



Inspiring youth today for a better tomorrow





# Inspiring youth across Colorado

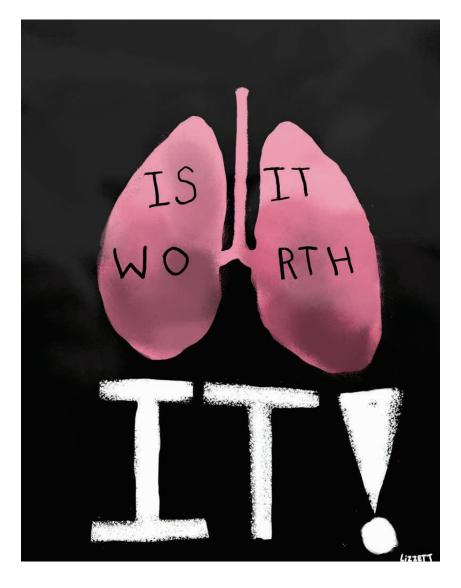
UpRISE is Colorado's social justice youth tobacco control movement. UpRISE supports 20 youth coalitions across the state. UpRISE is led by our Youth Action Board. These young people work to make effective social change in their communities by supporting tobacco control policy as well as addressing the root causes of youth nicotine use. Each year, the UpRISE Youth Action Board, along with adult tobacco control partners, plans and executes a statewide activity. This is UpRISE's third year, and despite COVID-19 programming impacts, UpRISE's youth leaders continued to meet and plan a Statewide Activity for all UpRISE youth to feel connected and empowered. After a year of incredible hardship and deepening inequities, UpRISE's Youth Action Board created an idea for an art book that could create a sense of belonging despite social isolation and highlight youth's voices of strength, resilience, and hope. This year's Statewide Activity is an art and poetry compilation centered around youth leading today and tomorrow, as a reminder that the work and passion done today will impact our future and young people should be proud and recognized for the work they do.



### We invite you to be inspired by youth today, and tomorrow.

Photo credit: Joint Youth Action Board and adult partner meeting January 24, 2021

# A Youth Perspective: Present and Future



# Lizzette Mireles-Dominguez

### Aurora, CO

Artist bio: Hello my name is Lizzett, I am 12 years old and I go to a program called Downtown Aurora Visual Arts (DAVA). I have always loved art and now that I go to DAVA I have experience with film and editing, I feel that I am able to take it more seriously now. Other than that I would say that I am a smart, creative, and interesting person. I like to step outside my comfort zone and take risks, I love talking and meeting new people. I am a big extrovert to say the lest.

Artwork Description: My work is about asking yourself before you start smoking the question "Is it worth it?" because I have seen the effects of smoking and it's not pretty. It can damage your lungs irreversible ways if you smoke for a long period of time. More and more teens are trying vaping and vaping sometimes can be just as bad. Vaping at a young age can give you short breath because your lungs aren't fully done developing yet. That can cause permanent damage to them in your adult life causing your lungs to stay little.



# **Ashley Duran**

Craig, CO

Artist Bio: I am a junior at Moffat County High School in Craig, CO. My main interests are doing artwork, being the voice for youth who can't speak up, and teaching kids. When I graduate I want to go into education or be a child protection worker so that I can help kids in any way I possibly can in making good decisions.

Artwork Description: I use my artwork as a stress reliever to calm the mind. I love to paint flowers as there are so many different colors and patterns to them. I use my artwork to show how I'm a proud person to speak up for myself and other youth who will be the generation to shape and change the world!

### You Are Not Alone



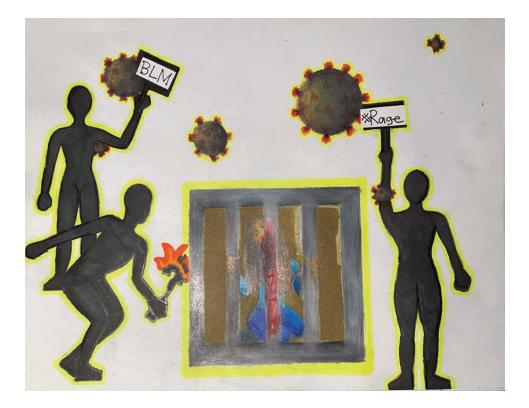
# **Bethany Taullie**

### La Junta, CO

Artist Bio: My name is Bethany Taullie and I am a Junior at Swink High School! My main interests are musical theatre, writing, helping others, and my relationship with the Lord! I am apart of many different organizations and clubs, such as the Colorado Youth Congress, Operation Smile, Health and Wellness, Drama, Choir, Student government, Future Christian Athletes, and Grow SECO entrepreneurship. I have also been a Girl Scout for 13 years and have earned my bronze, silver, and gold award! In the future, I hope to attend Colorado Christian University, learning about youth ministry, creative writing, and the performing arts!

Artwork Description: This is a short film called "Resources make a difference" that shows someone who has mental health resources at their school versus someone who doesn't, portraying the differences between their days, and how having mental health education can affect students.

I believe this perfectly represents how I see youth voices improving communities. I created this film through my Colorado Youth Congress Communications pod, a youth lead group advocating for a change. This film shows a youth voice, my voice, speaking on personal experience of how mental health resources can completely change someone's day, or even life.



