

THE GLOBAL TEEN ZINE



# TRANSITIONS

Preparing for Your Move



LIMITED EDITION  
ISSUE #1





**THIS ZINE BELONGS TO**

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**WRITE YOUR NAME HERE**



This magazine was produced by the Transition Center at the Department of State's Foreign Service Institute, with creative assistance and design from the EX/Digital Learning Division.





## MEET MAYA!






Maya is in 7th grade. She has lived her entire life in Falls Church, Virginia, but soon her family will be moving to Brazil.



## MEET SAM!


Sam is in Maya's class. He lived in five different countries before his family moved to Virginia, and now they're about to move to Romania.



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Maya and Sam have gotten to know each other at school. They've been waiting to hear about their parents' new posts overseas.

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**SAM RECEIVES A TEXT FROM HIS FRIEND MAYA. IT'S A SINGLE WORD:**



**SAM REPLIES**

Is that where you're moving?

How do you feel about it?



*I don't even know.  
You've done this before...*

*How am I supposed to feel?*



*I haven't even left  
yet, but I already  
feel like I'm  
drifting between  
two worlds...*





THE NEXT MORNING WALKING TO SCHOOL



How are you feeling?



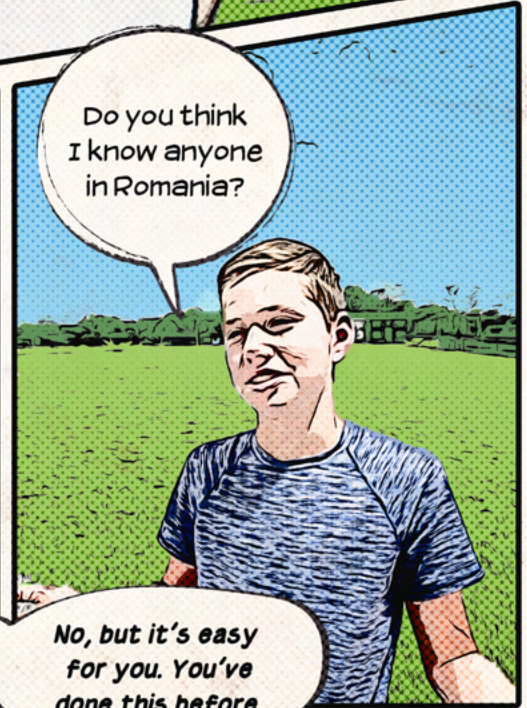
**SHRUG**



Brazil might be fun. Good soccer teams. Lots of beaches.



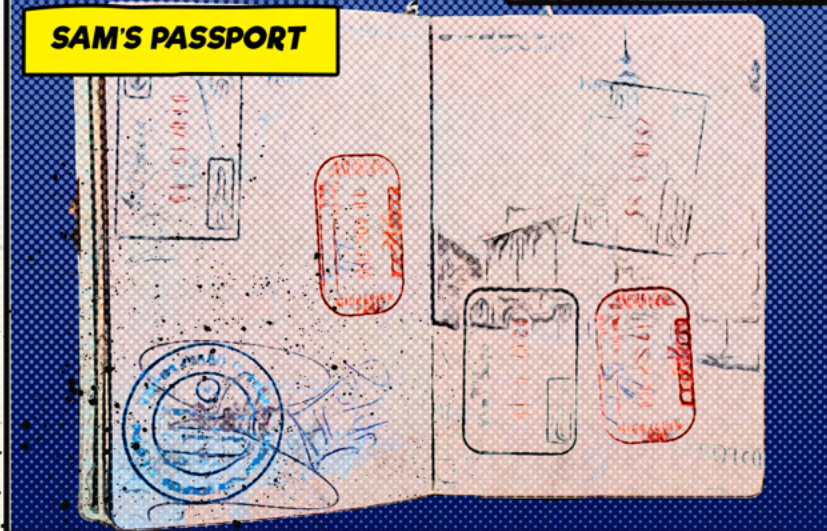
And I won't know a single person.



Do you think I know anyone in Romania?

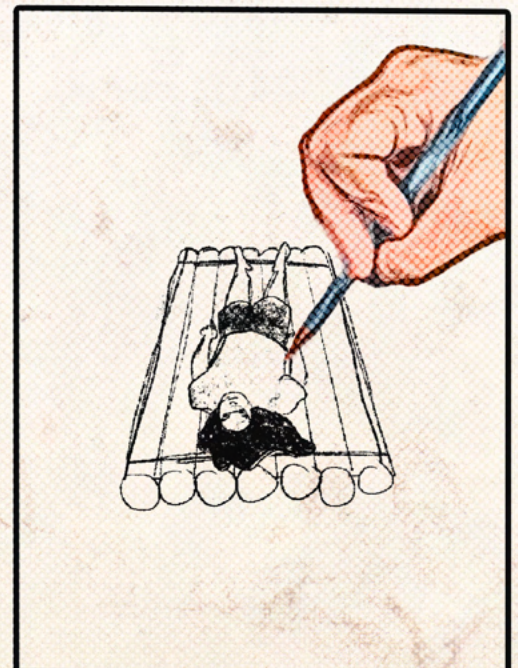
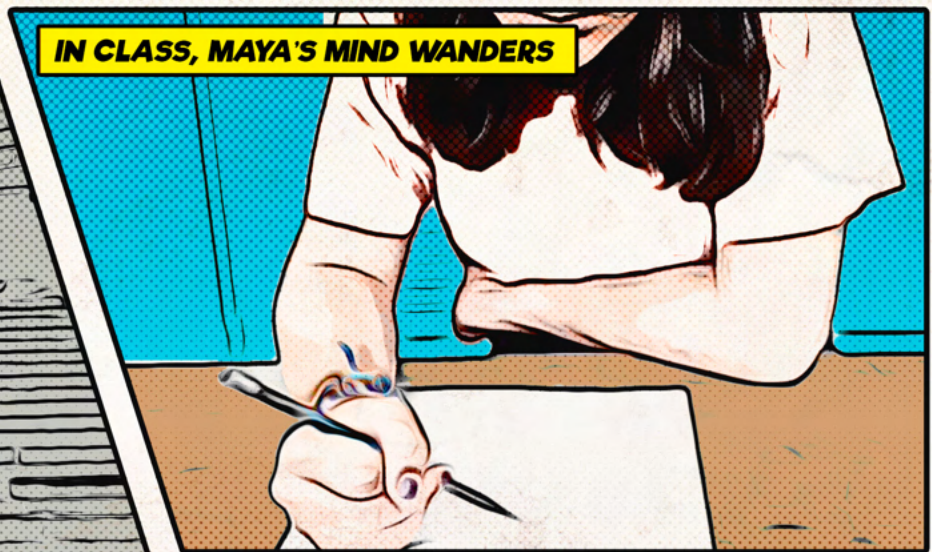
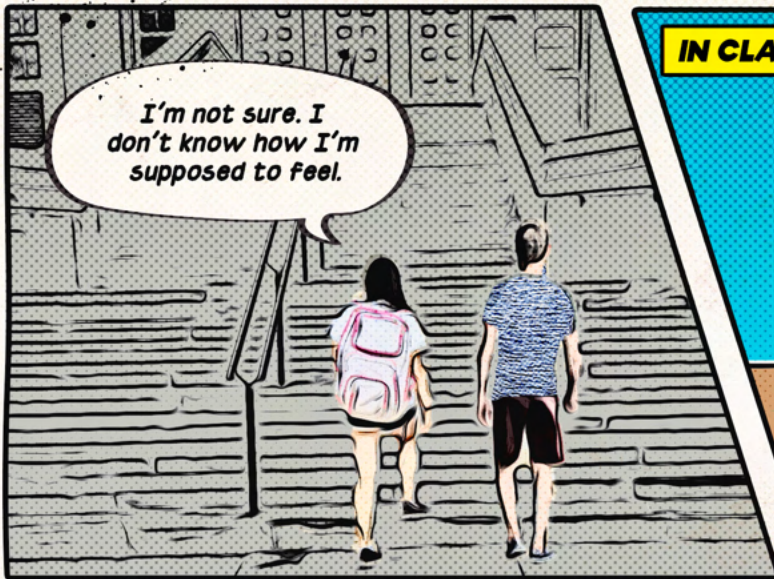
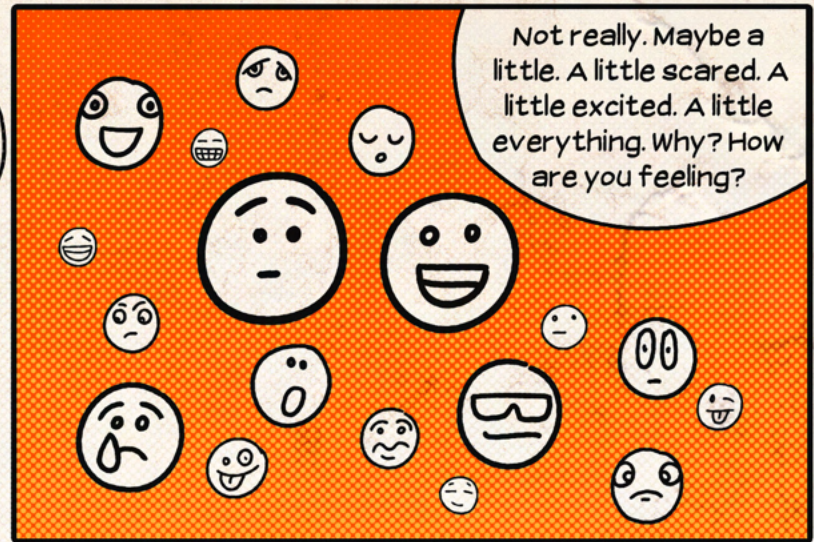
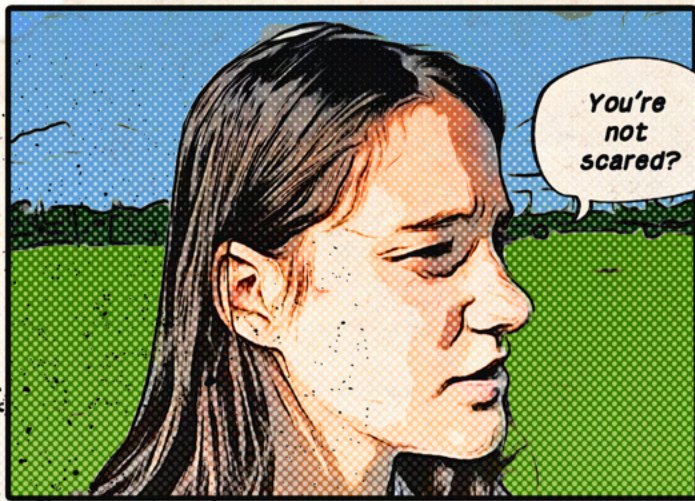
No, but it's easy for you. You've done this before.

