



Sample Teen Submissions and Teen Feature



EDUCATE. EMPOWER. IMPACT.



Empowering Teens
through Inspiration,
Empathy and Education

MEET

Bailey
Cunningham

from Mansfield, Texas



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Is the TikTok
era over?
Turn the cover....

FEATURING

AGE

16

HOMETOWN

Mansfield, Texas

SCHOOL

Lake Ridge High School

Good
Vibes
Only

#baileyboulyfe



Bailey Cunningham

With a bright smile and an open heart, Bailey shared her journey, highlighting the moments that have shaped her into the inspiring teen she is today. She believes leadership isn't about being in charge; it's about making a difference and empowering others.

What makes you unique?

I believe everyone is unique. Every person on earth has a different value than the other. One aspect that I believe makes me unique is the mindset I have at such a young age. The way I process the world is different from many teenagers. I always think long term: how an event can affect myself and others long term. I believe this gives me a more mature perspective than thinking in a box: focusing on short term consequences.

How do you handle not getting a perfect score on an assignment, test, etc.?

I was always taught that no one was perfect. There were going to be times when I struggled with the idea of failure. I, inherently, learned that I don't have to view it as failure. To me, when I don't obtain an outcome I'm satisfied with, I take the information and lessons that I learned and take it with me on my journey to success. Life is going to come with trials and tribulations; it's how we handle them that makes us who we are.

Bailey is...



Inspiring



Inclusive



Non-judgmental



Resilient

Her understanding that there is no perfect person and belief that **everyone** has a gift makes her really special. Bailey is excited about her upcoming senior year in high school and looks forward to attending college next year! She's a **Thriver**!

How do you respond when you don't fit into a particular group?

My response to feeling left out of a group is usually no response. I have come to terms with who I am as a person; if I feel not valued, appreciated, or seen within a group I either don't give that group my time and energy or remove myself from the group entirely. I believe in self care of preserving your energy from things that are not for you.

What would you tell yourself as an incoming high school freshman?

As a teenager that struggles with social consciousness, I would tell my freshman self that being myself is enough and to not limit myself to what I see others doing, to be authentically myself. The main stem from hatred is love. If someone is judging you, it is because they see something in you that they would love to have. At the end of the day, you are that one that needs to feel satisfied with who you are. You cohabitat in the smallest part of people's lives; you are your life. Live how you desire.

Trustworthy

Empathetic

Positive



Community Service and Leadership

Bailey serves communities and builds her leadership skills by serving participating in several organizations and programs, such as STUCCO at Lake Ridge High School. STUCCO is a program to improve school culture through encouraging social, cultural and other extracurricular events to enhance the school experience for all.



Family



"The Cunningham Clan"
Bailey's Family



What makes me happy!

Keira Fludd, 17
Freeport, New York



Hello! My name is Keira Fludd, I am a 17-year-old who has a strong and thriving passion for dance. I have carried this passion with me since the age of 3. Dance has made me the happiest as it has encouraged me to grow not only as a dancer but as a young woman. I have been a member of the Freeport High School Varsity Kickline dance team and Freeport High School Colorguard team for 4-years straight. For the past 2 years, I have held the position of Captain for both teams. Being a teammate and then becoming Captain has taught me even more responsibility, patience, hard work, and the meaning of support. When I perform, I feel as though I can express myself to my fullest potential. I can adapt to new challenges as well as introduce new ideas overall. This has elevated my confidence as a dancer and as a team Captain. These teams have encouraged me to be the very best I can be by constantly challenging me to go above and beyond. I am happy to be able to share this experience with other young talented girls who are also striving to be their very best. I have the full support of my coaches Jahn Scott-Montero, Alana Dawson, Shawnté Carter, Amani Parkes, and Timothy Phillips which has allowed me to find happiness within these teams and to continue my passion for dance. Our teams are full of creativity, and positive energy, and we are truly dedicated to being successful in all our performances. These are some of the things that make me happy and proud to be part of these teams.

***People who are not blood-related can be family.
No matter race, love has the ability to bond.***

Max has been my friend since early childhood! I met him in the apartment building where we both lived and became the best of friends. Our parents are also friends which adds to the strong connection between us. Despite the ups and downs in our friendship, we always manage to hang out as if nothing happened, maintaining our strong bond and always supporting one another. This friendship is especially meaningful to me as Max was my first friend after moving from Chicago. Our relationship exemplifies what a true and lasting friendship should be.



