

For Youth, By Youth

# SQUAD UP!

## News

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## Your Life Matters

Rhe'vyn Love

In this world for every person who dies by suicide, there are 20 who attempt. What have we come to that someone feels that their life is so bad they need to take it?

Suicide doesn't just come out of nowhere. There are many signs that can be observed. Along with signs, there are reasons that can lead to suicide. These can include being bullied, being abused, or issues within their family. These things can lead to depression, which can lead to suicide.

There are 1 million people who die by suicide each year. I find it very hard to believe that people didn't notice a difference in these individuals' behavior in the times leading up to the suicide. This can be prevented in big or small ways. One of these is professional counseling. This can be helpful because this will show the person that someone does care, and they will have a way to get their feelings out. No one should have to feel that they aren't needed or wanted on this earth. Everyone has a purpose and for someone to feel otherwise is sad.

Based on my personal experience, even when it feels like you have no one, someone is here for you. People are put in your life for reasons and with that, people leave your life for reasons. This year, I have met so many people who have helped me unlock my purpose. They came into my life at a time where I was down and even the closest person in my life turned their back on me. I got through it because of the people I had who were there for me. The point of all of this is people who are suicidal could use someone to talk to.

### Sources:

<https://www.medicalnewstoday.com/articles/234219.php>

<http://www.apa.org/research/action/suicide.aspx>

[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/Teen-Suicide-010.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Teen-Suicide-010.aspx)

<http://www.mentalhealthamerica.net/conditions/child-and-adolescent-suicide>

[www.detroithopesquad.com](http://www.detroithopesquad.com)

**Detroit Hope Squad** aims to build and encourage resiliency through education, training and business acumen. We are designed to serve all young men and women with emphasis on those who come from underserved or at-risk backgrounds. Our definition of at-risk is broader than most. We believe that you are at-risk if you are a minority, or from a single parent home, military home, low income neighborhood, identify as LGBTQ, have been bullied or just feel like an outsider.

### Mission

Our foundation is built on hope. We have a mission to empower youth to Live, Dream, and Conquer.

### Vision

Serving youth by fostering a culture of resilience and hope for a purposeful life.

### Values

Hopeful planting seeds of hope so that others may believe.

Optimistically advancing toward a better future.

Purposefully and passionately living life to serve others.

Elevating to newer heights, evolving into a new me, striving for excellence in all that I do.

## What's Happening?

Contact us for information on educational workshops and community events.

## Don't Take the Beating

Rhe'vyn Love

I find it insane how people overlook big issues. How is it unnoticed that nearly 1.5 million high-school students across the nation are in abusive relationships?

Seventy-five percent of parents never mention domestic violence to their children. I feel this is part of the reason why so many teens fall into this terrible trend of abusive relationships. Violence in a relationship can be physical, emotional, sexual and verbal.

Physical abuse is any intentional act causing injury or trauma to another person by way of bodily contact. In most cases, children are the victims of physical abuse, but adults can also be victims, as in cases of domestic violence or workplace aggression.

An example of physical abuse can be anything from being grabbed aggressively to being beaten.

The definition of verbal abuse is anything related to or in the form of words. Therefore, verbal abuse refers to things said to the victim to make them feel like they are worthless.

I feel that emotional and verbal abuse are closely related. The way I see it, verbal abuse can lead to emotional abuse. If someone is constantly told that they are worthless and ugly, they might just eventually start to believe it and their self-esteem will most likely become lowered.

Sexual abuse, also referred to as molestation, is usually undesired sexual behavior by one person upon another. It is often perpetrated using force or by taking advantage of another. In relationships, sexual abuse can be rape followed by a threat that if

***"If someone is constantly told that they are worthless and ugly, they might just eventually start to believe it..."***

it is told to anyone something will happen to the victim.

I believe that all forms of abuse are equally as bad. Regardless of the type of abuse, they can all leave the victim distraught. Domestic violence can lead to suicidal thoughts and/or actions. Studies show that victims are 20 percent more likely to attempt suicide. This may seem like a small number, but at the end of the day no one deserves to feel like their life isn't worth living because of someone else's behavior toward them.

There can be many factors in a teen getting into an abusive relationship. One of them can be a missing parent. When a child is missing a parent, it's like there is a space missing for love from that parent. When they don't have it, they can go looking in other places for love. This is something that is mainly portrayed in media with females.

Another factor can be a parent being in an abusive relationship. When a child is growing up, they are very observant. If they see that one of their parents is constantly being abused by their spouse, this can be seen as the norm by the child. If this ever starts to happen with the child, they might not think much of it because this is all they know.

In my opinion, this is a topic that needs more attention—1.5 million is a number way too high for it to be the number of teens nationwide experiencing the devastation of abusive relationships. No one should have to go through that.

In conclusion, we need to come together to end this trend. If you are aware of someone who is in an abusive relationship, encourage them to report it and get help. This is something no one should have to experience.

***This is more than an initiative, it is a movement...SQUAD UP!***

## Body Image and My Advice

ameliA

Body image is a component of your self-esteem, it's how you think and feel about your body. Studies show that at least 30 million people of all ages and genders suffer from an eating disorder in the U.S. (LeGrange, et. al. 2012). In addition to this, it is said that every 62 minutes, at least one person dies as a direct result of an eating disorder (Eating Disorders Coalition, 2016).

Many girls at my school aren't confident and try to get attention and compliments. They suck in their stomachs and stick out their butts just so they can look like your average photoshopped model. With so many teenage girls wanting to go to prom, the desperation gets higher. There's a girl in my sixth hour who constantly talks about going to prom with this guy and dating juniors and seniors. Keep in mind this girl is a freshman. The seniors are the same way as well, looking for attention so people will shower them with love and affection even when half the time it's all fake.

All the time I hear girls ranting about how they're going to go on a diet, how ugly they are and that they're fat. This generation is too

absorbed into the fake parts of life to realize that someone out there completely adores them and loves their body size. Social media and the world's perception of beautiful has been corrupting beautiful young women's minds and continues to cause them damage. Men are also to blame, they barely show respect for women but seem to have the right to tell them what to wear, criticize them and call our women fat or not pretty enough.

To us girls, opinions and compliments uplift us because when someone puts us down, we want to be lifted higher. Never fall into a pit of despair, show everyone that you don't care what they think about you. No matter if you're skinny, chunky, have stretch marks or have no shape in the clothes you wear, always be confident and believe your body is beautiful.

Hudson, J. I., Hiripi, E., Pope, H. G., & Kessler, R. C. (2007). The prevalence and correlates of eating disorders in the national comorbidity survey replication. *Biological Psychiatry*, 61(3), 348–358.

1. Le Grange, D., Swanson, S. A., Crow, S. J., & Merikangas, K. R. (2012). Eating disorder not otherwise specified presentation in the US population. *International Journal of Eating Disorders*, 45(5), 711-718.

2. Eating Disorders Coalition. (2016). Facts About Eating Disorders: What The Research Shows. [http://eatingdisorderscoalition.org.s208556.gridserver.com/couch/uploads/file/fact-sheet\\_2016.pdf](http://eatingdisorderscoalition.org.s208556.gridserver.com/couch/uploads/file/fact-sheet_2016.pdf)