

AUGUST  
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# teen talk

N E W S

what's your

# Relationship with yourself & with others

## relationship with yourself

You always hear people say to have self-esteem, but what exactly is self-esteem? Is it the same as "confidence"? Self-esteem is the value that you think you are worth. Now, does that mean that it is beneficial to have high self-esteem? Not exactly, because with an overly high self-esteem, you may not reflect on your flaws and will often overestimate yourself, leading to an arrogant personality. But that does not mean that you should have low self-esteem. With low self-esteem, you will often only think of your weaknesses and not your accomplishments or successes. You might be in doubt of your capabilities. Then what does it mean to have healthy self-esteem? Healthy self-esteem is when you reflect on your flaws and weaknesses yet also have a positive outlook on life by acknowledging your talents. This way, a balance can be achieved, and you can have a more accurate view of your self.

How can you maintain a healthy self-esteem? First of all, you must set realistic goals in life. Setting a goal that is hard to achieve will make you feel that you are worthless, while setting an easy goal will make you feel accomplished and superior. It is also important to maintain a healthy diet and lifestyle. With a healthy diet and lifestyle, you will feel better about your body. Keeping journals, blogs, or diaries to record reflections of what happened or how you feel will also help with healthy self-esteem. Having a healthy self-esteem will be easy if you maintain a habit of doing so.

BY JANET LAM

## the last page of a book by Wendy Ye

A few months ago, when my best friend broke up with her first boyfriend, she became horribly distressed and depressed. I still remember picking up my phone that night after her break-up and hearing her distinctive voice gasping for air while hysterically crying. It was my first time to ever hear her like that. Even over the phone, I recall myself feeling her excruciating pain. To anyone, teenagers, adults, and celebrities alike, a break-up is something awfully painful to endure. Many times, after a break up we feel empty, lost and confused. We often feel inadequate, unwanted and unloved. We question ourselves and wonder what had we done wrong for it to end. To every relationship, though, it is different. But what is universal to all, is the step to "build a bridge and to get over it." What is then the key to move on and feel at ease again? Many people say, time is the key but I strongly disagree.

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CHARLES B. WANG  
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# HEALTHY RELATIONSHIPS

**Before the teenage years,** interactions between peers are limited to the classroom and the playground. As a teenager, romantic interests may surface, forming a connection and commitment between two partners who are attracted to each other.

This commitment is known as dating, a form of courtship and social interaction where two people build a mutual relationship. In dating, a compromise is made by both partners to meet the other person's needs. In a relationship, teenagers are provided with the opportunity to mature as a person since dating helps them to set a foundation of independence.

**In a healthy teen relationship, the partners should be able to enjoy and to feel good about themselves.**

In addition, trust and honesty has to be established. Both partners should be able to comfortably communicate with each other in an open manner. In a disagreement, discussion is handled without fear. In an unhealthy relationship, at least one of the partners commonly feels a lack of trust and respect. This may lead to abuse, emotionally and physically.

Teens should know that they have choices and the power of shaping their futures is in their hands. With that in mind, they can undergo the dating process, sharing life's sweets with a significant other.



**BY: BRIAN WEI**

## Building Healthy Relationships

### TIPS FROM ALVIN WEI



## Relationships are an essential part of healthy living.

Having healthy relationships has the potential to bring joy to people's lives and ease stress.

There is a variety of different relationships one may have, ranging from dating to family relationships even to the relationship one has with a teacher.

To cope with these relationships, here are basic tips to build and maintain them:

### 1 COMMUNICATE

Communication is a valuable component in relationships. Listen attentively and give earnest responses. Be sure to share what you feel and ask questions so you can understand a person better.

## 2 HAVE REALISTIC EXPECTATIONS

People may not turn out the way you want them to be. Accept people as they are and try not to change them.

## 3 BE FLEXIBLE

As people grow, changes come along with them. It's important to allow change and growth to maintain relationships.

## 4 BE DEPENDABLE

Following through plans shows responsibility. Being responsible shows trust, a strong sign of healthy relationships!

## 5 TAKE CARE OF YOURSELF

You may try hard to please others so they will like you. Don't forget to please and take care of yourself.

## 6 SHOW WARMTH & APPRECIATION

Showing fondness and warmth is another strong indication of a healthy relationship.

## 7 FIGHT FAIRLY

Conflict may arise in relationships. Resolving these problems involves finding time to talk about the situation, listening to each other, and working together to overcome these challenges.

## 8 BE YOURSELF

Showing your true personality allows the development of a real relationship. It is much simpler and enjoyable to be yourself instead of impersonating someone that you are not. Healthy relationships involve honesty and trust, and being you is one way to show it!