SAM'S PASSPORT



That doesn't make it easy. Just less scary.







# How do I feel?



**DRAWING HOW SHE FEELS MADE MAYA FEEL BETTER. IF YOU ARE STRESSED ABOUT MOVING, THERE ARE MANY THINGS YOU CAN DO.**



# Your Toolkit

Feeling anxious about your upcoming move? Nervous, upset, excited...all of these and more? Give any of these a try...it just might help!



## Make Some Art

Break out the markers, paint, pencils, scissors, glue! Doodle. Sketch. Make something weird or beautiful or both!



## LISTEN TO MUSIC

Make a playlist. Happy songs...angry songs...sad songs...they all can help in different ways. Put on your headphones and rock out!



## EXERCISE!

No one is saying you have to try out for the Olympics. Just get out and take a walk. Stretch. Sweat. Run until you lose your breath. You'll feel great.



Find a comfy place, turn out the lights, and get some rest.

## TALK TO



Talk to your friends about your move. Vent about the bad stuff. Remember the good stuff. Find someone at your new post or new school to talk to.

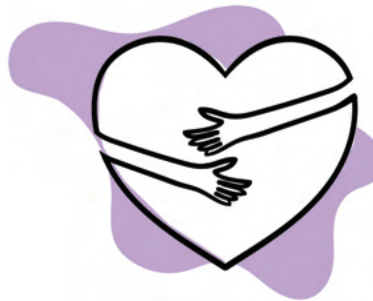


Too easy, right? Sure, but it can be comforting to watch a show or movie that you've seen a million times.



## PET EM IF YOU GOT EM

Got a dog? A cat? A potbelly pig? Give 'em a little love. You'll both feel good.



## Spend time with family!

You're probably doing a whole lot of this. But see if you can mix it up. Play a game. Make dinner together.



## Do Your Own Thing!

Not into the other choices right now? Find what feels right for you.



**WALKING HOME FROM SCHOOL**

What's with you?



I got mad at Alma in gym class.



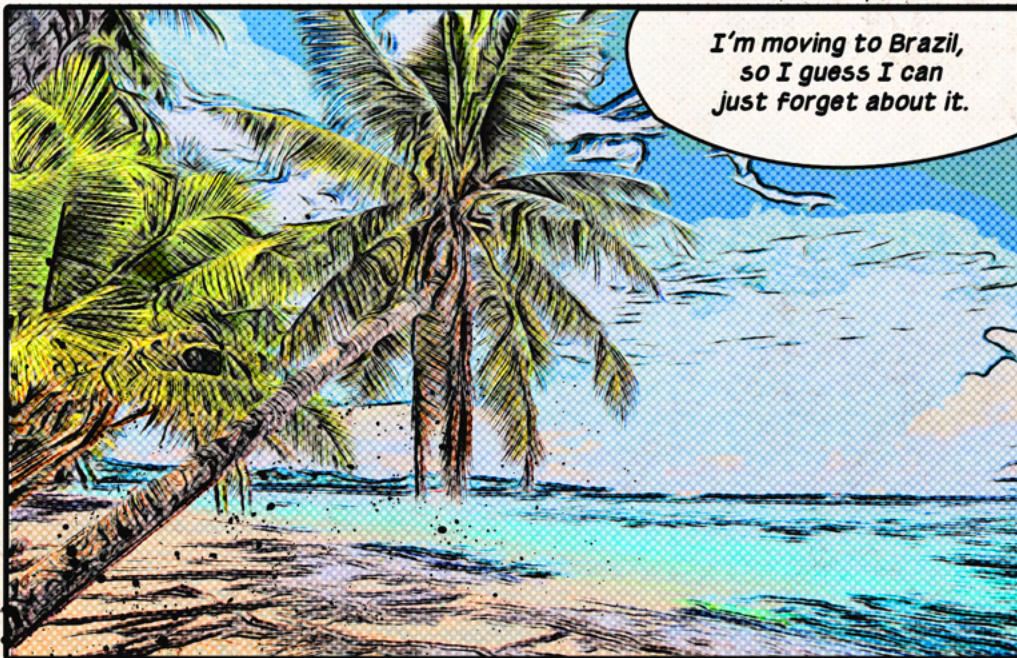
What about?



It doesn't matter. I mean literally. It doesn't matter.



I'm moving to Brazil, so I guess I can just forget about it.



Yeah...I don't know. I was in that situation once.







# Sam's Soccer Story



Before my family came to D.C., we were in Thailand. I made friends with kids on my soccer team. For a while, everything was great. Then, at our last game, I got into a fight with Joshua, who was pretty much my best friend at the time. I ended up playing badly, and when the other team scored the winning goal, it was sort of my fault.

When we moved to D.C., I told my parents I didn't want to sign up for soccer. They were surprised. It's my favorite sport, and I'm actually pretty good at it. I thought I just didn't like it anymore.



When the season started, I wished I was on the team. I'd made a mistake. I thought about why I didn't want to join, I realized it was because of my fight with Joshua. I still loved soccer... I just felt bad about how things went last time I played in a real game.

