

# What We Want Adults to Know

## - Teens talk about their experiences during COVID -

- ▶ "Sometimes I have really good days with online schooling and sometimes I do not. I would love for adults to just say 'I know it's hard, but keep up the good work!'"
- ▶ "You would think that having so much time would make you motivated to do something, but it's almost like having all this time on your hands makes you feel like you don't have to do ANYTHING. It's 'un-motivating' to have no end in sight!"
- ▶ "There is not a lot of space in most homes and everyone's space is being invaded. Parents feel it, but the kids really feel it too. A lot of credit is being given to parents who are stuck with their kids at home all day, however, the same is not being said for the youth who are also stuck with their parents all day."
- ▶ "I might not be able to do everything normally right now. I'm not able to do everything that's best for my health, be as efficient in my schoolwork as usual, or keep up with everything that's expected of me. I'm doing my best, but need leniency like everyone else."
- ▶ "I feel for everyone who has been affected by this and I will never undermine the pain caused by a diagnosis or lost job or anything else that comes from this. But we need support too. I've been hearing a lot of things like 'we should remember seniors who were shipped off to war in Vietnam', or 'you shouldn't be crying because people are dying'... I understand that. But it doesn't stop the hurt that comes from knowing I'm supposed to walk across the stage in 2 weeks and can't. After working my tail off for 12+ years and dreaming of the moment when it's my turn to throw my cap in the air, all I wanted was to be able to spend those last moments with my friends, and now I can't."
- ▶ Senior night for soccer, prom with my closest friends, awards night, class trip to Washington DC, all of it is gone. I am extremely thankful that I am healthy and that I even have the opportunity to graduate and get an amazing education at a wonderful school, but it still stings. Yes, I'm lucky, but pain is relative and our sadness deserves validation, too."
- ▶ "Issues with parents have been amplified and students have no space to escape. (We are stuck inside, there is no way to leave, and privacy is limited.) In order to improve the mental health of youth, there needs to be a safe, secure way to talk to someone. But mental health lines are currently overwhelmed to the point you can't actually talk to someone. I did attempt to help a student where we stayed on a textline for 2 hours and were not able to talk to anyone."
- ▶ "We have lost loved ones. Our loved ones are fighting for their lives. We are fighting for our lives as we struggle with sickness, finances and food insecurities. We are all impacted in different ways. Don't forget to check on us. Be compassionate and kind."
- ▶ **"We are trying."**