted them into our culture.
They are as normal as beans or rice.
They are accepted, despite their thorns.
They are loved, for all their differences.
Why can't we do that with people too?

Sofia Edgar

*Timberline High School
Teacher: Laurie Roberts*

On the Other Side of the Wall

TV blaring, President staring.
“Look at all those criminals standing at our gates.
Look at all those evil children and thieving babies.
They will surely steal the food from our plates.”
He won't let them in.
“Yay” the people cheer, and I watch.
Do they know I am “one of them”?
They can't fight,
But I can.
So I charge onward.
With the hope that, maybe
In time,
Those children can fight with me.

Sofia Edgar

*Timberline High School
Teacher: Laurie Roberts*

Earth, Water, Air, Fire

Earth is sacred, Water is life
Air might be painful, Fire may be strife
We show our feelings, our emotions,
Our elements, and our relations.

With the things we see
With who we choose to be
We decide what element we are
Be us near, or be us far.

Is Earth sacred? Is Water life?
Is Air painful? Is Fire strife?
We have but one way to know
Experience, and find what element we show.

Archer English

*Canyon Ridge High School
Teacher: Leah Holloway*

cosmic dust.

i like to think that
we are all
made up of our best parts.
i know the cosmic dust of our souls
lines up in such a way
that we relish in the galaxies
of knuckles pressed against
shut eyelids
and not the vastness beneath.
we are the product of
the tug of gravity
and formed from the same void.
that alone should unite us,
for we are all clawing our way through the universe.

Noah Etoka

*Boise High School
Teacher: Jennifer Robbins-Smith*

Escaping Labels

What is sexuality?

Is it something we choose?

Is it something we are born with?

Is it something we feel?

A feeling of hope

Of belonging

Of security

Identity.

How do you identify yourself?

By what you look like?

By who you love?

By who you are.

But, why are we treated differently?

Of hopelessness.

Of isolation.

Of confusion.

Of doubt.

No matter who you love, what you go through, who you are-- love yourself.

Erykah Foss

Salmon Junior/Senior High School

Teacher: Denise Braswell

Remember

Remember what to do

When they undervalue you,

When they think

Your kindness is your weakness

And they treat it like their advantage

You awake

Every Dragon

Every Wolf

And Monster

That sleeps inside you

And you remind them

What hell looks like

When it wears

The skin

Of a gentle human

Clara Gallegos

New Plymouth High School

Teacher: Tammy Blanchard

The Wild Inside

The wild inside me
matches the wild outside
no utility is posted on the grasses underfoot
walking through the wind
a front of cool air
as refreshing as a starless sky
Caresses my bones
It is as if Adam and Eve never sinned
as if no one had claimed
Their God to be everyone else's
I have dug and dug
and split apart to reveal what is soft
Underneath the hard ground

Louisa Goltry

*Riverstone International School
Teacher: Crysta Swarts*

Mother Earth

Earth brings us laughter seeing a beautiful butterfly flutter by
Earth brings us joy seeing a double rainbow after the storms
Earth brings us hope when we see a shooting star as we make a wish
Earth brings us everything that we couldn't live without.
Earth brings us together with her wide plains and shimmering seas.
Earth provides us with curiosity with her breathless moments
Earth brings us everything we didn't realize we needed.

Krystal Good

*Caldwell High School
Teacher: Jason Hunt*

We're Cosmic

Born within space,
Created throughout time,
We embody the cosmos.

Our Hearts,
They're supernovae;
Contracting then expanding,
Pumping energy through our veins.

Our Minds,
Globular clusters
An amalgam of stars,
Every firing neuron is a spark of creation.

Our Souls,
The universe;
Forever climbing to infinity,
Limitlessly curious and exceedingly beautiful.

Born from stardust,
Intertwined with light,
As we illuminate the cosmos ... we find ourselves.