**SAM REALIZED THINGS WOULD HAVE BEEN BETTER IF HE HAD MADE UP WITH HIS FRIEND. HAVE YOU TALKED WITH YOUR FRIENDS ABOUT YOUR MOVE?**

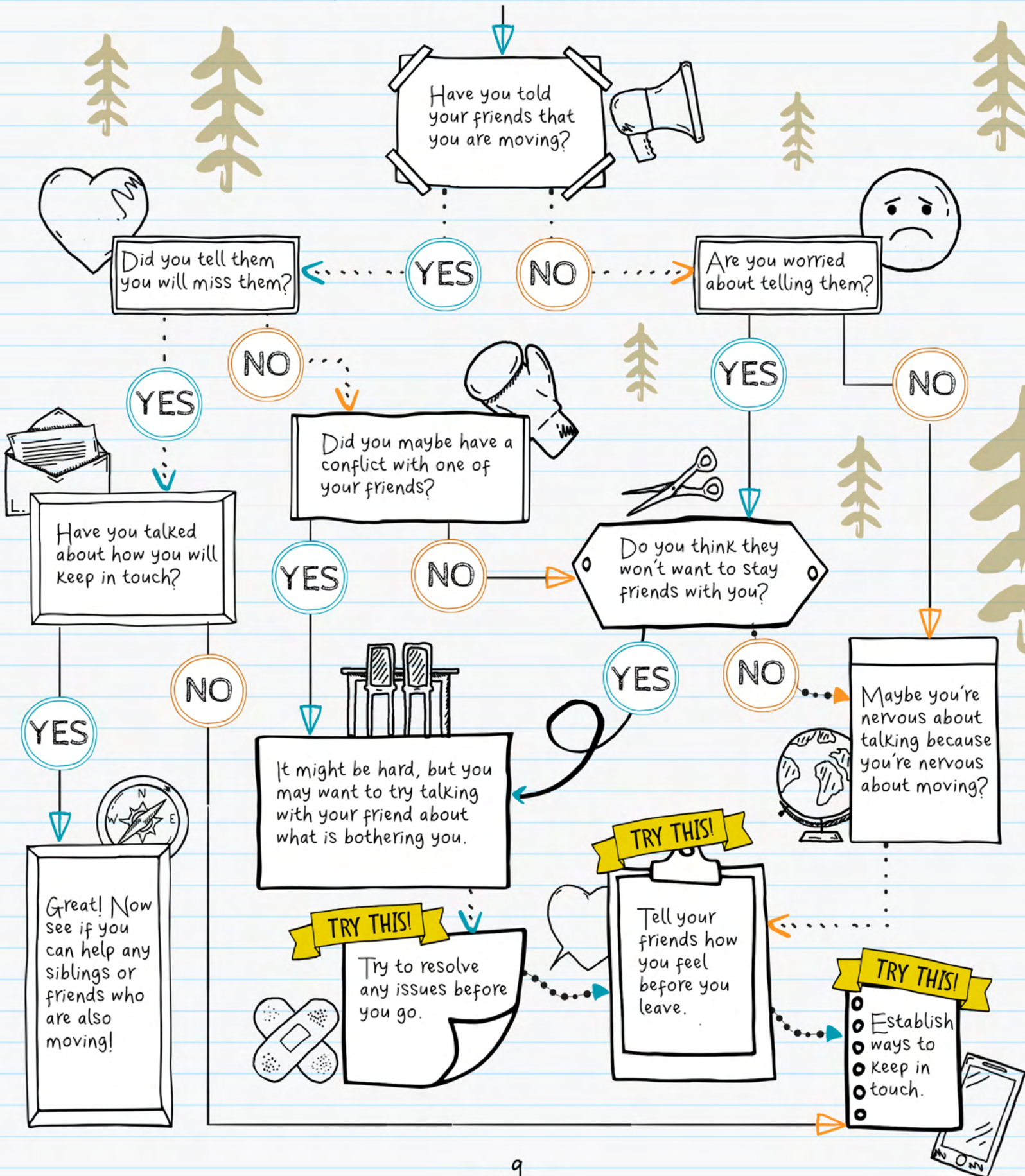




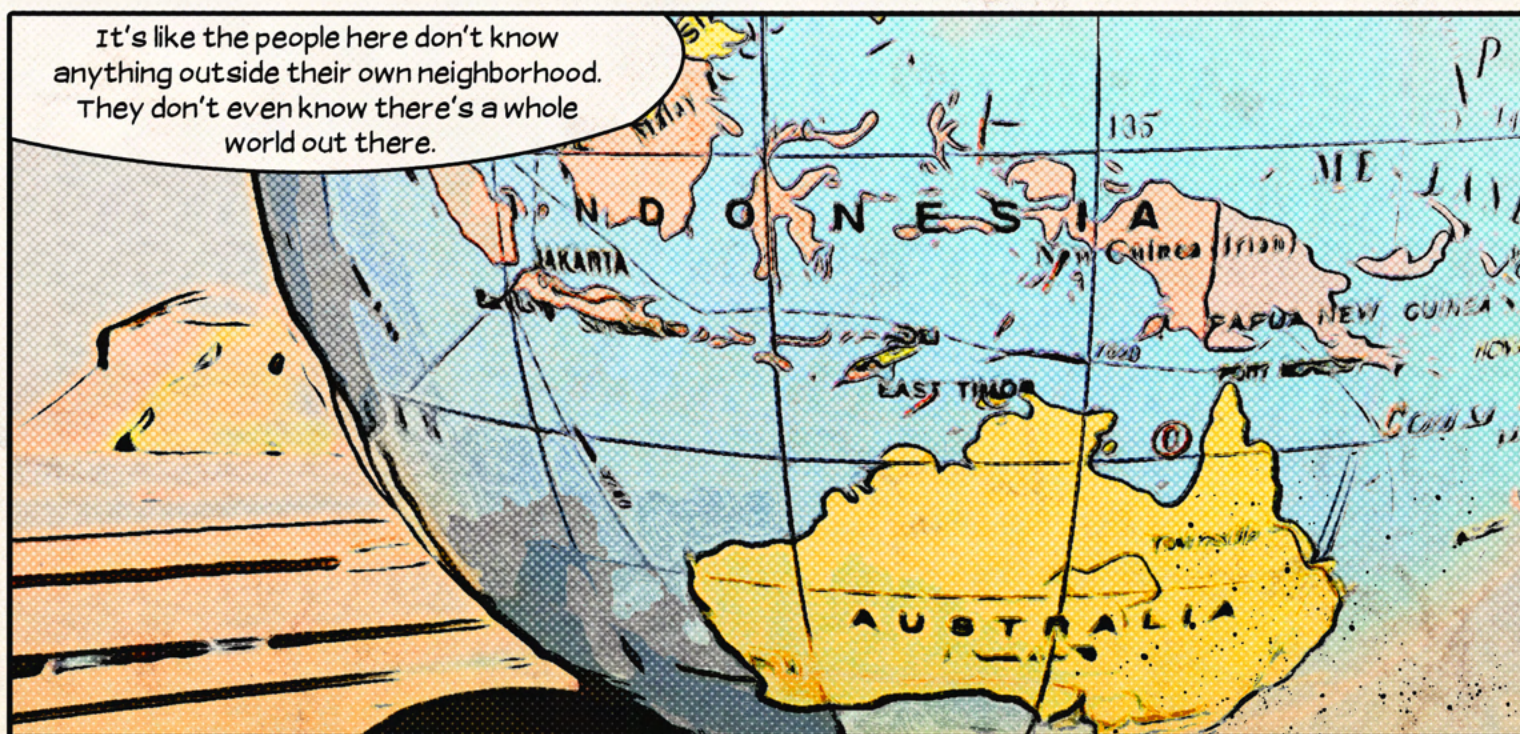
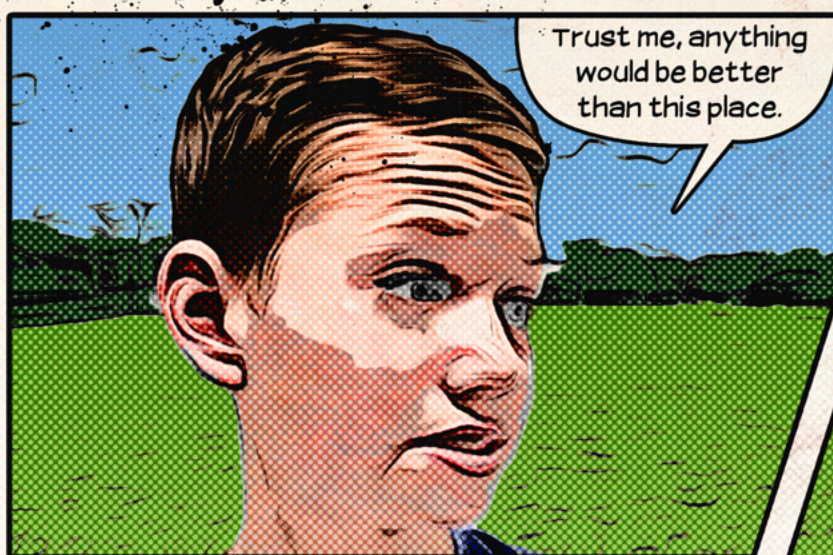
# Your Move & Your Friends



