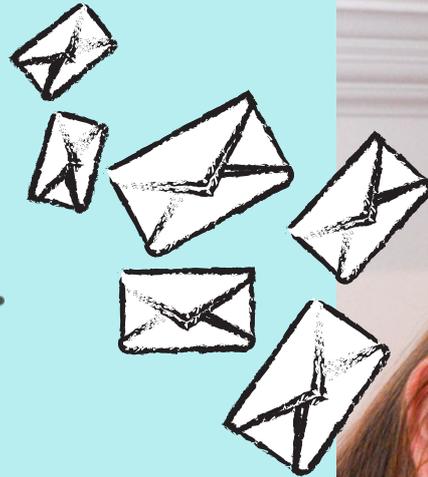


WORDS OF WISDOM

by

just be you



ABOUT JUST BE YOU

Just Be You is a 501(c)3 nonprofit organization whose mission is to build teens self-confidence through self-compassion and self-love. Through workshops, school assemblies and motivational speakers, Just Be You focuses on the daily challenges of life as a modern teen.

WHAT WE NEED

We are collecting letters for incoming middle and high school students that offer words of encouragement from older students who have experienced (and come out the other side of!) the uncomfortableness a transition year brings. These letters should touch on personal experiences and be a reminder to these younger students that we all face challenges, but we can make it through it!

WHY IT IS IMPORTANT

Seven-in-ten U.S. teens said anxiety and depression is a major problem among people their age in the community where they live and about three-in-ten teens (29%) said they felt tense or nervous about their day every or almost every day.* We all know that teenagers are facing an extreme amount of pressure today. As someone who has experienced the pressure first hand, your experience could help make someone else feel less alone in what they are going through today and be better equipped to deal with the challenges they will face along the way.

GUIDELINES

- Write a letter of encouragement to an anonymous incoming middle or high school student detailing your experience at that age and things you either told yourself to get through it or wish you had known.
- Letters can be handwritten or typed.
- There is no minimum or maximum length required.
- We ask that you provide your first name and your current grade level (Ex: Highschool Sophomore; College Freshman)



SUBMIT YOUR LETTER:

For questions or to send by email, please send to:
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By mail:

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