Sean Halford

*Timberline high school
Teacher: Greg Hoetker*

What We've Forgotten

We forget that we are human,
Every one of us
We remember names
Of people
Countries
Divisions
We forget that humanity is something besides this
Something of love and fear and hope and despair
We forget that we are all human
But if we took the time to listen to one another
I think we might remember

Paisley Hansen

*Boise High School
Teacher: Cindy Hartley*

A Community

Pain, hurt, and unjust treatment
These are the things from a broken community
Tolerance, neutrality, and ignorance
These are the things from a unsure community
Love, acceptance, and forgiveness
These are the things of a healed community
To heal a community, you must listen to each other.

Rachel Hare-Smith

*Gem State Adventist Academy
Teacher: Kimberly Mitchell*

My Personal Journey

I am a typical man
Walking around in other's wake,
Waiting for my chance to crawl toward enlightenment
I looked to great altitudes and dug to great depths
But the answers lie neutral to the peaks and the canyons I searched
Internal happiness escaped me
Objects seduced me
Looking for my true calling
The river revealed
Softly holding up my happiness as it holds boats
Leaving the negative particles on shore.

Brayden Haskell

*Salmon Junior/Senior High School
Teacher: Brett Dickerson and Denise Braswell*

A Change Through Generations

The past and culture,
Has really shaped who we are today
We are living changes
Of those who walked before us
What they did impacted our lives
Fast forward to a new future,
When your descendants are walking the Earth
What will they learn from you?
How will you impact their life?
What change will you create?

Kayla Hastings

*Gem State Adventist Academy
Teacher: Kimberly Mitchell*

All or Nothing

So you want to make the world a better place?
It doesn't take a hero...
Or a genius...
Or a leader...
It takes you
Not only to rise above,
But to put to death the social expectations.
To love the one sitting on the side of the road
To embrace our brothers and sisters of another race.
To reach your hand out to the untouchables
That, is when the world is truly a better place.

Reuben Herbel

*Gem State Adventist Academy
Teacher: Kimberly Mitchell*

My family

My life isn't always about me
Although some say it is
But when I go outside
I see more than just myself
I see trees,
animals,
clouds,
And also see the community
That always have my back.

Camille Hicks

*New Plymouth High School
Teacher: Pierrette Madrid-Harris*

Our Might

Within a single hand, a hand extended in friendship,
Is the strength of armies, fleets, nations.
No war can contain such might,
Or ever hope to inspire such greatness
As those tender, loving words spoken by a friend:
"You matter," "we care," "I love you."
And what is the cost of such words?
Nothing. Absolutely nothing at all.
When set side-by-side to the worth of a soul,
And the might of a pair of friends.

Donald Hill

*Canyon Ridge High School
Teacher: Leah Holloway*

My Roots

My roots are deep,
Deep in the mountains,
Deep in this city,
Deep as the apple tree in my backyard,
I'm bound to the people around me,
Our roots are entangled,
With friendship we've wound our roots around each other,
As we grow we become stronger because of it,
nourished by the love we create around us we grow together,
Family isn't born, it's grown, my friends nourish my roots

Lauren Homza

*Boise High School
Teacher: Cindy Hartley*

Reviving Ophelia

I see myself in Ophelia as she sinks beneath the water,
We're losing ourselves,
Words yelled from the window of an idling car,
He followed me home,
When I'm afraid I start to sink,
I see other women sinking,
We all learned to be afraid when we were far too young,
Our naivety was torn away when we saw the same fear in our
mothers eyes,
Stand together against the waves,
we'll revive Ophelia

Lauren Homza

*Boise High School
Teacher: Cindy Hartley*

Tapestry

We all have so many stories,
Even in a community all our stories are distinct,
We may have a common thread that connects us and bind us together,
That thread is the hardships we've faced coming out or growing up,
But none of our stories are the same,
They create a tapestry bound together by that thread
A beautiful rainbow tapestry

Lauren Homza

*Boise High School
Teacher: Cindy Hartley*

How Much Longer

When can the child wake without fears?
Fears of things we can feel
Or those ideas hovering above

When can they wake with the support?
To run through the fields of doubt
And exit with the same striving that first sent them running

When can the child wake with their own dream in hand?
And not the broom to clean up the mess left before them
So they can pave their own destined path

Kayden Hulquist

*Boise High School
Teacher: Cindy Hartley*

Star Gazing

As humans we look at the stars
When a child says
"What are stars?"
We pretend to know
But what are stars?
Stars are stories who decided they want to be more than words
We try to shoot for the stars
But the only way to get there is to make an impact on others
Like a meteor on a planet
We have to make a change on someone