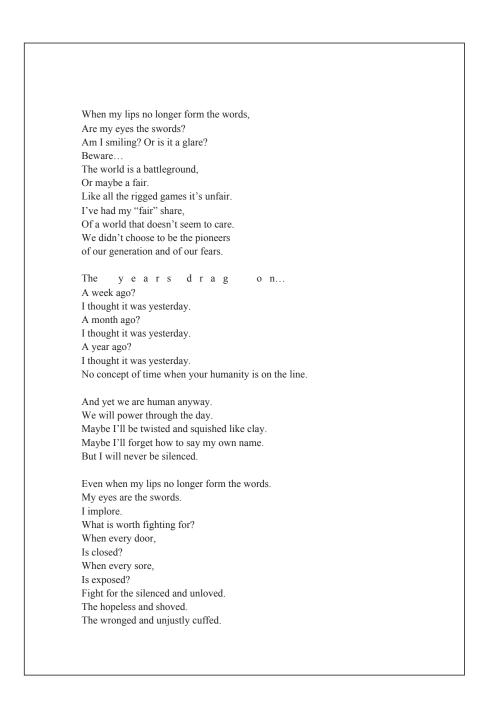
## Alora Martinez (She/Her/Hers)

### Westminster, CO

**Artist Bio:** I am a 13 year old amateur artist not trying to make a difference, but trying to make people realize their difference. I go to school at Moore Middle School. Some of my interests include painting, drawing, reading, writing, and hiking. I'm physically active in my community. I wrestle for Pomona Youth and am going to start Pomona Elite. I have three brothers and am the only girl. I want expand my creativity skills in different mediums.

**Artwork Description:** This piece signifies how I see this world in the 21st century. Where people once flourished in the presence of God, they are now destructing past and present signs of life. I believe Native Americans to be in the middle of all chaos. Stuck and unspoken, kept in the shadows. A part of myself lies there too, as that is part of my culture. Watching the world fall apart during this global pandemic. I want to change all theories about racial inequality. To show the public the missing piece of this puzzle, Which is that some people can change their ways but not others. And in that process it's good to remember that all lives matter. Everyone has their own opinions, ones that are often unchangeable. So don't try to change those you disagree with, change yourself.

#### Swords



Being human isn't always humane. Let's alter the game. Change the name. We might be insane. Or completely out of our brains. But when we are pushed out of our lane, And we can no longer form the words. Our eyes are the swords. We will fight back harder than before. Because That Is What's Worth Fighting For

## Makena Fox (She/Her/Hers)

Silverthorne, CO

Artist Bio: My name is Makena Fox. I am 16 years old and I go to Summit High School. I snowboard, snowmobile, dirt bike, and skateboard. I love to read, write, play guitar and sing, and hang out with friends. I want to do something with my life that's worth doing.

I want to change the world for the better. And the best way to do that, in my opinion, is through action.

**Artwork Description:** I love writing poetry. So I used my love to create something that talks about what we are going through during these times, how unfair if it all seems to be, and how we continue to fight despite the circumstances.

### **Finally, a Step Forward**

It's the deep maroon ensemble, the sweet mahogany curls illustrating the changing of the guard. A pointed finger is a salutethe faith in a future opportunity for black girls the world over. It's the rebuke of violence, the patience in the face of violence, the necessity of being just in the defense... the dedication. We stand before a barren field The soil, infertile: swords & fires litter it. The work is not finished. The deaths of the past will bring nourishment, we put out fires and pick up blades while we wait. Then comes planting, biodiversity is key; it's the only way to future-proof our plot. In my lifetime, it'll be a field of chrysanthemums and orchids, fruit trees of various species, bugs just under us doing there thing; as the Earth intended... and so we toil.

## Justy Robinson (He/Him/His)

Denver, CO

Artist Bio: Justy Robinson (born Justice Smith) is a multifaceted artist and content creator whose biggest life passion is to inspire the next generations into action, self-discovery, and learning to connect with other people. He aims to achieve these goals through writing plays, film, and television, direction of plays and movies, and acting in those same mediums. He is a founding member of "Don't Shoot the Zine," the writer, producer, and editor for "Dream. Create. Inspire's" YouTube series, #CreatorsOnly, Producer for the 5 Star News, and a Director on the Board of Directors for Creative Strategies for Change.

Artwork Description: My piece is a poem I wrote after Trump lost, and riding the high of surviving that four years.

### **A More Concerning Plague**

In the middle of this apocalyptic-seeming pandemic SARS-COV-2, better known as COVID-19, gets around by being shared But a more fearsome virus has been covered up And it turns out, it's been here awhile and everywhere

This undercover virus, which goes by the name of racism Roams around the streets unheard With many of those sick spreading it With their hateful actions and deadly words

Racism, a deadly plague, Racism, oh so vague Racial discrimination is its scientific name But this society proclaims it should be one who shall not be named

Doctors can't find a solution Scientists rummage for a cure It looks like the ones that must solve this Are those who are mature, who are ready to endure, ready to secure this virus, I'm sure

Awareness is the first step Activism is a must Keeping mindful in this will be your mask And without it spreads injustice and mistrust

So why do I get treated differently? Does the virus make people see darker, shades of skin as a threat? Does this justify them for <u>kicking</u> people like me? <u>Slapping</u> people like me? <u>Hitting</u> people like me? Does this give them the right to <u>rob</u> me, <u>pour acid</u> on me, or even light <u>me on fre</u>? It's happened to people like me, and I'm scared I am next on their list. I am scared my parents are next. My sister. My friends. Why? Why is this?