Talking to your friends about your move is important.  
Follow the decision tree to get started!







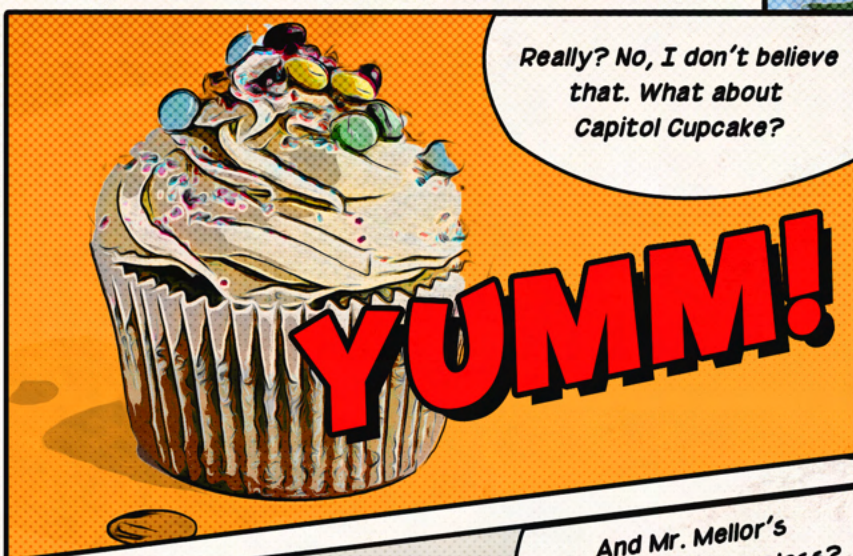




Oh, come on.  
That's not true.



Well, that's what it feels  
like. Besides, I guess I  
never found anything  
here that I like.



Really? No, I don't believe  
that. What about  
Capitol Cupcake?

**YUMM!**



Ha! Okay, yeah,  
that place is  
pretty good.

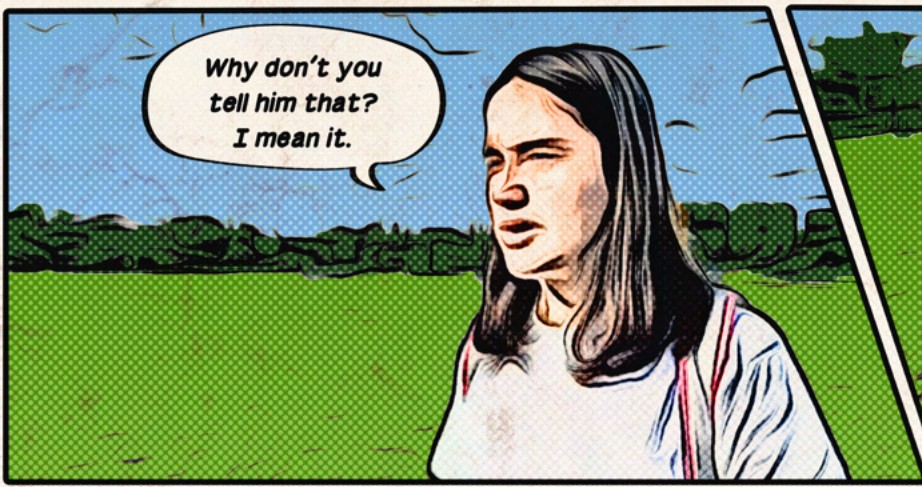


And Mr. Mellor's  
creative writing class?  
Isn't that the reason  
you started keeping  
a journal?

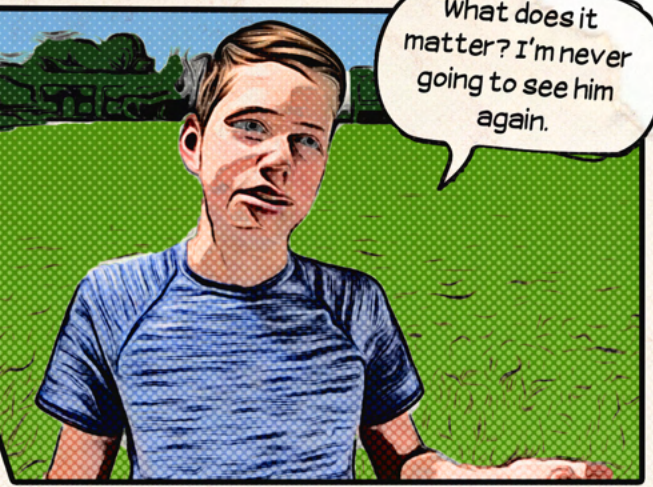


Huh. You're right.  
Mr. Mellor did  
teach me a lot.