Ely Ingraham

Gem State Adventist Academy

Teacher: Kimberly Mitchell

Purely Picturesque

As the wind rushes past my face
It takes my breath away
The roaring of the rustling wheat fields
Are so loud I cannot think
Smelling the ripe apples
Makes me smile
This is what restores my spirit
The feeling I get in nature
In the life that is underestimated

Emelie Ingraham

Gem State Adventist Academy

Teacher: Kimberly Mitchell

Home

The sun peeks through the horizon
It has almost gone to bed and just wants to take one more
look at the world
Music plays loudly and the kids stomp their feet and move
their hips to the tbeat
I take a deep breath in and I smell home
Home smells like chili with a hint of lime
like oil and cassava leaves
like sambusa and mandazi
Home is love and light

Charlotte Iradukunda

Riverstone International School

Teacher: Crysta Swarts

Let's End This

Living one second, not the next,
Eleven plus shootings in just under a year
Two hundred and counting lives lost.
Schools should be a place of safety
Every valuable life affects the next.
Not only is this someone's child or sibling
It's also someone else's best friend
Don't ignore this please,
The less we do, the more it happens.
Happiness is gone, replaced with fear.
It cannot continue

Chloe Iwasa

Gem State Adventist Academy

Teacher: Kimberly Mitchell

Together

Each of us can be a strand of thread
Intertwined together
Working simultaneously for a common goal
To revolutionize our society
We can be a woven rope
Ready to pull us out of the rut of unacceptable
Together we can change our culture

Jilliana Iwasa

*Gem State Adventist Academy
Teacher: Kimberly Mitchell*

Divisions

There is a problem with our society.
People don't appreciate variety.
Imagine the good we could do,
if we stood up together against screwed up views.
Racism is an infection.
We used to look to cops for protection,
but now we see the corruption.
The issue needs correction.
We see on television, the division,
and all the indecision.
We should envision a future,
where we're working together.
Despite our race or color.

Conner Kelley

*Gem State Adventist Academy
Teacher: Kimberly Mitchell*

Wonder

Wonder.

Wondrous.

A peak of imagination

At the top of a mountain.

Mysterious jewels are hidden by clouds.

With each step up, a puff of pure white vapor floats past my eyes.

The sweat on my back clashes with the mountain's blanket of cold air.

At the top, with

satisfaction and the entirety of Boise in my view, I realize I never felt

that I was a part of

something much larger down there.

Hannah Kim

Timberline High School

Teacher: Greg Hoetker

Welcomed

Your smile

Shined a light on my heart

Every greeting of yours

Put my broken pieces back together

One by one

Accepting and understanding me;

The outsider. The stranger.

Now, I feel belonged

Jenny Kim

Timberline High school

Teacher: Greg Hoetker

Escape

Hollow birch engulfs me.
Floating with the rhythm of falling leaves, hidden
In branches rising towards the clouds, occasionally
Echoes from the dancing river.
Protecting my body from impression, a euphoria of clarity clears
barricaded paths vicious cycles have created.
Escape.
When fog circles again, I drop.
Plunge into fluidity, a chaotic resolution.
Shrieks, playful punches, shallow conversations.
Looking back too limp to climb what feels like miles only to
achieve one minute of perfect.

ShaSha Kingston

*Boise High School
Teacher: Amber Tetrick*

Truth

Are you really that certain
Of who I am?
Do your dreams and blinding ambition
Make you forget that I too
Am more than two dimensions? I am no blank canvas
That you can paint over
With your words of judgment and stereotype.
Unlike what you may think I am alive with
Strength and
Determination
Whistling through my ears,
Igniting my bones with the passion
To move forward And show you
Who I truly am.

Cate Knothe

*Boise High School
Teacher: Jennifer McClain*

The Waters of Life

Rain

Sacred tears sent from heaven spreading life on this hallowed earth.

Touching the tops of the highest mountains.

Reaching the roots of mighty trees watching over the land.

Sprinkling the delicate petals of a flower.

