

בְּרֹךְ אֶתְּהָ, יְיָ, הַפּוֹטֵעַ בְּתוֹכֵנוּ אֲהָבָה וְתִקְוָה.

*Baruch atah, Adonai, hanotei-a b'tocheinu ahavah v'tikvah.*

Blessed are You, Eternal Presence,

who implants within us love and hope for the future

# 3 Fundamental Expectations of the World

Healthy children have magical thoughts of an ordered world over which they have some measure of control.

- 1) This is a benevolent world
- 2) The world is filled with ultimate meaning
- 3) The world will be give me opportunities to experience self-worth.



## WHO ARE YOU

I am who you want me to be and everyone you don't. I'm a pleaser and a worrier and a thinker and worker and wisper.

- Age 18



I am a cracked vase that needs one gentle touch to fall apart so I can be pieced back together by loving hands.

- Age 18

# I HOPE I AM A GOOD PERSON

What's up?!

- Age 18

I am an ant, small and tiny, but can carry a heavy load. - Age 18



Some people say it takes a lifetime to find the answer to that question. But how are you supposed to be truly happy in life if you don't know the answer? - Age 15

## I'M A NICE, CARING, LOVING, INDEPENDENT ASSHOLE WHO'S LOST IN THE GAME CALLED "LIFE."

- Age 17

## I am Human. I make mistakes.

I like to laugh, but it doesn't happen as much as I'd like to.

- Age 15

## I am me.

But finding myself in truer form.

- Age 14

Student.  
Daughter.  
Sister.  
Friend.

## ALONE

Age 16

HYPHONIA DEEP JEN

## ME

## I'm not sore

I'm that odd mix of adult and child, driven by the thirst for independence and respect but still vulnerable and growing in just about every single way.

- Age 16



Arielle, Age 17

# WHAT ARE THE WORDS IN YOUR POCKETS?

**WHAT ARE THE WORDS IN YOUR POCKETS? Fat**

★ I promise to be there when the world has turned its back on you

**ONLY DEAD FISH GO WITH THE FLOW**

**"CUTE"**

ATONING FOR AN UNKNOWN SIN

People think I am perfect and don't have any idea what's really inside of me.

Just get divorced already!

**DARKNESS**

**Life**

**SIT THERE**

I feel like a ghost at school

**DRIVING AT PERFECTION**

**I AM A TARGET FOR DISAPPOINTMENT**

**WHY DON'T I SEE WHAT OTHER PEOPLE SEE IN ME?**

What does a number on a scale tell you about who I am?

You can be different without looking different.

**EVERY TIME I LOOK IN THE MIRROR I WANT TO DESTROY THE PERSON I SEE**

In my back pocket I keep all the criticisms I've gotten and in my front pocket I keep quotes to lyrics I want to remember and the ones that help me.

**I AM ENOUGH**

Tempted to touch

have, denial, love, truth... ☺

I don't deserve my dreams because I've done wrong to others.

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and the ones that  
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Tempted to touch

I AM  
ENOUGH

hate, denial, love, truth...



I don't deserve my dreams because  
I've done wrong to others.

The three universal longings  
in every teenagers heart:

-To be listened to by a loving  
other who can see things  
inside of them that others  
cannot.

- To be the most important  
person at the lunch table, the  
guest of honor in the world,  
someone's #1

-Proof of their existence  
which usually in the form of  
a FB or text message

ABC DEFGHIJK LMNOPQRS TUVWXYZ  
ZYX WVUTSRQP ONMLKJIHGFE DCBA

ZN

r

+ZB?

r

mVvw

SVOK.

r

HGZIV

ZG

GSV

KLKFOZI

YLBH

Zmw

+rTioH

DRG S

VmeB

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z  
Z Y X W V U T S R Q P O N M L K J I H G F E D C B A

Z N r + Z B ?

