



Kids In America

Gracie Hunt Capstone Project

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Kids in america..... What do you think of when I ask you what you remember from when you were a teen? Maybe going to prom, first kiss, memories with friends. But if you ask me in 10 years, I'll most likely say, I was stressed about college, my job, and why did some people treat me so badly in school. Scientists found that in 2021 teens have more anxiety than psychiatric patients in the 1950's. Why? Maybe it's because they don't have a stable home life, or the fact that kids can be cruel in school. When I was in middle school I was bullied. Bullied to the point where I would try to change things that made me me in order to not be bullied anymore. I would be called names behind my back and if I heard it I would laugh with them pretending that I wasn't hurt. By the end of 8th grade I only had 2 true friends, which I still talk to everyday. I've learned to be strong but when I lay my head down to sleep I think about all the times I would cry myself to sleep when I was in school. High School was different bc I had real friends, but still had mental health issues bc now it was college, and working 2 jobs. Among other things, I was overloaded with responsibilities that are expected from teens today.