Rushing through a distant brook.

Purifying the air.

Regenerating the lands.

Washing away all of the impurities causing endless damage.

The rebirth of our sacred earth is the Waters of life.

Anna Kreipl

Boise High School

Teacher: Cindy Hartley

What is a Woman?

Are we doormats?

Stepped on until matted down with the prints of influence

Are we roads

Driven on, corroded with standards

Are we objects?

Looked at to be utilized

No

We are thunder eggs

Gems hidden underneath a filth of regulations

We are simple

We are not complex creatures that require coding

There is no strategy to knowing a woman

We are not hard to please

We are women

Cassidy Lawson

Gem State Adventist Academy

Teacher: Kimberly Mitchell

Stereotypes Set Against Self-Image

Red, Yellow, Black, and White

Male, Female, or Trans

4'8"-6'8"

Lesbian, Gay, Bisexual, Heterosexual, Plus

Religious, Atheist, Agnostic

Athletic, In competition with intelligence

But why can't we be both?

Doctor, Janitor, Lawyer

Wealth versus Poverty

Grasping for identity

While choked by stereotypes.

Destiny Lawson

Gem State Adventist Academy

Teacher: Kimberly Mitchell

Labels are Meant for Jars

Every day we die a little.

We lose a piece of ourselves - our originality and individuality

According to society - I'm not fast, pretty, or smart enough for anyone to care

Barriers are created between who I am and who I am expected to be

I want freedom from labels

Labels were meant for jars

I dream of a world where everyone is loved - for who they really are.

Gaby Liebelt

Gem State Adventist Academy

Teacher: Kimberly Mitchell

language portal

five straight days
of white room, cold a/c
one full hour of
halmeoni? harabeoji?

learning sounds, and words
and sentences, and grammar
and history, and culture
of languages real, and created

people so different
that everyone's the same
and united by our love
for each others' voices

Reba Maderious

*Timberline High School
Teacher: Greg Hoetker*

Tweet Town

no contemplation before he speaks
an entire term full of Tweets
a swarm of hats – Pussy Pink
around the country Women Unite
and the Marches – what a sight!
All to stand up for our RIGHTS
he thinks he can take what he wants
because he's an Entertainer, this he Flaunts
No thought given to Women It Haunts
How can he tell us what to do with Our Bodies?
though to him –
they're just a Commodity

Victorih Madrigal

Meridian Medical Arts Charter High School

A Beautiful Star

I want to know the stars the way they know me.
Look down upon them
Beautiful as can be.
Let me see the world from 10 light years away,
Where none of this matters,
Where I could feel okay.
Are we as beautiful as you,
My dear star?
Because from down here
I can't see who we are.

Fiona Martinez

Boise High School

Teacher: Sharon Hanson

Equality of Power

Flowing through the crevices of my soul
A shallow stream carries this journey forward
Bound by no obstacle
Stopped by no man
With the equality of power
In life and death
It weaves together the fabric of my existence
A gentle current, calm, tranquil,
Never straying from its known path
Eternally

Gracie Maulik

Boise High School

Teacher: Cindy Hartley

Change Me Like the Seasons

It is today
that I wake up to warm quilts
and drink black coffee,
no sugar or cream, please.

It is today
where I am loud
like white wine and vinegar,
but quiet
like crickets just before dawn.

It is today
where I say goodbye
to all I have known,

and greet the newcomers at the door
with a kiss on the cheek.

It is today, my friends,
because tomorrow is too long to wait.

Baylie McCallister

*Boise High School
Teacher: Sharon Hanson*

The Ocean of Us

Relentless. No matter how many times it is pulled back, the water
keeps rising to the sand.

Accepting. Never turning anyone away who wants to enjoy it.

The ocean lets people come.

Calming. It has something that radiates peace.

So how can communities be less dehumanizing, you ask? What
can we do, you want to know?

We become like the oceans!

Relentless to make a difference.

Accepting to everyone.

Calming to others who need it.