Brooklyn McKinsey, 13
Eules, Texas

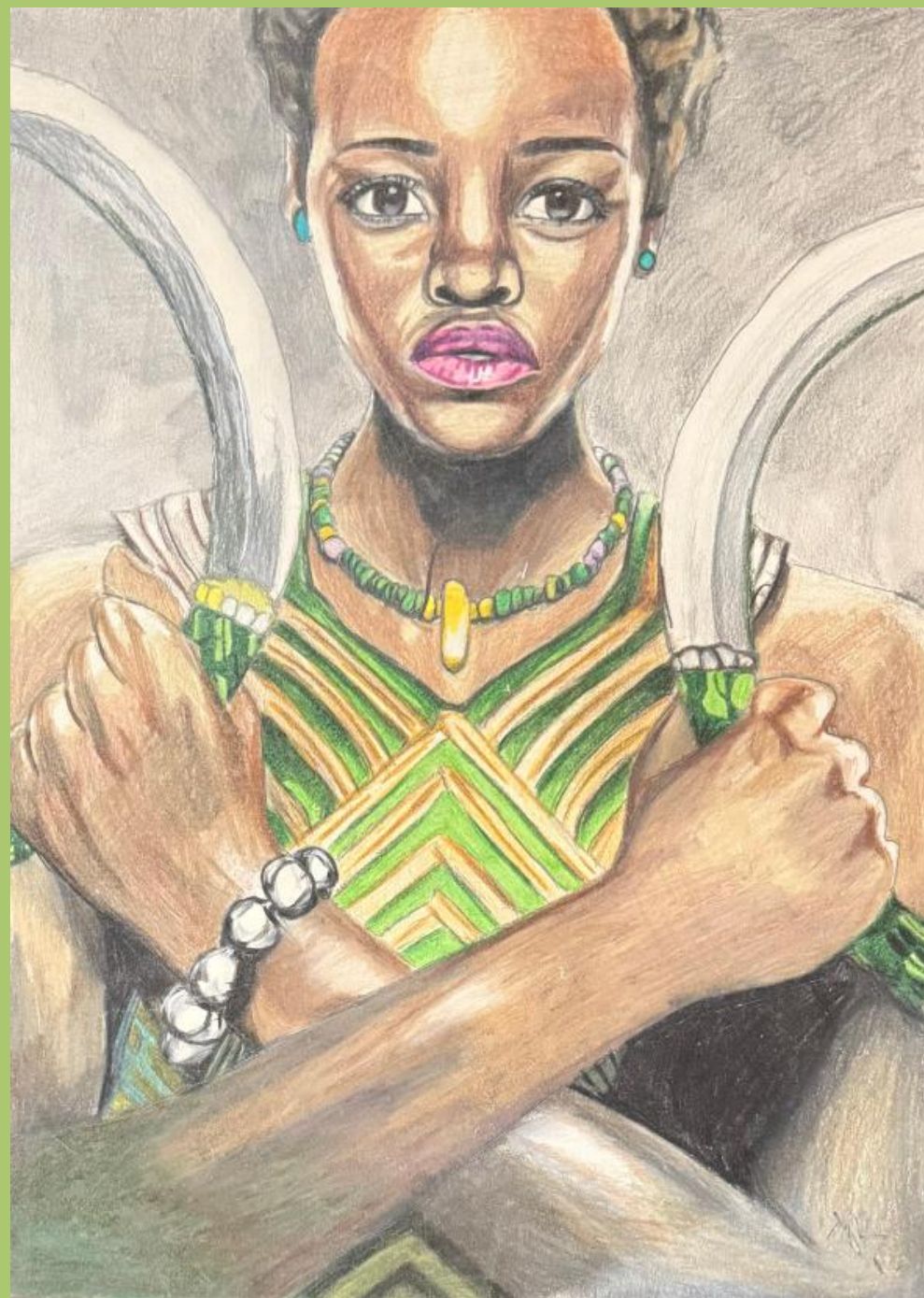


College planning brings me so much anxiety.

As someone with ADHD, I know it is important for me to plan ahead so staying organized with all of the steps will reduce my anxiety as I get ready for graduation and head to college.

Anonymous
Chicago, Illinois

See page 46 for College Support.



***How
does
this
image
speak
to
you?***

colored pencil on paper
(at age 14)

Jerell Richardson-21
Olive Branch, MS



***Journal
Entry***