Am I gay? I need help. I stare at popular boys and girls with envy

r m v v w S V O K .

r H G Z I V Z G G S V K L K F O Z I

Y L B H z m w + r I O H D R G S

V m e B

# LIFE BEFORE QUARANTINE

# LIFE DURING QUARANTINE

DIURNAL

AGENCY/FREEDOM

SCHOOL UNIFORM

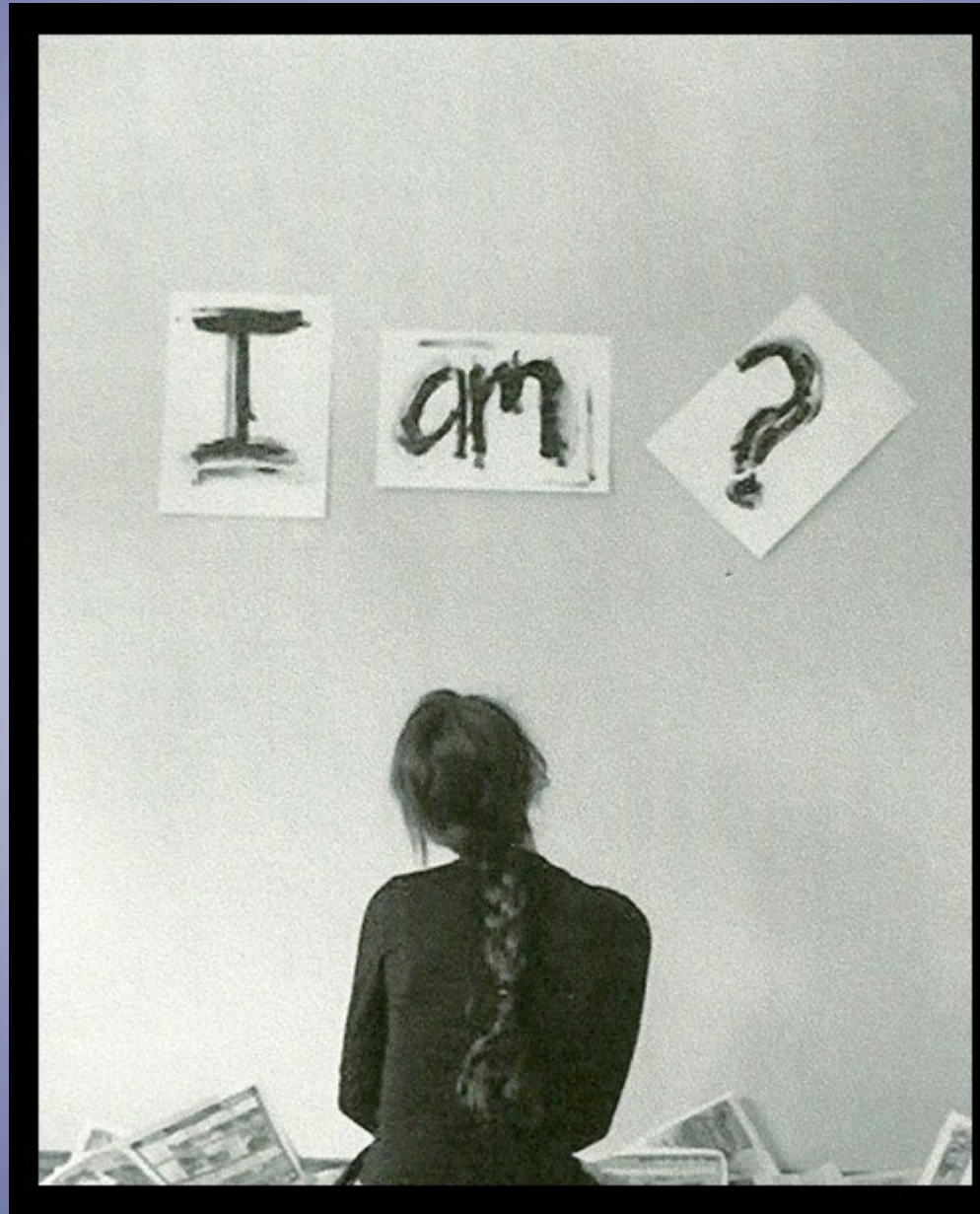
LUNCH BOX/PENCIL  
CASE

DAY & OVERNIGHT  
CAMP

LIMITED SCREEN  
TIME

HEALTHY ROUTINE

MY ISSUES ARE MY  
ISSUES



NOCTURNAL

LOCKDOWN

PAJAMAS \$ SWEATS

ONLY LUNCH BOX

ONLY DAY CAMP

UNLIMITED  
SCREENTIME

MONOTONY

MY ISSUES ARE  
EVERYONE'S ISSUES



## THE HAMSTER WHEEL OF TEEN LIFE

Ways to help the young people we work with live in the present but still plan for an uncertain future, filled with unlimited purpose.