Grace McCormick

*Boise High School
Teacher: Cindy Hartley*

eternal love

What is love?
Is love attraction?
Is love connection?
Is love a relationship?
What is a relationship?
Is it being cared for?
Is it being supported?
Is it between
a man and a woman?
a woman and a woman?
a man and a man?
Next question, are you gay?
Are you straight?
Are you bi?
None of this should matter.
Love is
Everything
unconditional
passion
What's most important?
When you love yourself,
You are loved.

Tierryn McElhane

*Salmon Junior/Senior High School
Teacher: Denise Braswell*

reflections

There's a certain elegance
In the stars that
Can make you feel so
Free.
The way the stars can reflect
Off of the calm water
Almost like a painting.
Graceful clouds floating
beyond the sky
Into neverland
Bringing you along.

Gabriella Miller

*Salmon Junior/Senior High School
Teacher: Denise Braswell*

Family Tree

My roots lay forsaken
underground,
covered in rocky soil.
Reaching my ancestors is impossible.
I am adopted.
My tree grows upward,
it extends into the sky.
The roots are the base, but
the leaves above
show the real tree's identity.

Jaeda Moyer

*McCall-Donnelly High School
Teacher: Devon Barker-Hicks*

Stereotypical Game

Do not
expect me to be short,
wear glasses,
have squinty eyes,
or be smart.
I am not a puzzle piece.
I can't fit into just
one space.
I will not be forced to be
a standard Asian in society.
Chess must be the game for me,
I make my own moves.

Jaeda Moyer

*McCall-Donnelly High School
Teacher: Devon Barker-Hicks*

Geode

I am a rock.

There is nothing special about my appearance, but
do not underestimate my power.

I am strong,
made from intense pressures and heat.

Crack me open and reveal snowflake-like crystals.

My beauty within is hidden by
the scarred surface on top.

I am okay with being a rock,
It just takes longer for people to discover
the internal beauty.

Jaeda Moyer

McCall-Donnelly High School

Teacher: Devon Barker-Hicks

Peace in Mind at the Countryside

This sacred place isn't far from where I dwell

The soothing countryside and gentle running water makes me feel at peace

The wildlife chirps around me as I sit on the bank

Thinking out loud, I can't help but acknowledge the beauty around me

Jared Nielsen

Parma High School

Teacher: Zack Barclay

A Message to Earth

My name is Venus. I have lost my sea.
My skies stained yellow with sulfur.
My air has such a pungent smell
My land burns like living hell.
I was once like my sister
Lush lands and far stretching seas
How I wish to be so once more.
But my jewel of a sister is dying.
Chose wisely or she'll turn
On you, and become like me.

Willard C. Olson

*Orofino Junior Senior High school
Teacher: Michelle George*

humanity's touch

i feel like the favorite toy in a child's chest
many hands reach for me
each wants a piece of me
they want the clean
spotless
perfect version of me
they rip me apart and stretch me thin
leaving me a mess of scattered pieces on the floor
i feel broken
then,

i feel soft hands gripping me
putting me back together
they want every piece of me
not just bits
i feel whole again

Kylea Paullus

*Caldwell High School
Teacher: Jason Hunt*

Who?

Why do people ignore me?
Maybe it's in their nature.
Do they mean to do it?
What's the purpose of it?
It's just me
Why do that to someone?
It makes me wonder.
Did I do something wrong?
Why won't they talk to me?
I asked them, but they continue to say no.
They ignore me again.
I have a voice.
Please listen.

Brooke Reinholz

*Salmon Junior/Senior High School
Teacher: Denise Braswell*

Value

In the back of a closet,
Sits a tiny box.
It's a box full of things
That must have some value –
I mean they're still there
But, this box is never opened,
Never shown to others.

Society is the closet;
Tiny boxes sitting in the back.
You are stuffed into one,
And a label is slapped on.
Ignored, never shown to others,
Never bragged about,
But you have value.
Think outside the box.

Janae Rogers

*Gem State Adventist Academy
Teacher: Kimberly Mitchell*

As One

All alone we are weak
Just as a fragile stick
As we come together we are strong
Working together to help
One never being singled out
No one that is vulnerable
Never leaving one behind

Blaine Rohrbacher

*Parma High School
Teacher: Zack Barclay*

Just Down the Road

I wave as I drive down the road
I see the hard-working men and women in the field
All having a purpose
All working together to achieve one goal
The generations and generations of families
From the ancestors we owe
For what we have now
The traditions go on forever
Never seeing an ending
All related and come together
As friends and family

Blaine Rohrbacher

*Parma High School
Teacher: Zack Barclay*

Music Speaks

Music Speaks.

