



We See

What We See Changes Who We Are

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You Can Do It

By WITNESS Youth Staff

I am a boy at the age of 14, and am like every other youth living in this world. In our everyday life, more bad is happening than good. People are abusing drugs like marijuana, cocaine, and others, leading to effects on the nervous system and also dramatic effects on the senses: sight, smell, sound, and other sensations seem highly intensified. Alcohol can damage your heart, brain, and other organs of the body. The most terrifying abuse of all is the abuse of children and woman; seeing this makes me feel helpless.

Society sees youths at my age as carefree, just having fun all the time, but they are wrong. Yes, sometimes we do have fun; every youth needs to have fun, but we also take responsibility in our hands because we want to.

I think youth my age must get an education, learn from their elders, help others, and make a better tomorrow.

I am trying to make a change. What are you doing?



Young director gives instructions to crew during film camp.

Society and Youth

By WITNESS Youth Staff

I am a fourteen-year-old youth and I see this society as a place that needs improvement and development. For instance, the country I live in seems to not appreciate their young people for the little good they try to do. I've read in other countries of how highly they speak of their youth, as the leaders of tomorrow.

How my society sees youth as no good and as delinquents, carefree and useless is very sad. I feel like our opinions aren't taken seriously and the youth are viewed as toddlers who can't help themselves or no one else. This issue really upsets me and affects my fellow youth and that is what they should rebel about.

The role of my generation is to walk the right path in this life and live positive, to help make this world a positive place also.

I know you, my fellow youth, can make a change, so what do you think your role is?



WITNESS Youth film crew on set during film camp.

Self

By WITNESS Youth Staff

Your background doesn't shape you. Your skin colour or family doesn't define you or make you who you want to be, simply because there is a thing called CHOICE. With choice you can exceed people's expectations, be they good or bad. It is said that people are the product of their experiences.

With choice most people choose to be more than what they come from, empowering themselves and facing life's challenges with strength, perseverance, and determination. It is your God-given right to achieve and to be successful in life, no matter what life throws at you.

It is said that barriers come into our life to cage us by reducing our potential. They trap us from thinking of the possibilities that come our way and would allow us to achieve and soar beyond societal expectations. Instead these possibilities are counteracted by the barrier of doubts and constant questions of "what if."

It is said that barriers are set in place to keep you from excelling, for instance your sexuality, being rejected, your self-esteem, one's pride, abuse, peer pressure, vanity,

death of a loved one, and being undisciplined. But these situations, or rather these barriers, that represent crisis in our lives test us, and make way for growth. People can progress and bring out their individual potentials, the stronger side that they did not realise they had.

Experience then propels an individual to evolve and to adapt to new situations, hence making him or her ready to deal and to cope with a new crisis whenever it occurs. In addition, with this new knowledge an individual can come out of a crisis victorious, to fight and not succumb to defeat, or regress from these blockages that an individual may be destined to encounter along life's road.

Lastly, we are social creatures, profoundly shaped by and dependent on one another. At the same time, we are unique, each bringing distinct gifts that we often discover only in our separateness. We shape ourselves in part by what we observe. We can evolve who we are, creating lives that are richer and more impacting. We can do this by changing who we are and what we expose ourselves to.



WITNESS Youth gets camera ready to shoot scene during film camp.

“What we see changes who we are.” – JR

Are you a witness or victim of violence? You are not alone. Make your anonymous call to Help & Shelter today and speak with a live counselor on 227-3454 or 225-4731.