

TEEN BREATHE

BY KJ HAYWARD

Breathe.

Nope scrap that,

Teen breathe

Feel serene

In your own skin

Feel *seen*

As you read

YOUR stories

On the pages within

This magazine.

See what I mean?

It's easy

To feel hated

In an ageing world

Of ageism

No place

For mistakes

If you're under

Eighteen.

And that's insane

That we feel that way

I say,

We tell *ourselves* what to be,

Take charge of our

Own mind, voice, and body

Become our own teen kings and queens

In our special kind of

Teen royalty.

That's what I want to be

But it's not always easy

I want to change the world

And write my own story

But it can be hard to speak

When these hand slapped 'masks' are

Mandatory

Because people get scared

When quiet turns to riot,

And riot becomes

Revolutionary

So maybe we ARE impulsive,

We say what's on our minds

But WE, the youth, are the beginnings of change,

Let alone human-kind

So pick up your pens

And gather your thoughts

Forget what you're taught,

let's change the course and own our own stories,
because we are a force

Of nature

Show no remorse

As we reinforce

Our ideas **of creative**

Within these pages

So enter this safe place,

to investigate, **your own state of mind**,

and embrace your mistakes, replace your hate with love and
appreciate being embraced at your own pace, **on your own time**.

And Breathe.

Really *Teen* Breathe,

Feel serene, safe in your own skin

Reading YOUR stories

On the pages within,

Teen Breathe

Magazine.