When words seem to fail,
music speaks.

Listening to music our hearts start to beat in time with the drums.

Our bodies vibrate along with the bass.

And our spirits ride on the vocalist's voice.

When we feel a feeling we can't explain,
a piano chord is our answer.

When we feel this feeling,
a guitar chord can cut us down to the very core.

When words fail, music speaks.

Taylor Samson

Orofino Junior Senior High school

Teacher: Michelle George

Together

It's not a secret that I'm different.

Whether it be my hair,
or my skin.

I'm still different than most.

Except, no one cares.

No one cares if I talk
different, or look
different.

We are all the same.

We cry together,
we hurt together.

There is no him and me.

Them and us.

Because together,
we are all much stronger.

Destiny Shook

Boise High School

Teacher: Cindy Hartley

Movements

Shaped when childhood is nigh
Thoughts and actions reflect influences

Generation through generation
Outdated values persist

Movements change the constant
Creating independence from the past

It is our generation's time
To change the warped system

Break the reoccurring curse
Step away from diffidence and ignorance

Make your purpose matter
Make your conscience content

Turn the blind eye
Back to the light

Kelsey L. Stansberry

*Salmon Junior/Senior High School
Teacher: Denise Braswell*

The Watchtower

The clouds come rolling in
As I sit in my rickety tower
The sunset fades to dim
As the glow slowly loses its power

I look down the valley
And I see natural beauty flowing
Rivers of gold and white
Concepts of peace showing

Feelings in my soul grow
I forget everything superficial
Relearning what I know
I feel empowered and influential.

Kelsey L. Stansberry

*Salmon Junior/Senior High School
Teacher: Denise Braswell*

Qualified

He lived in a dark world of blindness
Yet his singing voice brightened the atmosphere

She never spoke nor heard a word
Yet her eyes saw beauty, and her hands painted it

He barely held a penny to his name
Yet he shared everything within his possession

She lived without ever bearing a child
Yet her motherly nature nurtured a number of children

Life is not what we Have
Life is what we Give

Karalee Sutton

*Gem State Adventist Academy
Teacher: Kimberly Mitchell*

Never Know

Water is life. Without it, nothing could be. In this place, water is scarce. That's why it is so sacred. When water does come, we cherish and save it. We save it because we never know when it will come again. This allows us to be prepared for whatever life decides to throw at us.

Malia Taufu'i

*Blackfoot High School
Teacher: Noelle Gerardi*

There is Beauty in Everything

As you hike you feel a warm breeze on your face. When you look around, nothing catches your eye. You get closer to the top, but the weather changes; it's raining! This weather makes you angry, but you continue on your journey. You made it! From here you see everything. You thought you would be happier with the rain gone, but you aren't. Without that rain, you wouldn't have seen this beautiful painting: Earth.

Malia Taufu'i

Blackfoot High School

Teacher: Noelle Gerardi

Break Down Pt. I

But who is "me"
I mean, who am I
No, no. I mean,
Who are we
I mean, we are
Nothing
But that's A-okay.
Because the sun will always
Rise another day
Until it explodes in five billion years
He
Said, "that's not enough, I need more"
Time
As if there is an end at all
Hey there, fella
There's nothing to fear
The whole universe was born from
Nothing
Suddenly, "me" becomes clear.

Ibrahim Tall

Richard McKenna Charter School

Teacher: Jon Wood

Tree Above

I was drawn
To the summit
You could see it for
Miles
I trekked
Without knowing why
It's dark, twisted branches
Piercing the sky
It was long dead,
Yet I lay my hands on it
Wrong
Not dead
But alive
My entire being electrified
We're all connected,
It told me
Cliché, I know
But to think is very different than it is
To feel
So alive
And
Life is life
And we will never die.