Why is it you love our food, but not the people who made it?

Why do you appropriate our culture and not take the time to educate yourself about it, or even credit us? Why is it, you send your corporations and government to our countries, and use and label us as cheap labor, just as you did in your own country not too long ago? Why does it take a gunman to open fire to our communities for this to start to be recognized? Why does this still happen?

And this does not just happen with me Not just with people like me. But everyone else who isn't like you.

So don't give me your ignorance And don't give me your denial to privilege You cannot feel what we feel, and this is a fact You made us this way And if you really cared, **you could do something to support us**. Give an effort to advocate us Call out the injustices you see Not only that, but BELIEVE that there are injustices. BELIEVE that we are as much human beings as you are.

You can blame us for the 'China-virus' or 'Kung-flu' all you want, but racism was all you. The only difference is that this time, you can't wait for me or anyone else to solve your homework.

<u>It's time you do yours too.</u>

### Adam Vu (He/Him/His) Denver, CO

Artist Bio: My name is Adam Vu. I am currently a freshman at DSST: College View High School. I enjoy going outside, playing sports, hanging out with friends, and using technology. I am a member of my school's student council and GSA. I aspire to be an active supporter and ally in the Denver community.

Artwork Description: My piece is all about the current rise in hate crimes pointed towards the AAPI community. I submitted this piece because it alarms and disappoints me how many people were blind-sighted with the injustices the AAPI and POC community face. I hope my work helps makes others inspired and informed of the hate crimes that people like me face and urges them to support us.

### **No One Has The Answer**

I wonder who made earth I wonder if god is real I wonder why we destroy our place: our planet I wonder what people would look like if they got to choose Their personal perspective

But no one has the answer

When I sit in my room on my bed at night, I think and I wonder I wonder what it would be like to be your own happiness I wonder what life would be like without family I wonder why I act like me I wonder who "me" is I wonder if anything actually cures the pain, People using drugs to feel numb I wonder what would happen and how people would feel if I was gone

But no one has the answer

And that's what's wrong We think we don't have answers but we do We think too hard about it and it becomes more of a question But no one mentions That we have the tension to answer our own question

So what we don't have an answer to is... Why do we look down on ourselves? If we are doing the best we can, Why do we lock ourselves in a cell?

### Jordyn Moore (She/Her/Hers)

Buena Vista, CO

Artist Bio: I am a student at Chaffee County High School. I am in 11th grade and love music and MMA. I would like to pursue becoming a barber, tattoo artist, and piercing specialist.

Artwork Description: This poem came out of thinking about how no one has the answer. Then I thought about times when I did not have the answer. I am a huge fan of Tupac and NF and music influences me. Poetry makes me think harder than I should.

#### Photography: Ivy Lynn Models: Veronica Rose & Sedona A. Moreno

Our generation has endured countless adversities, and still we rise. This photo series was taken in October 2019 and represents what future generations could look like if we do not take action on the climate crisis now. Little did we know at the time, this quickly became our reality. While La Amazonia, the lungs of our earth were in flames a global pandemic that attacks the lungs swept the earth at the same time. This somber symbolism reminds us of our interconnectedness with Mother Earth. We've had to cover our faces to protect ourselves from pollution and viruses, we've had to quarantine in isolation as we were forced to leave our schools and communities. Now more than ever young people are recognizing our inner power and strength as our resiliency is ever expanding. The possibilities are endless when we come together in solidarity to look at the root problems we are currently facing, and how we can mobilize to be the change we want to see in the world.

We are calling out systems and calling in people. Challenging racism, patriarchy, and greed on multiple levels. In our society when a tree has no inherent value until it is cut down we start to understand why capitalism is the root cause of the ecological crisis. Being so fundamentally disconnected makes it so that money can fuel the destruction of the earth, as profits are put above people and the planet. We must put an end to the harmful extraction that is threatening our current generations of young people. We are coming together to bring forth justice and healing by any means necessary! As we work to heal the earth, the earth heals us as well. Our hope, passion, and ambition burns bright, an inner flame that will spark the revolution! ~ Revolutionary Sedona

"Knowing that you love the earth changes you, activates you to defend and protect and celebrate. But when you feel that the earth loves you in return, that feeling transforms the relationship from a one-way street into a sacred bond." ~Robin Wall Kimmerer

# Sedona A. Moreno (She/Her/Hers)

Denver, CO

Artist Bio: Sedona is a healer and a warrior. She draws inspiration from her past experiences of adversity to fight for justice. Born and raised in Denver (the land of the Cheyenne, Arapahoe, Ute, and other native tribes). Sedona is deeply connected to the local ecosystems and communities. She recently graduated from Naropa University with her Bachelor's degree in Environmental Science with minors in Peace Studies & Yoga and certification in Permaculture Design. Sedona has been working as a Youth Advisor in Public Health for six years, first at Denver Public Health and now at the Colorado Department of Public Health and Environment, where she uplifts authentic youth engagement and empowerment. Sedona taps into her indignity and aims to decolonize through a multiplicity of modalities, including prayerformance, dance, spoken word poetry, community organizing, direct action, and healing ceremony. In 2019 she received the Rising Leader in Public Health Award from Public Health in the Rockies and in 2020 she received the Outstanding Student Leader of the Year Award through Naropa University. Sedona strives to heal seven generations back, and seven generations forward. Viva la Revolución!