# RELATIONSHIP WITH PARENTS



People love their parents, that's a given. However, when they grow up, people—especially teenagers, might find difficulty maintaining a healthy relationship with their parents. If you face the same problems, here are some tips to help you rebuild a bond with your parents:

Express your appreciation for your parents, especially since your parents have done so much for you. Even though you might find your parents annoying, they will still love you nonetheless and do whatever they can to show their love and try to make you happy. Even a small “thank you” or a “hug” will be appreciated.

### Be honest about who you are and what you want.

Conflicts between parents and teens are unavoidable, but explain to them what you think and why you choose to think that way. Slamming the door and yelling definitely won't help. Try talking to them like as a best friend. When you talk to them they will feel your trust. In return and over time, they will trust you and let you have your own freedom.

BY: XINGHAI ZHANG

relationship with others

## romantic involvement

You just can't avoid it. No matter where you go, there's always at least one couple, from two middle schoolers to two elderly people, staring deeply into each other's eyes and holding hands. You can feel the love coming off of them in vibes.

As teens, we're all growing up, slowly transitioning into adulthood. Suddenly, your friends are dating and canceling plans to spend time with their significant others. And when they're together, you feel like the third wheel, just some random person tagging along. You feel pressured to find someone, so you can fit in.

**Don't cave in**—there's definitely someone out there that's perfect for you. You shouldn't feel pressured to do something that you're not ready for or you don't want to do. People change over time and thus relationships change. Take your time and find someone that you're sure about, not someone for the sake of salvaging a friendship or your image.

BY: LUCY YANG

## the last page of a book

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***In my opinion, the only way to truly eliminate those leftover feelings is through acceptance.***

To accept he/she is not going to come back, is not going call or text you and tell you she/he misses you. To accept how you are now. When my best friend broke up with her boyfriend, I was absolutely clueless on what to do, how to soothe her pain and, most of all, how to make her happy again.

Despite my lack of personal experience I was determined to help her cross this minor obstacle in her life, and so, for my best friend, I did some research and allocated to what my opinion was the four best ways to accept what has already gone:

### ***1. Resist the compulsion to contact him/her:***

Don't go and call him/her or text him/her even with the strongest urge to do so. It will only create more heartache when he/she hangs up and finds you annoying. This is what my best friend did — when she did feel the strong impulse to contact him she would write a letter to him and after venting all her regrets on paper, rip the letter and throw it away.

### ***2. Turn away from your past and look ahead towards the future:***

Instead of staying locked up at home and rewinding the memories—go outside and look for new activities, join a school club, or team. Meet new people and have fun! Seek friends and make new memories with them!

### ***3. Don't blame yourself:***

I encourage you to not to focus on your faults of the relationship and, on the whole, remember his/her mistakes too.

### ***4. Be confident:***

In my opinion, this is the most important, must-follow, path to acceptance. To stay confident, to understand it is alright. To know you are still amazing, awesome and attractive. To still feel worthy and positive. To be able to say: "It's their loss that I'm still not in their life" and to know down the road there will be so many other individuals dying to know your name.

As of now a few months later, I think my best friend is doing okay. A large portion of her happy-go-lucky and optimistic personality has come back and I'm genuinely happy for her. Some days she'll be reminded of him and talk to me about him but there are no more long sobs and strong heartaches.



I know one day, I hope pretty soon, she will look up to me and complain how silly she was to be upset over such a dull guy. Till then, I'll still be by her side—worrying about my APs and SAT while listening to her vent. I never said accepting the present is easy but it is definitely possible. Take it slowly second by second, minute by minute, hour by hour, day by day, and before you know he/she won't endlessly occupy your mind. Oh and don't forget:

**“Every little thing is gonna be alright.”**

**BY WENDY YE**

**The mission of the Teen Resource Center (TRC)** is to provide information and support to the Asian American adolescent population through health education, youth programs, & activities. TRC is a project of the Charles B. Wang Community Health Center, which provides primary care and support services to everyone regardless of their ability to pay.

#### **Programs:**

**Teen Advisory Committee (TAC)** Once a month, TAC gets together to make sure TRC materials are teen friendly and to get involved in planning our programs to benefit the teens in YOUR community!

**The Community Service Learning Program** is a paid 6-month (March through August) internship-training program for youths ages 15-19. The program aims to provide youths an opportunity to improve their life skills, such as public speaking, stress/time management, negotiation/communication skills, through service learning projects.

**trc**  
TEEN RESOURCE CENTER

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