Ibrahim Tall

*Richard McKenna Charter School
Teacher: Mr. Wood*

The Big Four (The Sequel to "The Big Four")

The mind, body, and spirit,
play,
An important role in our lives.
The spirit is your soul.
The mind is the control center,
For your body.
Harm the mind,
You harm the body.
Hurt one,
You hurt the,
Others.
Meditation,
You hear the,
Needs of your,
Spirit,
Mind,
and,
Body.
Listen and you can,
Bring balance and,
Restoration,
To one's,
life.

Krystal Tracy

*Mountain View High School
Teacher: Allison Sletager*

Earth is Sacred, Water is Life

Earth tells its own narrative,
Our spirits imprinted in its surface,
With our lionhearted thoughts,
Creating a future bright as the universe,
Emerging further than clouds after rain,
Waiting for us way deep in the shining waters,
It guides us through our travel,
We are all worth more than we realize,
We are marvelous beyond imagination,
Water is the poetry in a book waiting to be opened,
And Earth is picturesque beyond measure.

Emily Trester

Emmett High School

Teacher: Armida Le Breton

Together We Are Stronger

We are more than we realize,
Enigmatic, the illustrious sunset,
Deeper than hope,
and eclectic words
Deeper than travel,
The map is in our hands,
A puzzle we want so desperately to figure out,
We must realize our marvelous potential,
and build bighearted trust,
The key is in our hands,
Darkness will be pulled away,
Sun will shine brighter on the mountains,
We must turn the electric bright key and see,
Together we are stronger.

Emily Trester

Emmett High School

Teacher: Armida Le Breton

We Choose All of Us

We are all equal,
We all want to be heard,
It's like standing on a mountain top,
The wind calling our names through the valley,
We all frantically want to be seen,
It's like running through a dark tunnel,
Desperate to find light,
Everything may seem like a blur,
Until it comes to us,
No one wants to be left behind,
We must make a ravishing difference,
We choose all of us.

Emily Trester

*Emmett High School
Teacher: Armida Le Breton*

Family

they use fire and wear thick leather gloves
read J.K. Rowling and watch Marvel movies
sing and go costume clad
they are comic books and time traveling aliens
yet, some will remove their FR coveralls
removing hands that once united two pieces of metal
from feed guns and copper-coated wire
go broke chasing their dreams never go to college
don't buy wizarding books losing track of the story
fade from sketches and odd histories

Ava Tyler

*Boise High School
Teacher: Maxie Roger*

Hills

Standing on a metal gate
An old disgusting outhouse to my right
Infertile dirt ground
Dusty scent around me
Clouds turning pink
Sun hidden by the surrounding mountains
A cool breeze shaking the sagebrush
Cutting through the warmth of summer
Staring up at the sky
Specks of light
Decorating the cloak of black above
Fog cascading across the sky
Clean air fills lungs
Chill of metal against palms
Smiling at the sky

Ava Tyler

*Boise High School
Teacher: Maxie Roger*

Welding Female

I pick up my name card from the table
One of only two female names in a sea of men
First weeks I said nothing
No connection to those around me
Weeks later
Bonds form,
Similarities emerge,
Stereotypes disappear.
Each day:
I walk into the room
Slide on my coveralls; safety glasses
Put wire to metal, pull the trigger
White light fills my hood
I am confident

Ava Tyler

*Boise High School
Teacher: Maxie Roger*

Globe

Pick me up and put me down.

Breathe me in and breathe me out.

Why are we hurting our planet?

Why are we killing our home?

Why do we fill our oceans with trash?

Soon we will have no ocean to pick us up and put us down.

No air to breathe in, no air to breathe out.

So the real question is not “what will you do then?” but, “what will you do now?”

Keiko Wolfson

Boise High School

Teacher: Cindy Hartley

Seeds of the Future

I was not there to watch Martin Luther King risk his life for his cause.

I was not there to see the women’s rights movement in 1848.

I was not there for those experiences, but I am here for mine.

I am here now to defy the odds.

I am here now to fight for what is important to me.

To see the change, be the change.

Be the change you want to see.

Keiko Wolfson

Boise High School

Teacher: Cindy Hartley

Sublimity

In a perfect world,
“School shootings,” “police brutality,” “hate crimes,” and “inequality”
cease to exist.