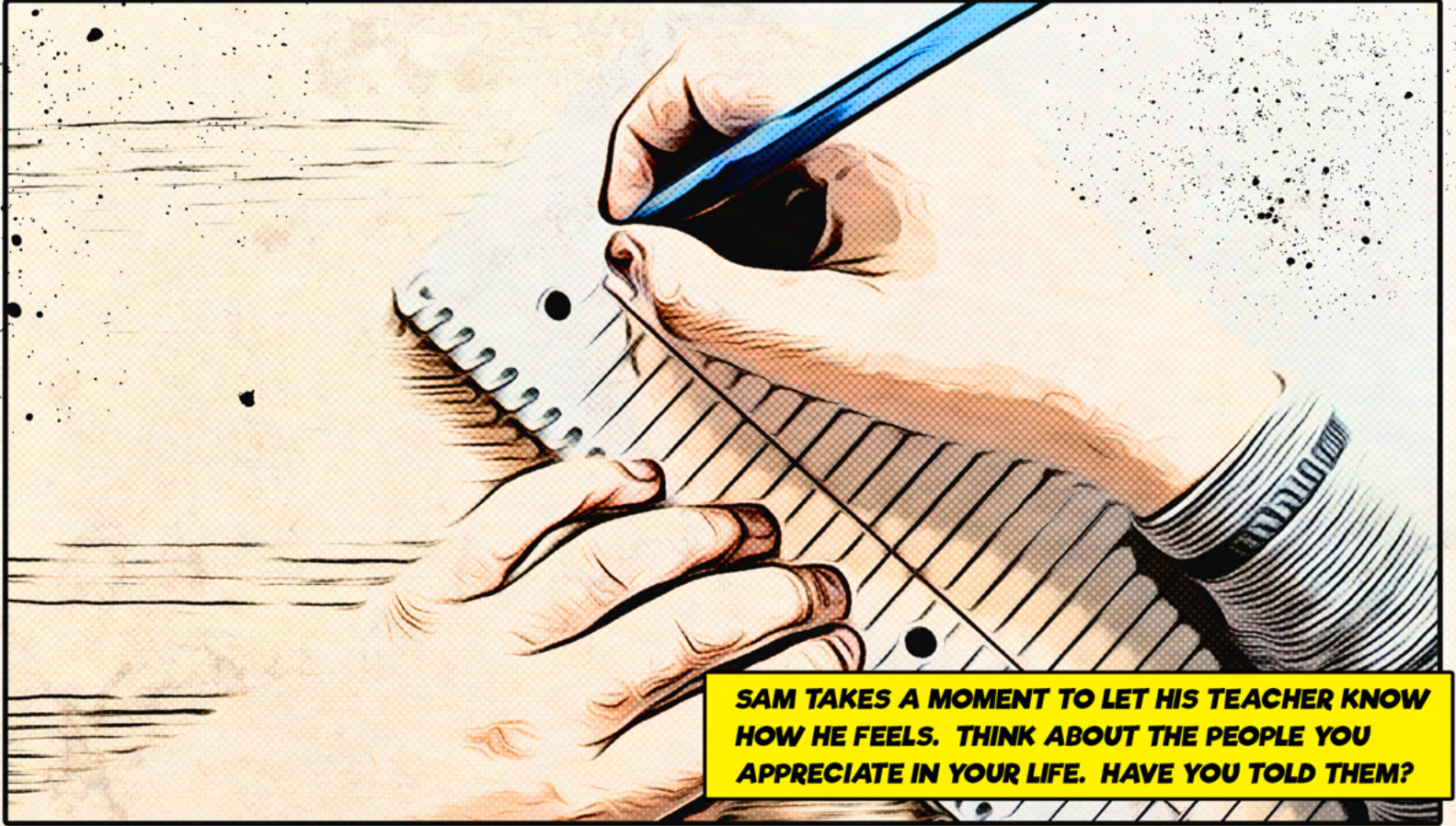
Why don't you  
tell him that?  
I mean it.



What does it  
matter? I'm never  
going to see him  
again.



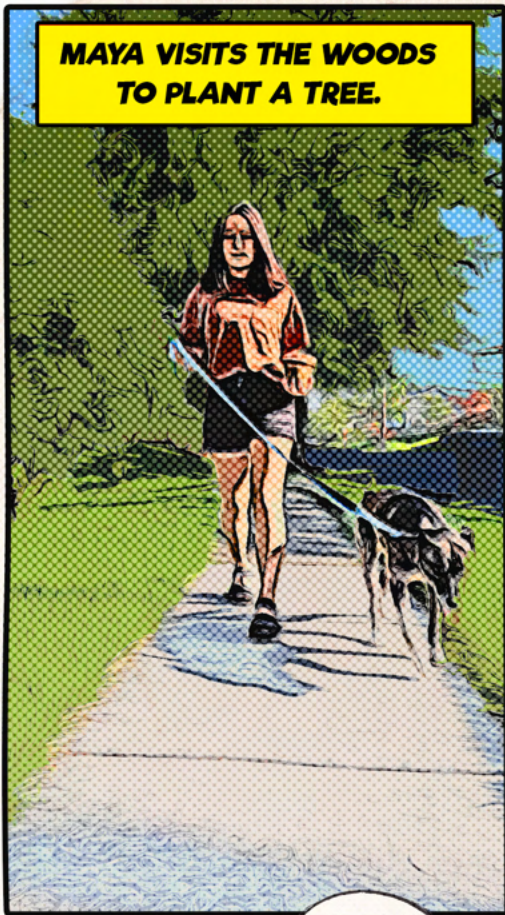
Maybe that's  
why you  
should tell  
him.



**SAM TAKES A MOMENT TO LET HIS TEACHER KNOW  
HOW HE FEELS. THINK ABOUT THE PEOPLE YOU  
APPRECIATE IN YOUR LIFE. HAVE YOU TOLD THEM?**



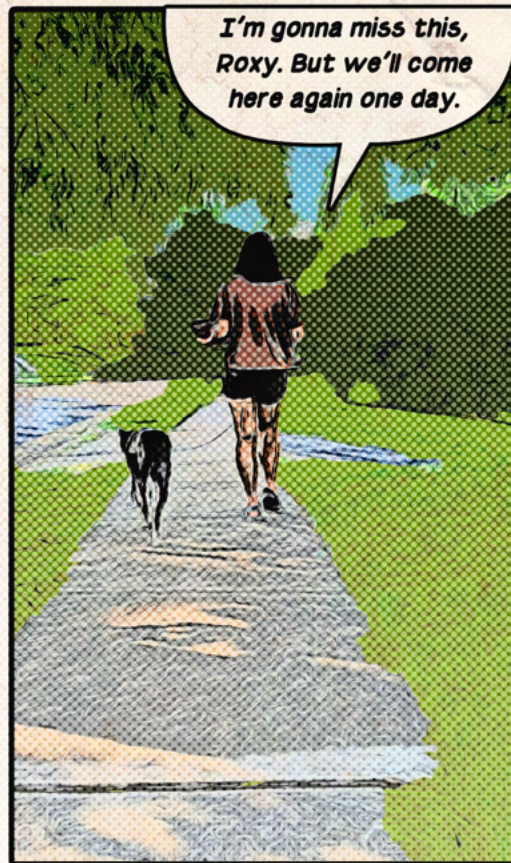
**MAYA VISITS THE WOODS  
TO PLANT A TREE.**