Drawing upon my 32 years of living with HIV, I offer you five survival strategies. I whimsically call this “My Pandemic Playbook.” Much of these ideas come from many years of attending my HIV/AIDS support group, upon which the musical RENT is based.

# #1 “I Don’t Know”

- Stay in the “I Don’t Know.”
- Let’s “not know” together.
- We come from different places, but we can all help ground one another as we live in uncertainty.

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12
P	Q	R	S	T	U	V	W	X	Y	Z					
11	10	9	8	7	6	5	4	3	2	1					

8 12 14 22 7 18 14 22 8, 18

23 12 13 7 16 13 12 4, 18 8 17 21

7 19 22 25 22 8 7 7 19 18 13 20

2 12 6 24 26 13 8 26 2

- Noah  
Kravitz

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12
P	Q	R	S	T	U	V	W	X	Y	Z					
11	10	9	8	7	6	5	4	3	2	1					

8 12 14 22 7 18 14 22 8, 18

23 12 13 7 16 13 12 4, 18 8 17 21

7 19 22 25 22 8 7 7 19 18 13 20

2 12 6 24 26 13 8 26 2

Sometimes I don't know  
is the best thing you can say

- Noah

Kravitz

# # 2 Stay in the moment

**Stick to the facts, the data and evidence-based information.**

These keep you from an imagined future where anticipatory grief awaits. Sticking to the facts brings you back into the present where God can reach you and where the miracle happens. Be present for the miracle! As we would say in our support group each week, "How do you feel today?"

**\* Anticipatory grief is the feeling you get about the uncertain future. It breaks our sense of safety and robs us of our agency. It causes anxiety.**

Each week, in our support group, we said “No day but today”  
and it made its way into the musical RENT.

There's only us, there's only this  
Forget regret, or life is yours to miss  
No other path, no other way  
No day but today  
There's only us, only tonight  
We must let go to know what's right  
No other road, No other way  
No day but today  
I can't control my destiny  
I trust my soul, my only goal  
Is just to be  
There's only now, there's only here  
Give in to love or live in fear  
No other path, No other way  
No day but today

# #3 Stay Authentic



ULD BE FEELING

# #4 Protect your lifeboat

- Protect your lifeboat. Don't let anyone critique the way you row it and be careful whom you let in.



# #5 Listen With Love

## TIPS FOR LISTENING WITH LOVE

- Own your judgments
- Listen for the "whole truth"
- Does it need to be said by me right now?
  - WAIT
- The Unarguable truth
- Let love to stumble into the conversation
  - Ask for Directions
- Talk Less, Listen more

# Quotes from teens in quarantine

- Thank you for talking to us. When I listen to you, it feels like I am being refilled with mercy that I can distribute to others.
- Your words on the zoom call were so refreshing and impactful during times like these. You said, "We were never promised tomorrow, we just thought we were." The idea of being present for me will have a different meaning after this.
- One thing kept coming to my mind: the idea that we don't know what we don't know and that is OK, and while I agree, what we don't know is so much more than that, it is the door we can take to what we WILL know.
- I really, really needed what you said today and to be honest, you made me cry because it felt like you were talking to me and I just related with so many things you said.