In a perfect world,
Children are not afraid of being shot by a classmate.
African Americans are not discriminated against.
LGBT are not seen as “disgusting” or called slurs by strangers .
Nobody is seen as lesser because of gender or an extra chromosome.

In a perfect world,
Every race, color, religion, belief, preference, feeling, and uniqueness
are valid and welcome.

Keiko Wolfson

*Boise High School
Teacher: Cindy Hartley*

a meaningful space

the opening and closing of my door convey my every mood
secrecy? transparency? anger? calm?
my windows reflect my hidden desires
to embrace the light or shut the world out?
the intimate familiarity of that soft green façade
and the tender sky-blue sheets
are the foundations of my niche and
present me with a palette so irresistible
that it lures me in with just one word
welcome

Kenneth Wu

*Timberline High School
Teacher: Greg Hoetker*

HIMSELF

He took a deep breath and
was full of jubilation one day. He knows
that he can't change how everyone
feels now nor never. He knows
there can be two sides to this.

He doesn't need love by others when he loves himself
and that's what makes other love you. The judging stops
love is beginning to spread, over a person who sat down to
truly find the meaning of being in a beloved community.

Nancy Zirate

Caldwell High School

Teacher: Jason Hunt

* Stories of Transformation Award
+ More than one poem

Blackfoot High School

Blackfoot

Malia Taufu'i+

Boise High School

Boise

Jeffrey Boujoulian

Noah Etoke

Paisley Hansen *+

Lauren Homza +

Kayden Hulquist

ShaSha Kingston

Cate Knothe **+

Anna Kreipl

Fiona Martinez *+

Gracie Maulik

Baylie McCallister

Grace McCormick

Sarah Pearce

Destiny Shook

Ava Tyler +

Keiko Wolfson +

Caldwell High School

Caldwell

McKalee Bruegeman

Kaydence Moore *

Krystal Good

Kylea Paullus

Nancy Zirate

Canyon Ridge High School

Twin Falls

Archer English

Donald Hill

Capital High School

Boise

Rachel Alonzo +

Emmett High School

Emmett

Emily Trester+

Gem State Adventist Academy

Caldwell

Debbi Aguirre +

Rachel Hare-Smith

Kayla Hastings

Reuben Herbel

Ely Ingraham

Emelie Ingraham

Chloe Iwasa

Jilliana Iwasa

Conner Kelley

Cassidy Lawson

Destiny Lawson

Gaby Liebelt

Janae Rogers

Karalee Sutton

Kimberly High School

Kimberly

Maya Alger

Janey Cress +

McCall-Donnelly High School

Council

Jaeda Moyer +

Meridian Medical Arts

Charter School

Meridian

Victorah Madrigal +

Mountain View High School

Meridian

Krystal Tracy

New Plymouth High School

New Plymouth

Clara Gallegos

Camille Hicks

One Stone High School

Boise

Indigo Blauch-Chappell *+

Ariana Borzea +

Orofino Junior Senior High School

Orofino

Willard C. Olson

Taylor Samson

Parma High School

Parma

Jared Nielsen

Blaine Rohrbacher +

Renaissance High School

Boise

Megan Gilbert *

Richard McKenna

Charter School

Caldwell

Ibrahim Tall *+

Riverstone International School

Boise

Charlotte Iradukunda *+

Louisa Goltry

Salmon Junior/Senior High School

Salmon

Erykah Foss

Brayden Haskell

Tierryn McElhaney

Gabriella Miller

Brooke Reinholz

Kelsey L Stansberry +

Salmon River High School

Lucile

Sierra Bovey

Skyview High School

Nampa

Chloe Bowen

Timberline High School

Boise

Sofia Edgar +

Sean Halford

Hannah Kim

Jenny Kim

Reba Maderious

Kenneth Wu

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 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

How to get involved with Our Gender Revolution

Learn how to get involved with Our Gender Revolution, a project of the Idaho Coalition Against Sexual & Domestic Violence, by going to www.OurGenderRevolution.org to learn more.

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

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OURGENDERREVOLUTION

www.ourgenderrevolution.org