Artwork Description: Artwork is a powerful form of activism. Utilizing perspective and embodiment when addressing social and environmental justice is an impactful approach to storytelling. This unique photo series has multiple meanings and helps us understand intersectionalities within the issues our current generation is facing.

### Earth Guardians (cont.)





# Grace Schoger (She/Her/Hers)

Buena Vista, CO

Artist Bio: I have been a part of UpRISE at Chaffee County High School for two years. I am a 10th grade student. I am mindfulness ambassador and have found many benefits to using mindfulness. I also enjoy riding horses and being outside.

Artwork Description: This reminded me of the messaging we use at my UpRISE group and our mindfulness practice. I wanted it to be a positive and colorful message to keep an open mind.

### **The Perfect World**

I like to dream of the perfect world.

My dream is like tranquil energy that gives my blanket the power to keep me warm.

Maybe it exists to satisfy me and my silly fantasies, but it sure does give me purpose.

The perfect world belongs to all the people, all the animals, all the organisms. The perfect world loves everyone the way they are, and welcomes each child with open arms.

In the perfect world, there is room for doubt, reason, and argument. There is room for everyone to speak up without fear of getting ridiculed. It is okay to know and to speak about it, and it is also okay to not know and still be learning about it.

It is okay to be stupidly confident or irrationally shy.

It is okay to apologize. To cry and to express vulnerability. It is okay to be humane.

The perfect world tells you that it's okay to be ugly sometimes. It's okay to be "average" and it's okay to be extraordinary. It's okay to be true to yourself.

In this world, discrimination never crosses the line of natural human behaviour, never reaches the point that it's a worthy opponent to pure evil. There are no delicate strategies for petty oppression, and no intention to abuse. Where there is conflict, there is promise of solution or compromise. Understanding and cooperation.

The perfect world has countless imperfections, but for once, the perfect part comes from us. We are those that work together with rational reasoning, motivation, and no ill intention. We are those that unite for a purpose: betterment and equality. There is no one who aims to exploit the disadvantaged, and only those who want to use their power to contribute to society.

In the perfect world, the palette of each of our extraordinary shades mixes together and creates a beautiful, vibrant colour that shines as bright as the stars above.

The perfect world calls it "human."

# Veena Raigaonkar (She/Her/Hers)

Highlands Ranch, CO

Artist Bio: My name is Veena Raigaonkar. Originally from India, I currently reside in Colorado and go to school at STEM School Highlands Ranch. I'm proudly multilingual and one of my greatest passions includes learning languages and finding connections and patterns between them. Though I'm not great at them, I love playing all sorts of sports and enjoy the outdoors. I also like exploring and listening to different genres of music.

**Artwork Description:** "The Perfect World" poured out straight from my heart onto this paper. I submitted this to UpRISE because I saw it as an opportunity to let others with similar struggles and dreams know that they are not alone. To me, the most important aspect of my piece is the fact that I was able to successfully speak out about what I have to say about this world. I believe that the world is a wonderful place, and that we can still save everything wrong with it if we come together with an adhesive that is a bit stronger than superglue.

### Apologies for the destruction. Sincerely, humanity.

Our planet is dying, if we don't do something about it *now* we won't be able to stop it. Every single day something dies, because of what we have not done. We are wasting precious time arguing about whether it's real or not, when there is scientific *proof* that the climate *is* in fact changing and the globe *is* warming. Icebergs are melting,

and the polar bears are starving, some animal is choking on that piece of trash that "wasn't a big deal"

If we all continue to disregard this issue, nothing will change. We must act, and it must be now.

Its time to change our lifestyles and die hard habits. Get a reusable water bottle, bring your own bags when you go shopping, pickup trash when you see it.

In only sixty years, humanity has created 8.3 billion tons of plastic, It could take four hundred years to break down what has been produced. That is over six times the amount of what the time it took to make the plastic.

Stop acting like this is normal. This is your life, and your planet.

# Belen Roof (She/Her/Hers)

Silverton, CO

Artist Bio: I am Belen Roof and I am a junior at Silverton School in the teensy town of Silverton, Colorado. I like to ski, run and play soccer, and I also have a creative side that enjoys writing and painting.

Artwork Description: My piece is about climate change and the urgent action needing to be taken. My generation has been given the responsibility of taking care and repairing the earth of the damages previous and current generations have left behind.

#### Murals

Young people tapping into their creativity is truly empowering. I have always been connected to graffiti and street art and have expressed myself through my art. Now, I also see art as a form of activism and liberation. These murals are special to me because this was a community mural project my wife Sedona and I led, and we had the help of young people in creating this chakra series, which is located in the main parking stairwell at Denver Health.