'IST YSAE OT OELV  
OEPPELP HOW RAE  
YSAE OT VEOL  
EW SUMT NIDF A  
YWY TO OEV  
LAL HTE  
HSROTE

IT'S EASY TO LOVE  
PEOPLE WHO ARE  
EASY TO LOVE  
WE MUST FIND  
A WAY  
TO LOVE  
ALL THE OTHERS



# FILL IN THE BLANK

When this is over I will \_\_\_\_\_  
I love \_\_\_\_\_

# Today I Give Myself

- Nicer to everyone and not gossip about kids in school
- A person in pain; to sit down in the dark with my sorrows
- The solution  
because I need to understand my pain
- The arms to hold someone
- Angry and hurt
- A little nicer to my sister
- Less selfish
- A mature and responsible person
- Less than perfect
- A girl with curly hair instead of straight
- Gay
- What bullies don't want me to be
- Something someday



C U J Q W G V W P U Z F P Y S J V C I D L N O O U  
Y I M U A F A F C X H K B X D I Z K Y J R J G Z W  
H O G K A Z V J C N Q N Q D U H S C E V H L K I Q  
F P X R X O H A P U M C W T Q X Q Y T Q U T A H Y  
T M M U E K W A D C Z M O Z N R I V X I G W E K B  
X V F B M A T B L X C U H O U H N I T E M I A O P  
F B S N B P T N V L H J G R H Y P Q X Z X S Z A O  
H O V B I O T E Y V C Z S H N V X Y N T U V N G N  
O I A N T U A N R Y D O A X R U W T F B U W W M E  
L B Z X O M H Z T G G Q N O P F H Z P B P T R Y H  
C J S Q X Q N Q V Z O T N T C W Q H J D B T C W F  
H H H D U L E R H Y N O K T R H I M O N H L K J F  
A S J W W R L Y I J F Z D W B I K B F D C O X P O  
P P I T E H A K T J E A L X Y A B F P E A C E T K  
P K R Z G U L W S X E R B L G E R U O K A Y T T J  
Y I Y Q I C Y W O R K I N G T O G E T H E R D A T  
E L I C N D I A I K Z B K R N D G Z S E A F S Y C  
N G U U Z L B F A B P S Q H X Y V X M L V X I C I  
D S L M I P F Y P Y W L X S Q Q W H Z C D U Q B J  
I H Q T G Q M U O B Q M O X G B E R Z C Y W W Q K  
N B R I Q Q O K W X F S N K D Z A G L M F Y P K A  
G R U D A I W H J N P Y F D M C S M Q N J K E M A  
A T M Y D H H E L P I N G H A N D S O L W F O A Y  
I G J Q W S W G E P L B W R N U B V K H X N T D N  
P Y N K Z E M K K J A Z B H W F T E N L I I Y S S



C U J Q W G V W P U Z F P Y S J V C I D L N O O U  
Y I M U A F A F C X H K B X D I Z K Y J R J G Z W  
H O G K A Z V J C N Q N Q D U H S C E V H L K I Q  
F P X R X O H A P U M C W T Q X Q Y T Q U T A H Y  
T M M U E K W A D C Z M O Z N R I V X I G W E K B  
X V F B M A T B L X C U H O U H N I T E M I A O P  
F B S N B P T N V L H J G R H Y P Q X Z X S Z A O  
H O V B I O T E Y V C Z S H N V X Y N T U V N G N  
O I A N T U A N R Y D O A X R U W T F B U W W M E  
L B Z X O M H Z T G G Q N O P F H Z P B P T R Y H  
C J S Q X Q N Q V Z O T N T C W Q H J D B T C W F  
H H H D U L E R H Y N O K T R H I M O N H L K J F  
A S J W W R L Y I J F Z D W B I K B F D C O X P O  
P P I T E H A K T J E A L X Y A B F P E A C E T K  
P K R Z G U L W S X E R B L G E R U O K A Y T T J  
Y I Y Q I C Y W O R K I N G T O G E T H E R D A T  
E L I C N D I A I K Z B K R N D G Z S E A F S Y C  
N G U U Z L B F A B P S Q H X Y V X M L V X I C I  
D S L M I P F Y P Y W L X S Q Q W H Z C D U Q B J  
I H Q T G Q M U O B Q M O X G B E R Z C Y W W Q K  
N B R I Q Q O K W X F S N K D Z A G L M F Y P K A  
G R U D A I W H J N P Y F D M C S M Q N J K E M A  
A T M Y D H H E L P I N G H A N D S O L W F O A Y  
I G J Q W S W G E P L B W R N U B V K H X N T D N  
P Y N K Z E M K K J A Z B H W F T E N L I I Y S S

