



**VICTORIA LEWIS**

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In this time of age, female teenagers attempt to cut, burn or hurt themselves in any type of way. Most of these teens have been hurt emotionally or verbally. Boyfriends, friends, parents, or even teachers could be the cause of these horrible actions. These girls usually hide the cuts and burns and cover them with wristbands, watches, and bracelets. They usually stay quiet and out of sight in public. These girls are suffering inside and need help. I strongly feel for this act; many people don't consider it an act of hate. Those people are wrong; hating yourself is just as bad as hating others. If all teen girls hated themselves, then they would not be successful in life, therefore there would be no more female doctors, female lawyers, female teachers, or even females running for president.

I strongly take an interest in this situation. I have seen it in my high school and it needs to stop. I have also witnessed it for myself—a friend very close to me was going through depression at the age of thirteen and she already was starting to hurt herself. One day she came to me and I saw burns on her wrist; as soon as I asked her what happened she broke down crying. She explained that her boyfriend broke up with her and that she really loved him. This friend also had low self-esteem so the break-up was a breaking point for her. She was also bullied and talked about, even though you couldn't tell she had a low confidence level she was still hurting inside. That was the saddest thing I have ever seen any of my friends go through and I would like to prevent it from happening again. Ever since I had to experience that situation I have been more interested in self hatred and how to prevent it. Luckily for my friend, she got help and stopped the self hatred. If she had not gotten help, her situation could have led her to commit suicide.

My plan of action is to take teen girls to interact with other teen girls that have the same problems and bring them together to talk about their issues. They will meet once a week in a peaceful safe environment so they can vent to each other. It will be like a support group and hopefully more girls would join and fewer girls will continue the self violence. The idea of this support group is to show girls that they are not alone and to keep them from going as far as suicide. To help the support group become successful, we will raise money and even try to get sponsors for the group. I also think that involving the school social worker could help find the girls and bring them together. This is only an idea so no set time or place is set yet, hopefully this idea could actually be put in action.