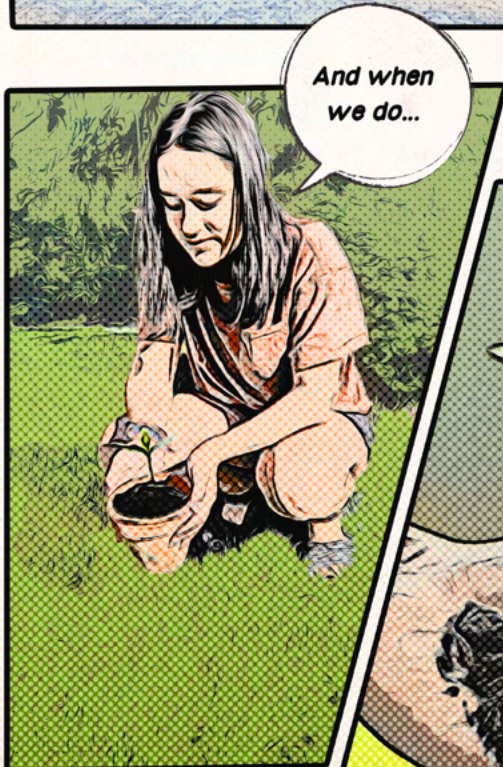
**SHE BRINGS HER DOG  
ROXY WITH HER.**



*I'm gonna miss this,  
Roxy. But we'll come  
here again one day.*



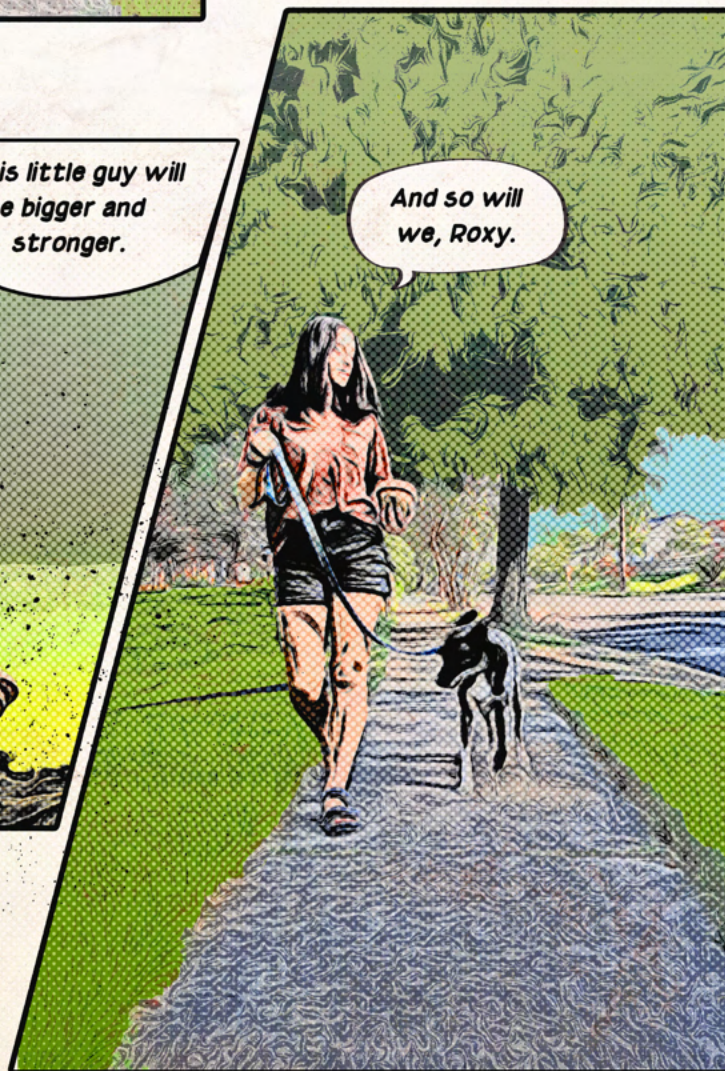
*And when  
we do...*



*...this little guy will  
be bigger and  
stronger.*

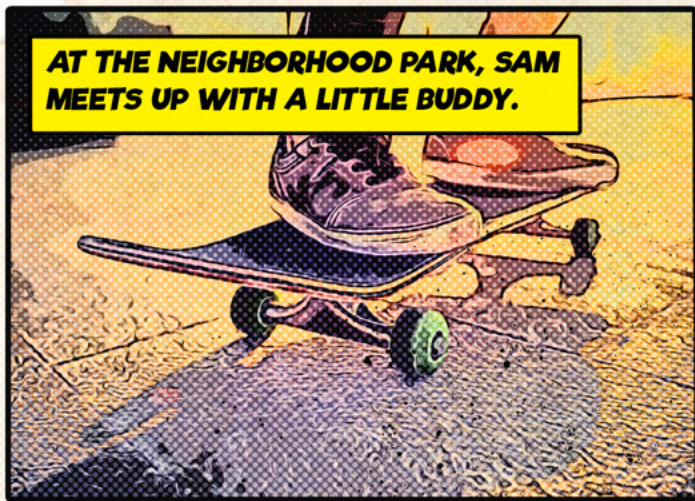


*And so will  
we, Roxy.*





**AT THE NEIGHBORHOOD PARK, SAM MEETS UP WITH A LITTLE BUDDY.**



Hey Sam!  
Can I try your  
skateboard?



Nope!



Really? Come on,  
you always let  
me try it.



Yeah, well, it's  
not mine anymore.





**WAIT?!**



Are you giving this to me? Thanks!! But how come?



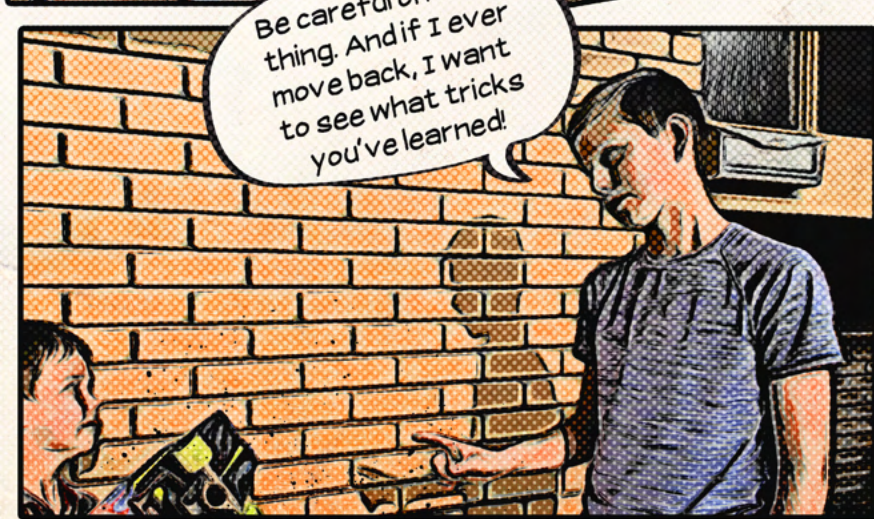
I'm moving to Romania pretty soon, and I can't take everything with me.



They don't allow skateboards there?



Haha, they do. But I'm more into mountain biking now, and so I thought you might want it.



Be careful on that thing. And if I ever move back, I want to see what tricks you've learned!

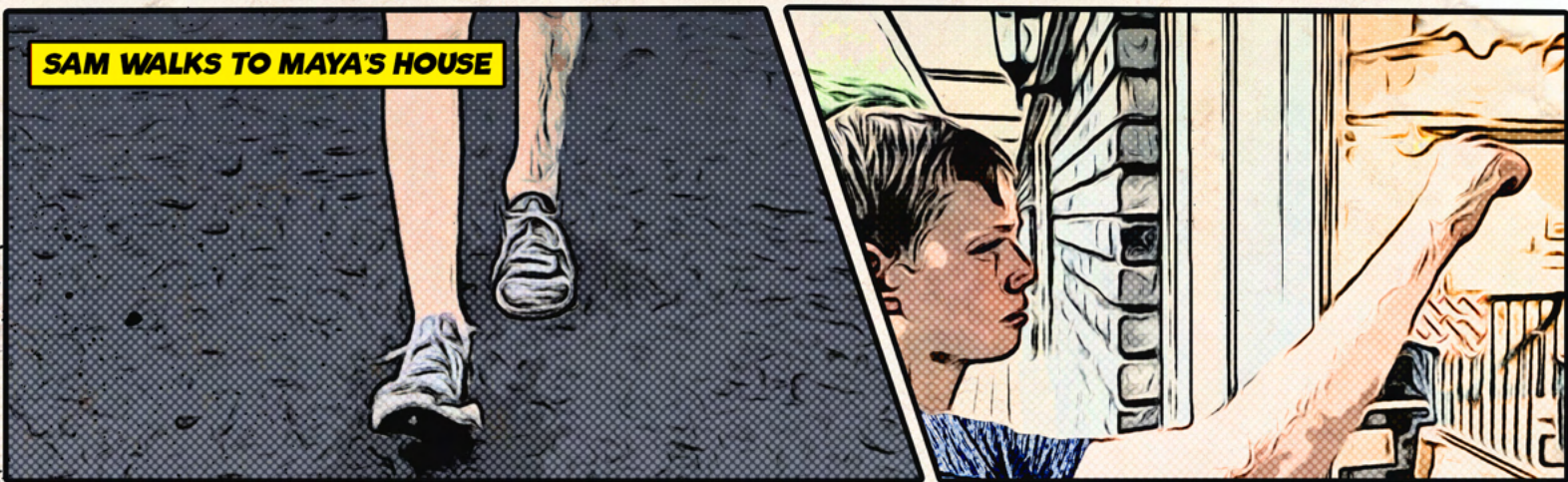


Can you show me some tricks now?

I gotta go say goodbye to a friend. Remember to wear your helmet, little buddy!



**SAM WALKS TO MAYA'S HOUSE**



Oh, hello, Sam.  
Everyone is  
out back.