The purpose for this artwork is to find balance and healing on a physical, mental, emotional, and spiritual level. As people start at the bottom level with the Root chakra (Muladhara) developing their safety and sense of an embodied, physical self, we make our way up past the Sacral chakra (Swadhisthana) tapping into our creativity and sensuality, then on to the Solar Plexus chakra (Manipura) where we step into our power and ambitions. In the middle of the chakras is the Heart chakra (Anahatta) where we unlock true love and compassion, making our way up to the Throat chakra (Visuddha) where we can freely express our highest truths. The Third Eye chakra (Ajna) is all about insight and wisdom, and lastly the Crown chakra (Sahasrara) is our connection to the Divine, to our spirituality, to the cosmos. Walking up or down the stairs is a journey through the chakras, and a chance for self reflection and inspiration through art.

Drawing from the ancient wisdom of the chakra system, we wanted to invoke this healing artwork in a place where people come when they are sick, not feeling well, or out of balance. It is truly an honor to share my artwork with the community and empower other young people to co-create these murals. I am so grateful for Denver Health in uplifting authentic youth engagement by supporting and funding projects like this. The power and wisdom young people hold is often overlooked because of our age and power dynamics in our society. Now as I grow older I think of how the adversities and traumas I have overcome have contributed to the strong, resilient leader I am today, and the knowledge I can now share. I see the powerful potential in young people to shape their current and future generations. Connecting to my roots and grounding in gratitude for mi cultura y mi familia, I extend my passions towards the cosmos, and shine my light within through my creativity and dedication to growth. ~Jovanny aka **BUEK** (Build Unity Empower Knowledge)

"Árbol de la esperanza, mantente firme. (Tree of hope, stand firm.)" Frida Kahlo

### Jovanny Moreno-Castelan (He/Him/His) Denver, CO

Artist Bio: My name is Jovanny Moreno-Castelan aka BUEK. Growing up, I was influenced by my environment and the oppression and injustices I experienced in my community. My name used to stand for Bloods United Exterminating Krabs, and now it stands for Build Unity Empower Knowledge. While I stay true to my roots, I have grown and realized we need unity to create change in our hood. We need to uplift creativity and encourage young people to tap into their strengths and passions. Artwork has truly helped me evolve as a person and give me a powerful outlet for expression. Now I am building generational wealth for my family and being a positive influence and mentor for other youth in my community. Viva La Raza!!

Artwork Description: I submitted this artwork because it is a special reminder of the power of young people coming together to create change or inspiration in their community. Also, now more than ever we need to honor and support young peoples' health and wellbeing. With everything going on in the world it is important to find balance and healing.

# Murals (cont.)







# Avery Kennedy (She/Her/Hers)

Westminster, CO

Artwork Description: She looks forward to time with friends and family and seeing people smile.



**Alayna Nye** Trinidad, CO



**Alliana Longoria** Trinidad, CO

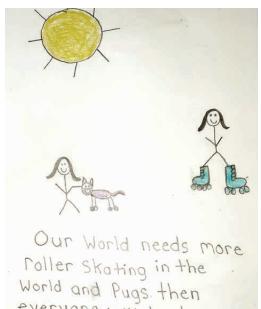
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Ben Peirce Trinidad, CO

I would Say that because the pandemic My friends and I Can't Come within 6t 50 we Can't hug like we used to Before Pandemic Daring Pandemic 6*f*+

# **Daniel Rodriguez**

Trinidad, CO



# Heather Hill



**Ashton** Trinidad, CO



**Kyle Nye** Trinidad, CO

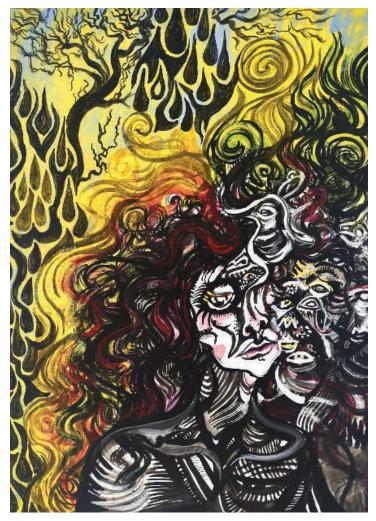


# Kayden Longoria Trinidad, CO



**Jaidyn Trujillo** Trinidad, CO

# Mental Health and Wellbeing

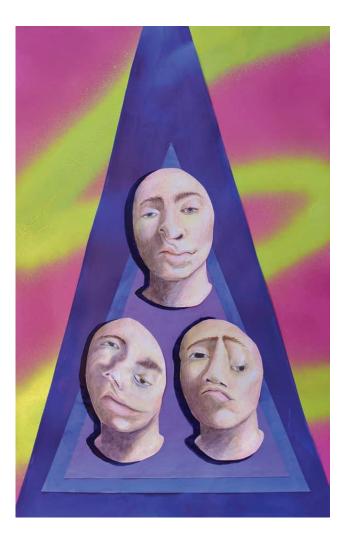


# Isabel Marie (She/Her/Hers)

Colorado Springs, CO

Artist Bio: I am a mixed media fine artist currently working and living in the CO Springs area. I love to dance, heal, deepen, learn, and play. My artwork is an expression of my personal rejections, adaptations, mutations, and remembrances of who I am in relationship to love and light. My personal mission is to bring consciousness to the aspects of myself that feel unworthy of love, release my projections, and be fully present in my truth. Texture, gross stuff, and weird methodologies fuel my love of art! Through my work I develop a textural representation of humankind's less than glamorous relationship to the natural world, alluding to the hypocrisy of colonialism and the slight glint of hilarity in the chaos of it all. I've been an artist since I was five and I still love it. (;

