

THE GLOBAL TEEN ZINE

IDENTITY

Finding Yourself



LIMITED EDITION
ISSUE # 2

THIS ZINE BELONGS TO

WRITE YOUR NAME HERE

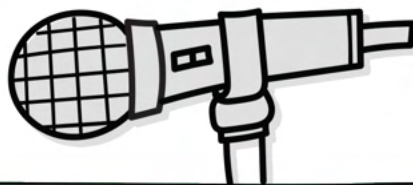


FOREIGN SERVICE INSTITUTE

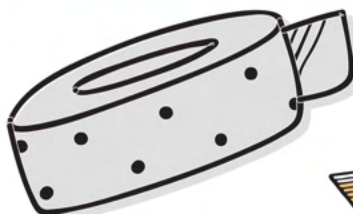
This magazine was produced by the Transition Center at the Department of State's Foreign Service Institute, with creative assistance and design from the EX/Digital Learning Division.



MEET EMILY!

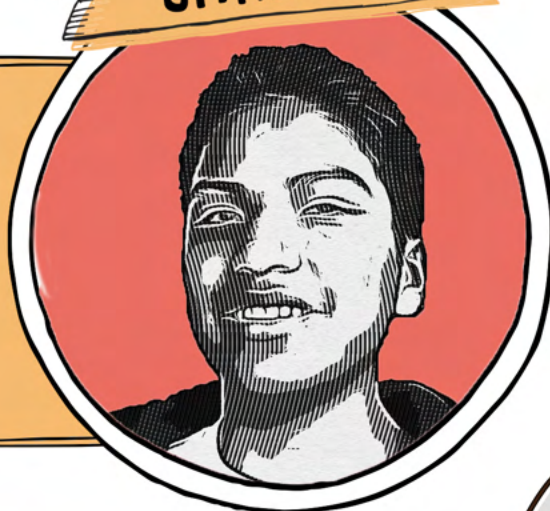


Emily has lived most of her life overseas at various posts around the world. She currently lives in Copenhagen, Denmark.



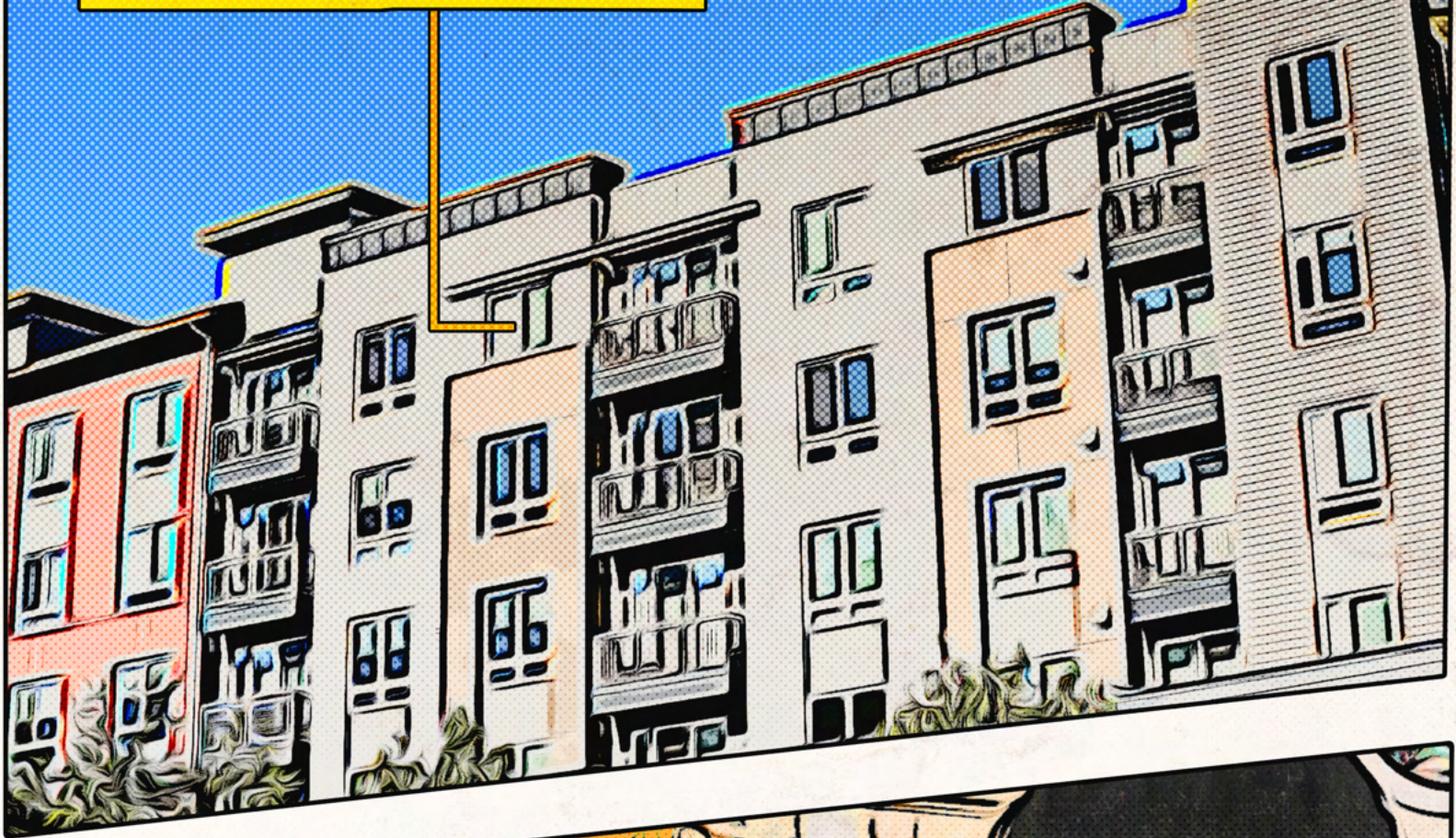
MEET CARLOS!

