

Topics

The Teenage Handbook Competition wants you to create artistic expressions by teens for teens to provide a teen point of view on teen issues. These issues can be about anything that is relevant or important to you.

Here are some questions that may help you with a topic or issue!

Life at school

- What is life like at school? What is your typical day like? What do you like about school? - Have you had a hard or easy time transitioning to middle or high school? - Have you recently moved? Have you moved to a new school? How has it been making friends? How do you like the culture at your new school or neighborhood?
- How is the school lunch and cafeteria?
- What is your reputation at school? Is it fair? Can you change your reputation? - What do you love about school?

Teachers

- Do you have a teacher as a mentor? What is the relationship like and how did it arise and evolve over time?
- Have you gotten in trouble at school? Were you at fault? Were you unfairly blamed? - Did you do something silly at school? What happened?
- Do you feel that teachers really listen to students? How can it be improved?

Friendships

- Have your friend groups changed over time? Why? How do you feel about it? - Have you had friends pressure you into doing something you didn't want to do? - Do you wish you had "better" friends? What does having "better" friends mean? - Have your friends ever betrayed or disappointed you?
- Have you ever betrayed or disappointed your friends?
- Have you had any issues with significant others?
- Do you love hanging out with your group? Why is that?
- If you had the chance to tell your friends something without being judged, what would you say to them?
- What do you do when you are upset with a friend?
- Do you have a BFF? Do you need a BFF? What does having a BFF mean?

School events

- Do you feel like you are missing out at parties or other social activities? - Does your school have twins-day? Do you like it? How does it make you feel? - What is your favorite school event?
- Do you go to the school dances? What do you like or not like about them? How does it make you feel?

Self identity

- How do you self identify?
- Do you think others stereotype you? Do you play up to or try to break that stereotype? - How do you think others see you? Do you care? Does it matter?
- What are your thoughts about the social groupings at school? Where do you fit? Does it matter?
- Have you ever been embarrassed or humiliated at school?

Mental Health

- Have you suffered or recovered from any mental health issues?
- What makes you anxious or fearful? How have you dealt with it?
- How would you advise your friends if they were anxious or fearful?

School work and life after school

- What is preventing you from doing better at school?
- Are you struggling at school? Do you want to do better? How does it make you feel? - What subjects do you dislike? What would make you like them?
- How do we have better conversations about controversial topics at school? - Are you doing great at school? Does that make you happy or sad?
- Do you feel that your parents have unfair or too high expectations of you? - Do you think you may not be able to complete high school?
- What are your plans after you graduate high school?
- How are you feeling during the college application process?
 - Do you feel like you won't be able to do what you really want to do after school? Why?

Managing time

- Do you struggle managing technology?
- What is your relationship with technology or social media?
- Do you find yourself doom scrolling or spending too much time on youtube? - Do you have problems with procrastinating?
- Do you have a part time job and how do you balance that with schoolwork? - Do you have to take care of your grandparents, parents or a sibling? - Do you have to juggle school work with a part time job?

Sports

- Do you play on a sports team at school or club? Do you enjoy it or hate it? - Do you feel like you get enough time on your sports team?
- Do your parents force you to play and compete in sports?
- Do your parents give you a hard time if you don't play well at a competition? - Do you enjoy playing sports? What would make you enjoy it more?

Racism and bullying

- Have you experienced racism or discrimination from other students or teachers? How did you feel? What did you do about it?
- Have you ever been called a hurtful or racist insult at school?
- How can schools better deal with racist incidents?
- Have you been racist to someone and regretted it? How did you make things right? - Have you unfairly been accused of racism?
- How do we have a frank and productive discussion about race at school? - Do you or your friends care about race?
- Have you been teased or bullied physically or online?

Appearance and economic

- Do you feel uncomfortable about how your body looks?
- Have you felt social pressure to “look better” or “look like everyone else”? - What do you wear at or after school?
- Do you feel pressure to wear nice clothes, makeup, or jewelry?
- Do you ever feel hungry?
- Are you worried about money in school?
- Are you worried about money after school?
- Do you have issues affording school events, trips or activities?

Regardless of the topic you chose, we'd love to hear your perspective! These questions may help you get started...How did it make you feel? How did you deal with the issue? Given your experience would you give any advice to help others going through the same issue? You are free to address the topic any way you choose - by going deep and addressing just one part of the issue or by even raising more questions.