Artwork Description: This piece is titled, "Thought Selection is the New Natural Selection." It was created as a response to feelings of deep inadequacy as well as patterns of anxiety, depression, and codependency in my life. In exploring the emotional wounding held in my past through this mixed media work the harsh inner realities created from childhood trauma and emotional neglect surfaced onto paper. The feminine, is depicted wearing her many masks of maya, illusion, surrounded by emotional movement, creation, and reconciliation through the acute suffering of her inner wounds. She is a call for us all to respond with compassion. To accept pain, hold space for each other, and release what no longer serves us. There is suffering in divinity, but there 26 is always more light, and the feminine principle teaches us how to balance both these aspects of reality.



# Gabrielle French (She/Her/Hers)

Broomfield, CO

Artist Bio: I'm a 17-year-old student at Stargate High School. For my entire life, artistic expression has been central to my identity. I grew up learning about the world and myself through art. As a creative jack-of-all-trades, I love pouring my creative skills into meaningful endeavors. I have experience with graphic design, photography, painting, drawing and printmaking. Creative problem solving also drive my interest in politics and activism. I value my empathy for others and my willingness to fight for things I believe in. In my free time I enjoy watching movies, reading books, and hanging out with my labradoodle.

Artwork Description: This multimedia piece, picturing three distorted heads, represents the disorientation of a constantly shifting identity, which many young people experience. I aimed to communicate this feeling by using an unsettling "fun house mirror" effect on the faces. I think this is a common experience many teenagers have as they are trying to figure out who they are and do a lot of developing and changing over their teenage years. This phenomenon is only intensified by the fast paced and highly connected world we are growing up in, where social media and the internet heighten our sense of identity and individuality.



# **Chloe Knickrehm**

Breckenridge, CO

Artist Bio: Hi! My name is Chloe. I'm 17, I'm a Junior at Summit High School, I like learning languages, finding new ways to express myself, and experimenting and creating art! Since I don't like to use my voice as much, I found that communicating through my artwork is how I can connect with the people around me. My artwork is more abstract and not as realistic because I like to show the imperfections of things in life, and how not everything is as picture perfect as some might think. One of the things I like communicating the most is how different issues affect people, such as drug abuse, which includes my experiences of witnessing people go through the struggle of drug abuse, as well as watching them come out of it.

Artwork Description: The artwork was created totally with oil pastels, and old vape pens that were donated. This piece communicates how the struggle of drug abuse affects the users, and how eventually it totally consumes and controls with no escape.

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	Be stronger than smarter or other way around
	Smarter than stronger
	l is a year to be strong having to live behind a mask is a real pain the ass
	marter than stronger because Death is a real threat
	ng in dreams to see people's faces is a real dream
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## Tyler Tingle (He/Him/His)

### Buena Vista, CO

Artist Bio: I am a 10th grader at Chaffee County High School. I play baseball and spend time with friends. I would like to become a fire fighter and help save lives.

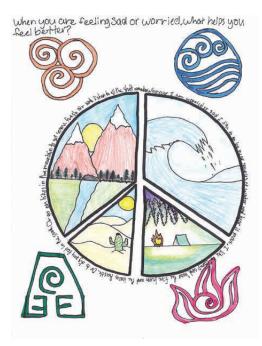
Artwork Description: I created a poem using the theme of smarter and stronger. I wanted to use rhyme and rhythm to get my message across. I am inspired by Virginia Wolf and using poetry to connect with others.