**FAREWELL!**

**A PARTY CAN BE A GREAT WAY TO SAY FAREWELL TO YOUR FRIENDS. HAVE YOU THOUGHT ABOUT WHAT YOU WANT TO DO BEFORE YOU LEAVE? IT MIGHT HELP TO MAKE A LIST...**



# My Bucket LIST

*It may help to have a "bucket list" of things you want to do before you leave. Here are some ideas to get you started:*

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- ☐ Have a goodbye party
- ☐ Eat at your favorite restaurant
- ☐ Visit a museum that you enjoy
- ☐ Go see live sports...music...theater
- ☐ Get a treat (ice cream, cupcakes, candy, whatever) from your favorite place
- ☐ Take a walk in your favorite park

*Those are just some thoughts. What else do you want to do? It might help to write them down.*

---

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



THE NEXT DAY

Your party last night was awesome!

SIM FOI!

SIM what?

That's "Yes, it was" in Portuguese.

I've been learning some phrases on an app.

Oh good call. I need to get on that.

The party was fun. I'm feeling a lot better about Brazil.

I just hope there's fun stuff to do.





You don't have to hope. Look it up!

I already know the top three bakeries  
I'm going to in Romania.



LOL, really?

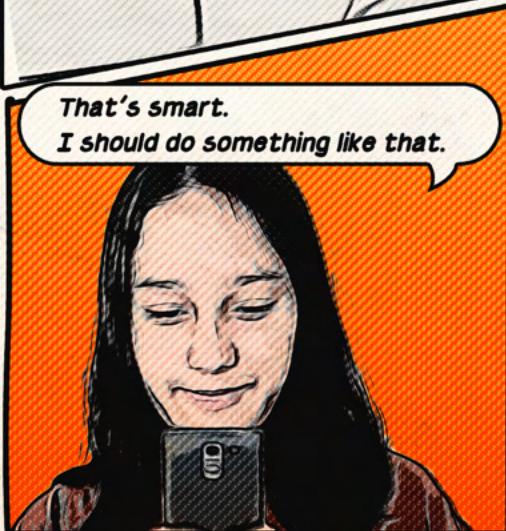
I take my pastries seriously.

I'm also already signed up  
for a tae kwon do class.

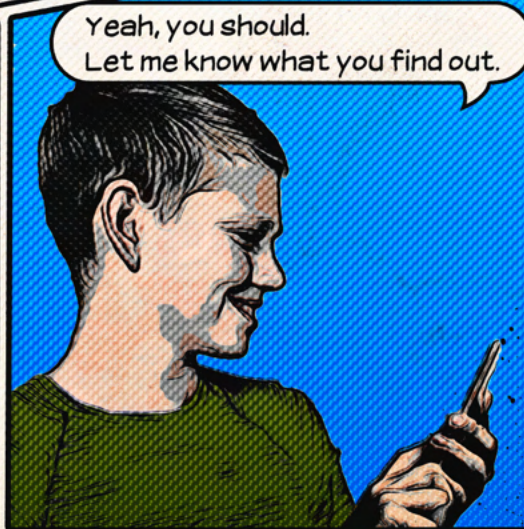
I'm having a video chat with  
the instructor tonight.



# TAE KWON DO!



That's smart.  
I should do something like that.



Yeah, you should.  
Let me know what you find out.







**HAVE YOU STARTED TO THINK ABOUT WHAT LIFE WILL BE LIKE IN YOUR NEW HOME? ONE WAY TO GET STARTED IS TO FIGURE OUT HOW YOU WILL SET UP YOUR NEW BEDROOM.**



# DESIGN YOUR BEDROOM LAYOUT

CONSIDER THIS:

WHAT WILL YOU  
BRING FROM HOME?

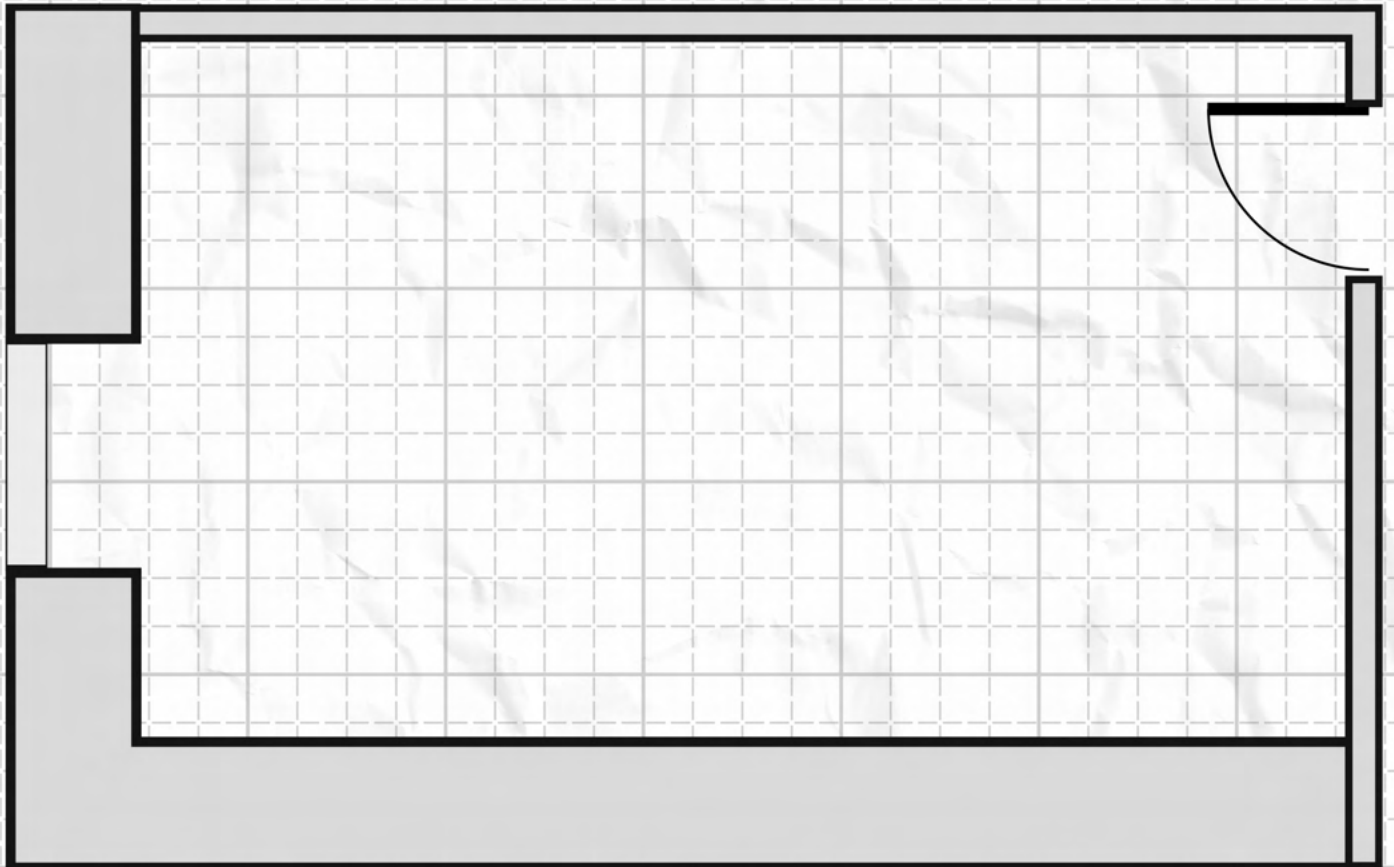
IS THERE SOMETHING  
NEW YOU WANT TO TRY  
IN YOUR ROOM?

WHERE WILL  
YOU STUDY?

WHERE WILL YOU  
CHILL OUT?

WHERE WILL  
YOU PLAY?

*Take some time to create your own  
bedroom space below.*





# ARE YOU READY FOR YOUR MOVE?

Maya and Sam were a bit worried when they learned they would be moving. It helped them to:



Work out any issues with their friends.



Show appreciation to the people in their lives.



Say goodbye—or, more accurately, see ya later.