working together

all contribute

helping hands

greater good

happy ending

C U J Q W G V W P U Z F P Y S J V C I D L N O O U  
Y I M U A F A F C X H K B X D I Z K Y J R J G Z W  
H O G K A Z V J C N Q N Q D U H S C E V H L K I Q  
F P X R X O H A P U M C W T Q X Q Y T Q U T A H Y  
T M M U E K W A D C Z M O Z N R I V X I G W E K B  
X V F B M A T B L X C U H O U H N I T E M I A O P  
F B S N B P T N V L H J G R H Y P Q X Z X S Z A O  
H O V B I O T E Y V C Z S H N V X Y N T U V N G N  
O I A N T U A N R Y D O A X R U W T F B U W W M E  
L B Z X O M H Z T G G Q N O P F H Z P B P T R Y H  
C J S Q X Q N Q V Z O T N T C W Q H I D B T C W F  
H H H D U L E R H Y N O K T R H I M O N F L K J F  
A S J W W R L Y I J F Z D W B I K B F D C O X P O  
P P I T E H A K T J E A L X Y A B F P E A C E T K  
P K R Z G U L W S X E R B L G E R U O K A Y T T J  
Y I Y Q I C Y W O R K I N G T O G E T H E R D A T  
E L I C N D I A I K Z B K R N D G Z S E A F S Y C  
N G U U Z L B F A B P S Q H X Y V X M L V X I C I  
D S L M I P F Y P Y W L X S Q Q W H Z C D U Q B J  
I H Q T G Q M U O B Q M O X G B E R Z C Y W W Q K  
N B R I Q Q O K W X F S N K D Z A G L M F Y P K A  
G R U D A I W H J N P Y F D M C S M Q N J K E M A  
A T M Y D H H E L P I N G H A N D S O L W F O A Y  
I G J Q W S W G E P L B W R N U B V K H X N T D N  
P Y N K Z E M K K J A Z B H W F T E N L I I Y S S

working together

all contribute

helping hands

greater good

happy ending

Dear Covid:

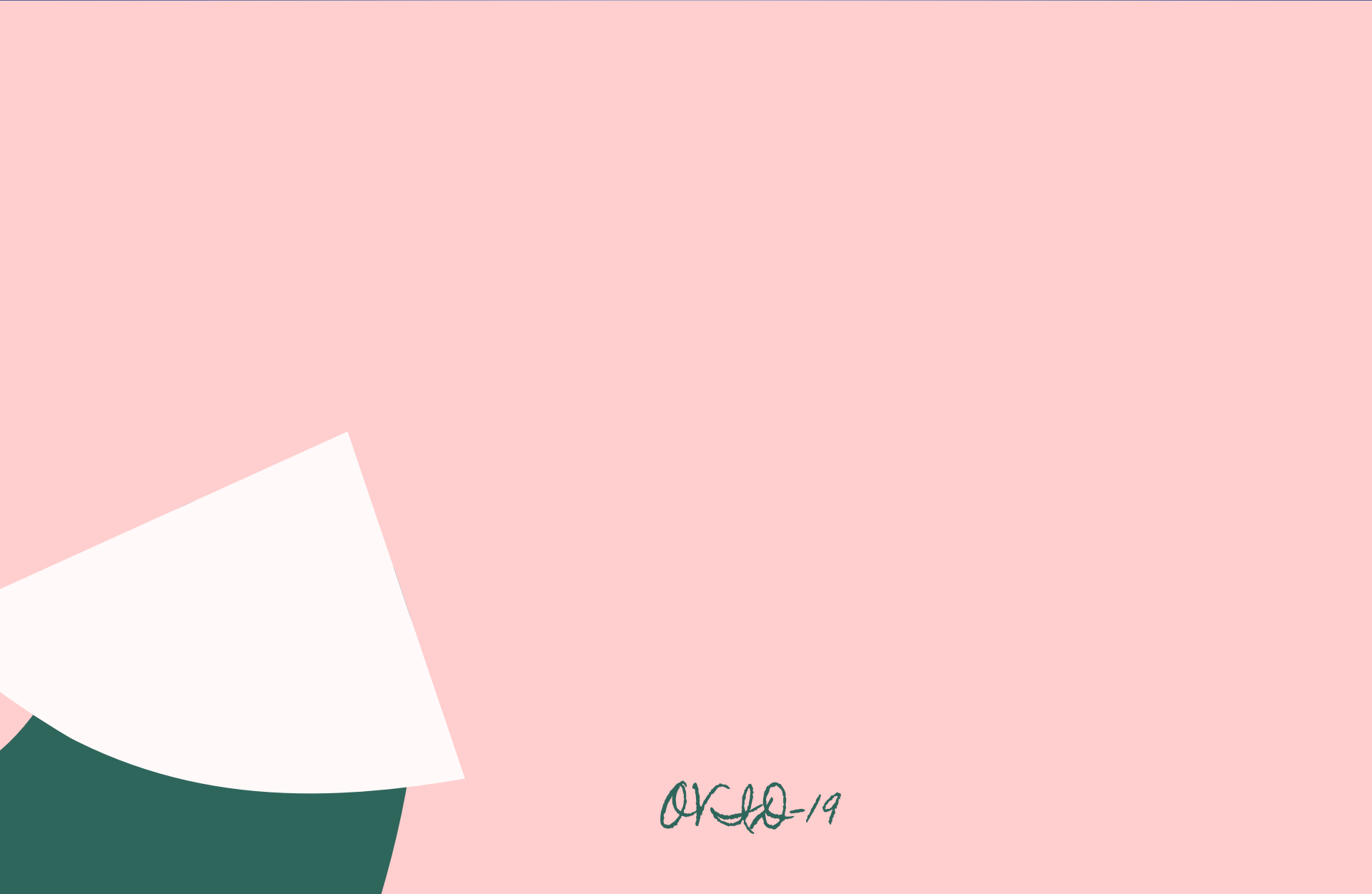
Why are you here?

sincerely,

Nora, age 11

**Dear Nora:**  
**I am here to show you how**  
**important your family is.**

**Signed, Covid-19**



OK 10-19



DEAR CORONA

I know many people will write you angry messages, but I am choosing to look at the bright side.

Thanks for making us slow down.

Thanks for allowing the ozone layer to repair itself. Thanks for teaching us new ways to connect and communicate. Thanks for making me appreciate even more than ever my loved ones and their hugs. Thanks for helping us prioritize what's really important in life.

CORONA'S ANSWER:

**YOU'RE WELCOME!**

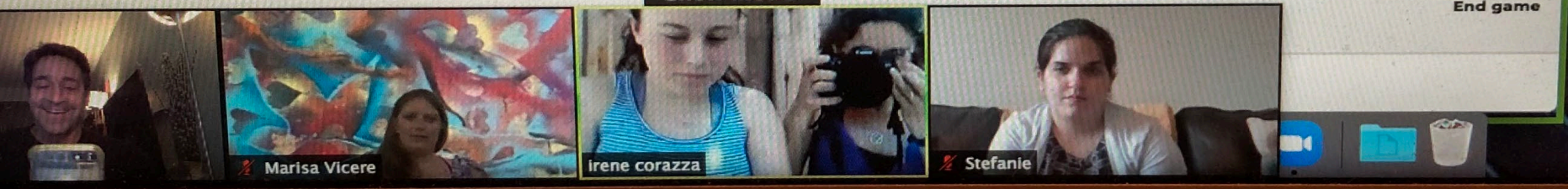
Tell me a word that describes something true and beautiful about you.

Next

Dope Kind Good friend  
Enough **honest** Caring  
awesome I am enough  
I love baseball!

Show media

End game



MacBook Air

Here is the link to the website that has the great facility to create real time word clouds.

<https://www.mentimeter.com/>



# ETGAR 36

*An American Journey*



# AFFIRMATIONS

- “I am completely loved because I am completely lovable.”