**Jasmine Perea** Trinidad, CO



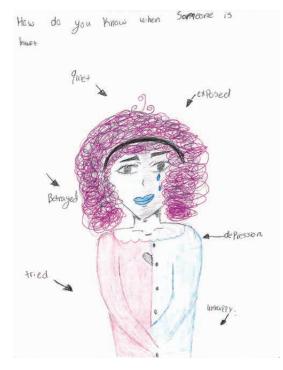
**Angela B.** Trinidad, CO



# Shadee Hosseinzadeh



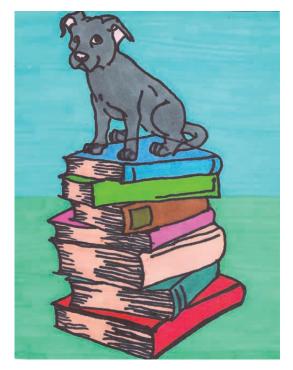
Hayleigh Sandoval Trinidad, CO



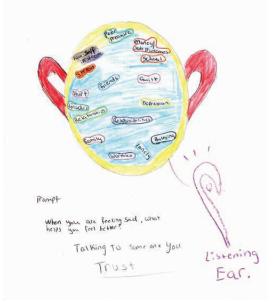
Leilani Kulczyk



Adra Shaver Trinidad, CO



**Ayden Glover** 



Ariana Apodaca



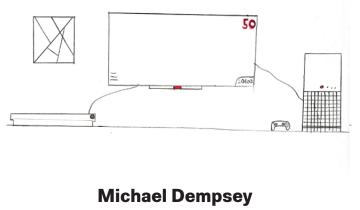
Trinidad, CO



# Autumn Mashburn









# Miriam Guzman Diaz

Trinidad, CO



# Andrew Aragon



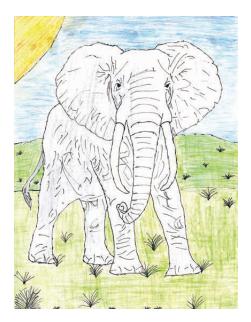
Jesse Gegelman

Trinidad, CO

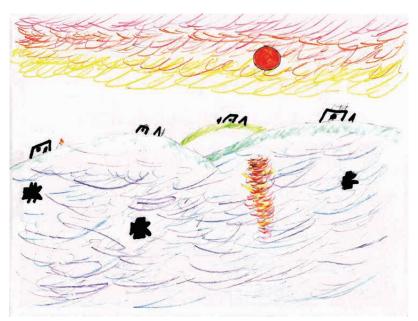
When I'm Sad, I like to Play tag with my friend Daniel auround the tree.



Rorke Meadows Walsenburg, CO



**Amy Diaz** Trinidad, CO



**Robert Sandoval** Trinidad, CO



Billie Jean

### **Elizabeth Vigil**







Xavier Pierce Trinidad, CO



Breanna Lopez Trinidad, CO



# **Ciara Turpen** Trinidad, CO



**Megan Pierce** 



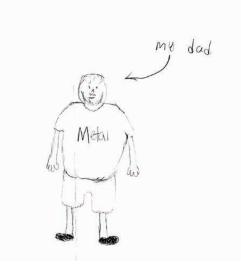
**Kiayanna Valdez** Trinidad, CO



**Bianca Lopez** Trinidad, CO



### Faith Mason Trinidad, CO



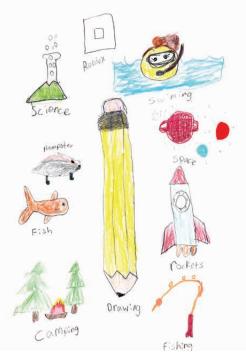
# Samuel Kelch



### Wyatt Kelch Trinidad, CO



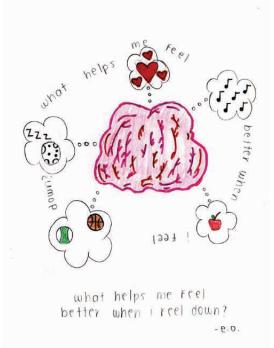
**Elijah Torres** Trinidad, CO



**Mary Armijo** Trinidad, CO



**Laura Sollano** Trinidad, CO



**Elyssa Ortiz** Trinidad, CO



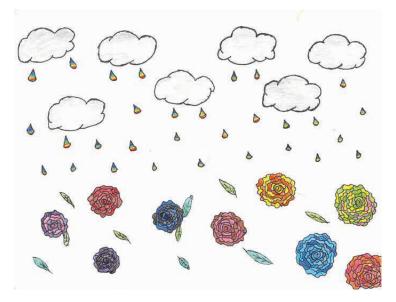
**Layla Vigil** Trinidad, CO



**Max Hillman** Trinidad, CO



# Victoria Tremcoso



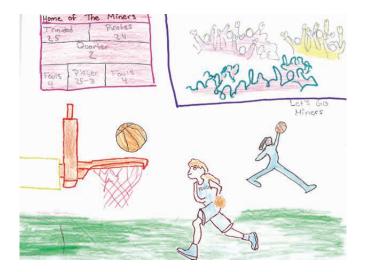
Sativa Eberle Trinidad, CO



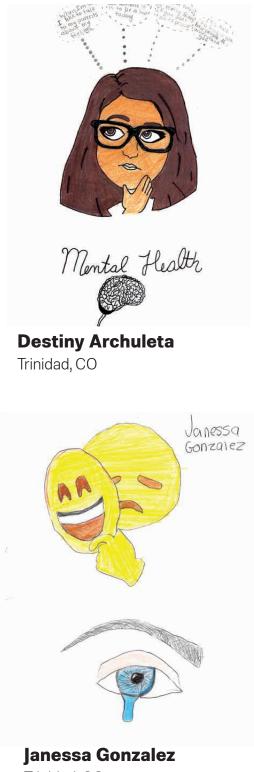
Yareli Chavez Trinidad, CO



### **Naveah Culbertson**



Sara Choate Trinidad, CO





**Princeton** Trinidad, CO



**Rio Romero** Trinidad, CO



Alex Segers Eads, Co



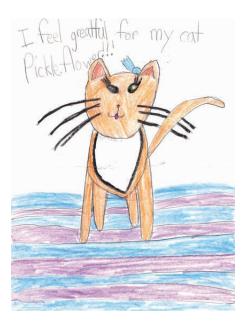
#### Angel Cortez

Trinidad, CO

What I want adults to know about teen mental health is that even though everybody around us is happy, that doesn't mean others will be. Teens go through their own struggles and would like for their mental health to not be compared to others.



