"Okay to Be You" Sample Newsletter

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OK to Be You

What I Have Learned about Myself since Grade 7

Grade 7 can be a pretty rough grade. There are so many different events happening in your life: sometimes a change in school, new friends to be made, old friends to let go of, more demanding school work, and more freedom to venture outside of the house. All of these circumstances play havoc with your feelings about yourself and how you will react to new situations. Feeling self-confident helps you make good choices when there are decisions placed in front of you, such as a common dilemma: to follow my friends or to stick to what I think is right.

Here are some personal reflections from a group of Grade 12 students who have reflected on what they have learned through some of their experiences in Grade 7 through Grade 11. We hope you will learn from some of these reflections and be able to make positive decisions as well.

Personal Storyline

Write a paragraph that would contribute to this newsletter and describe what you think teens can do to improve their self-images. Within the article, describe how an improved self-image will affect relationships with others at work, at school, and in the home.