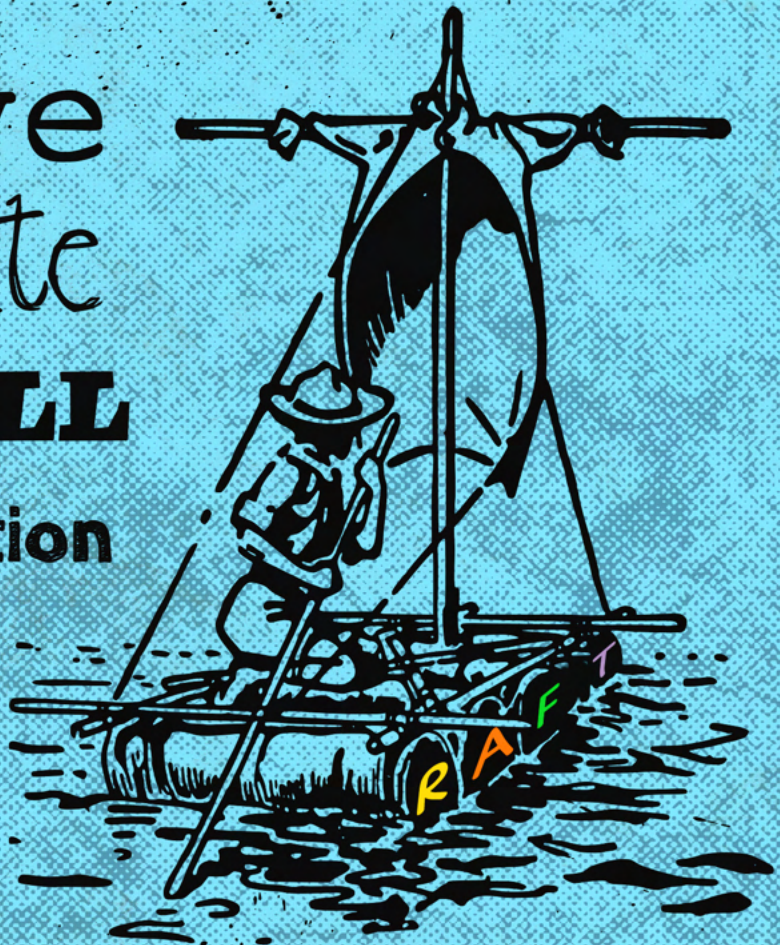
Think about the place where they're headed.

Try these things out!



In fact, there's an  
easy way to remember  
these steps:

**R**esolve  
**A**ppreciate  
**F**AREWELL  
**T**hink Destination



If you give these four steps a  
try, they should help you feel  
prepared to leave and be  
excited about where  
you're headed.



## HOW ARE YOU FEELING ABOUT YOUR MOVE?

- ▶ Take a moment to think about all the changes ahead and how you feel. Better yet—write it down!
  - What are you excited about?
  - What are you worried about?
  - What are some ways you can make the most out of this experience?
- ▶ Imagine yourself saying the following sentence a year from now: "I have lived here for a year and I \_\_\_\_."
  - How do you think you will complete this sentence?
  - Is there something you hope to see or do?
  - Is there a new skill you will learn?
  - Is there something you will accomplish?





# FAMILY CHECK-IN

Moving is really big. You might have a lot of feelings about it. Remember, your family is leaving friends behind too. It's a good idea to talk to your family about this. Here are some things that you can ask:

What was life like when you were my age?



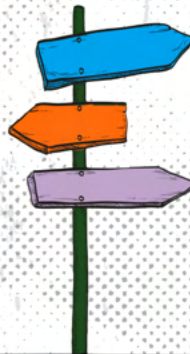
Who was the first friend you had to say goodbye to?



What's your favorite thing about moving somewhere new?



What do you think will be the challenges ahead?



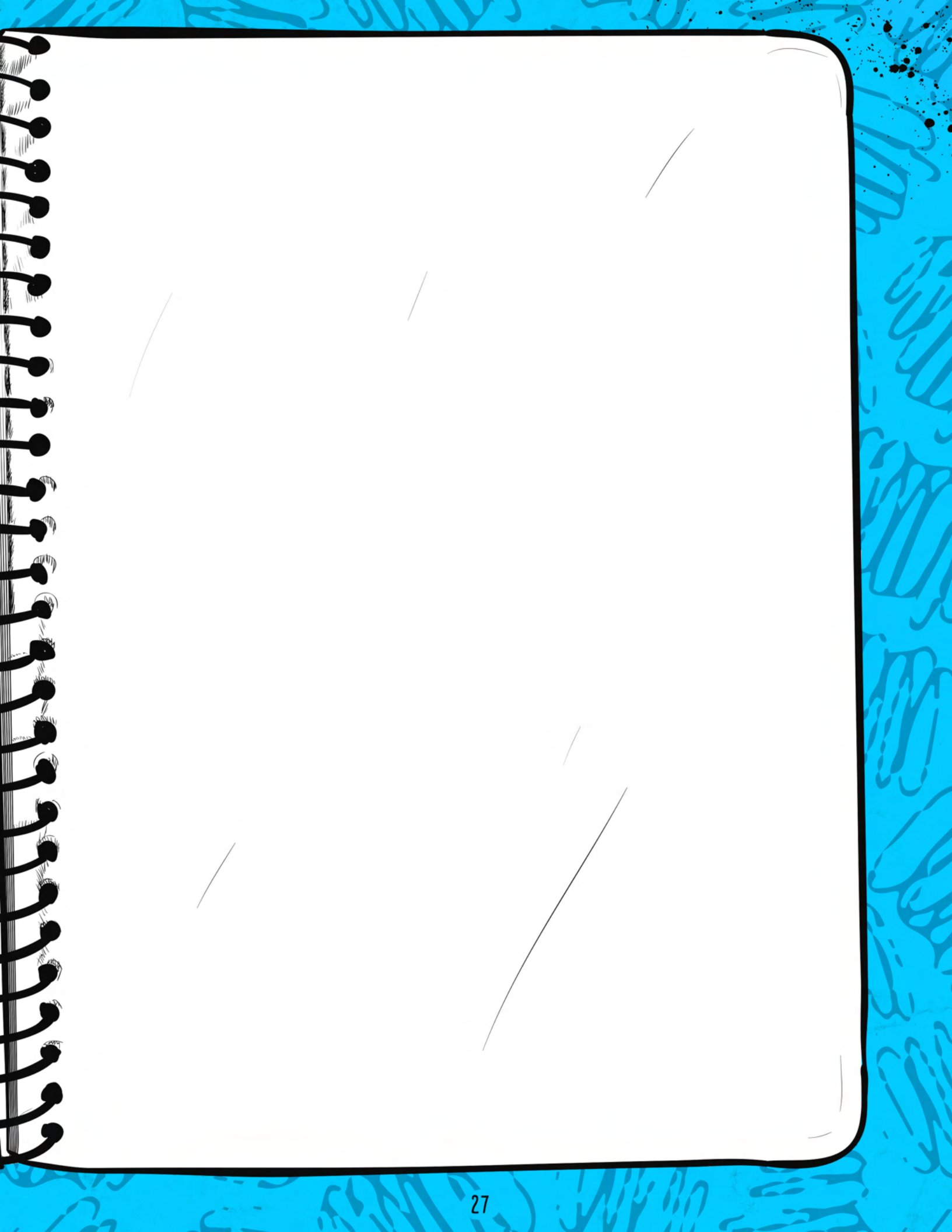
What are you looking forward to at our new post?





# NOTES







# LOOK FOR MORE!

WE HOPE YOU ENJOYED THIS ZINE. LOOK FOR ISSUES ON TOPICS SUCH AS IDENTITY, BULLYING, FAMILY AND FRIENDSHIPS, AND MORE!

YOU CAN FIND DIGITAL COPIES OF THESE ZINES—ONLINE AT:  
<https://bit.ly/youthbox>

ARE THERE ANY OTHER TOPICS YOU WANT TO READ ABOUT?  
WE'D LOVE TO HEAR FROM YOU! WRITE US AT:  
[FSITransitionCenter@state.gov](mailto:FSITransitionCenter@state.gov)

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