#### **Diamond Tufoya** Trinidad, CO

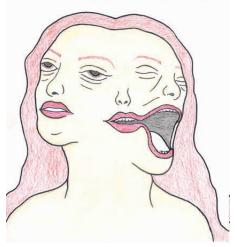


# **Charlie Grace Kelch**

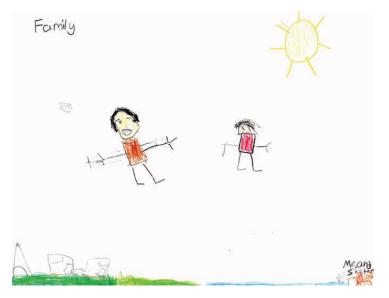


Adriana Perez Trinidad, CO

What adults should know about a teens mental health ...



Jaime Sanchez Trinidad, CO



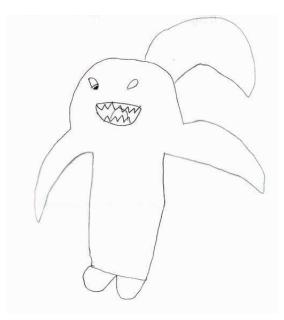
### **Abbie Armijo** Trinidad, CO



# Jessica Atencio

Anxiety Anter Stress Wolfy Work and Anger Stress Horry Wolfy Work and Anger Stress Stress Wolfy Work Wolfy Anger Stress Stress Work wolfy Anger Stress Stress Work wolfy Anger Stress Stress Work wolfy the stress S Joley -AKE SMILLE

**Micah Davis** Trinidad, CO



**Levi Kelch** Trinidad, CO



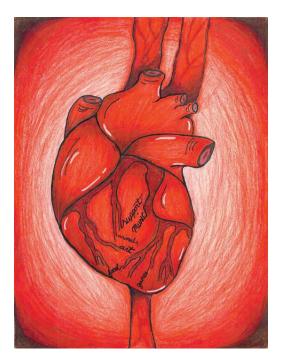
**Phoenix Bennam** 



Xayla Peets Trinidad, CO

What Makes me happy, Being together with my family, They make me laugh, hanging out with my mom, brother, and dad, When I think about the fun we had, I smile and I'm more happy when I'm alone with their memories I'm never alone.

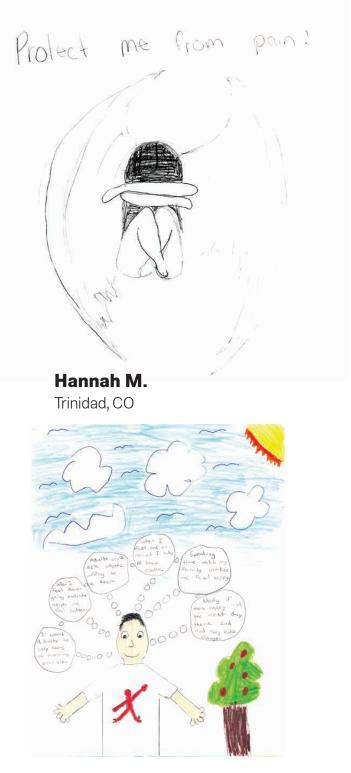
**Engel Smith** Trinidad, CO



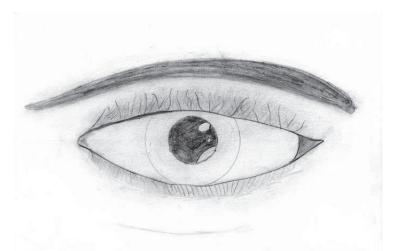
**Teah Ortivez** Trinidad, CO



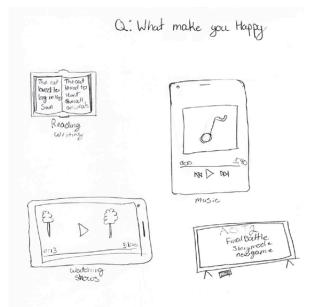
Alex Cruz Trinidad, CO



# **Michael Archuleta**



Malachi Sandoval Trinidad, CO



### **Boothina Gonzalez**

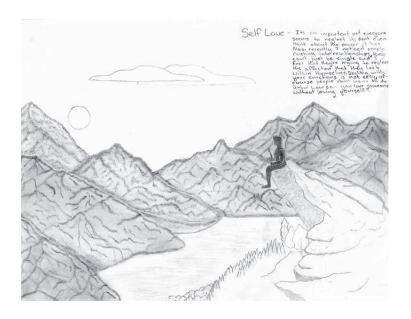
Boncarbo, CO



ILT'S rother have lovally then love cause love Don't really mean Jack. See love is Just a feeling You can love somebody and still stab them in they back."

### Isaiah Sanchez

Trinidad, CO



#### **Jason Tafoya** Trinidad, CO



# Anonymous from YAASPA

Aurora, CO



**Anonymous from YAASPA** Aurora, CO



### **Anonymous from YAASPA** Aurora, CO



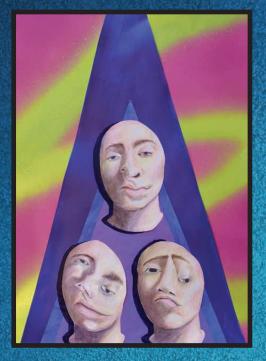
**Anonymous from YAASPA** Aurora, CO



**Anonymous from YAASPA** Aurora, CO



**Anonymous from YAASPA** Aurora, CO











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www.upriseyouthmovement.org