Carlos also lives in Copenhagen with his mother and brother. They've moved to a new country every few years since he was six years old.

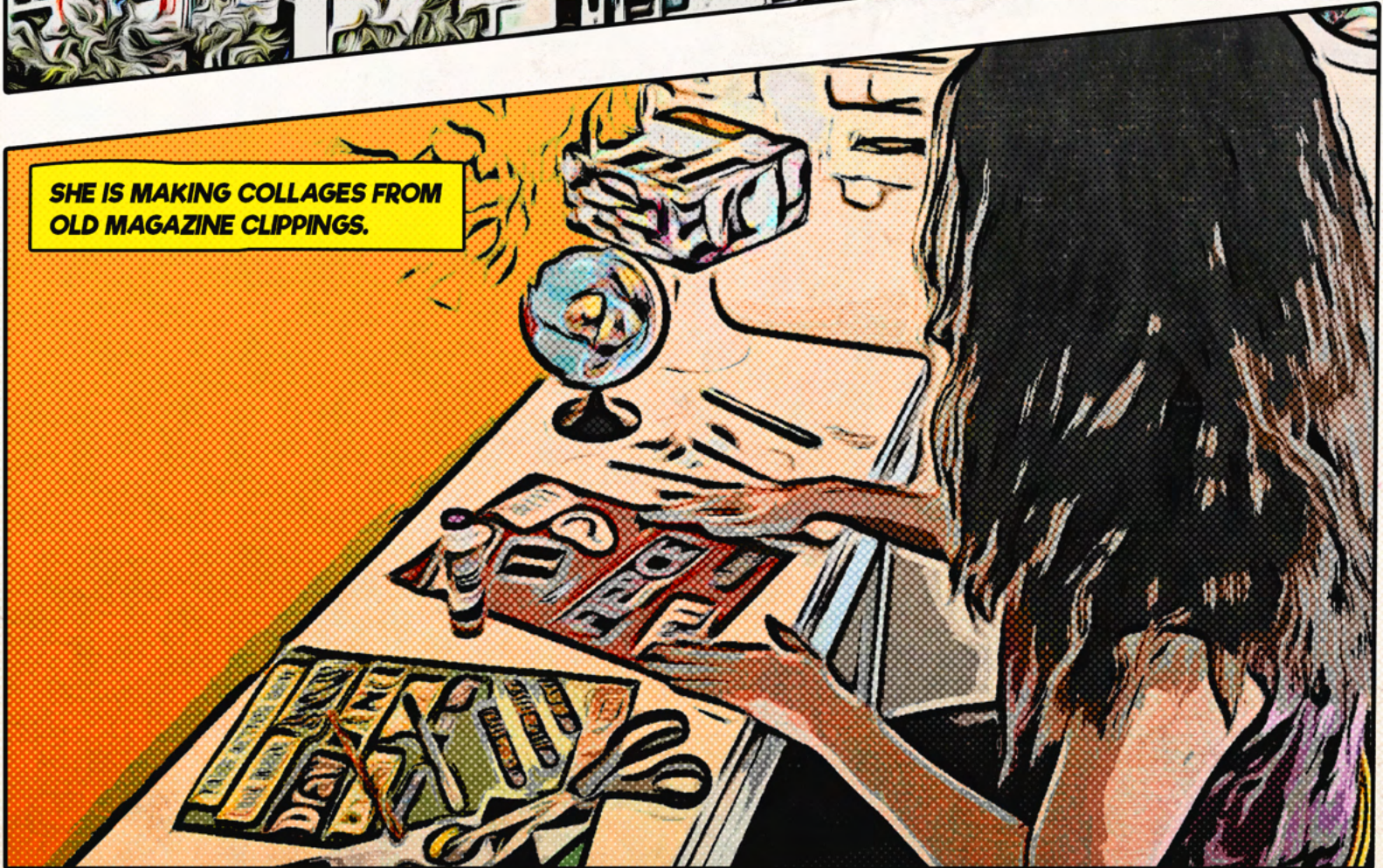


Emily and Carlos are in the same grade at the same school.

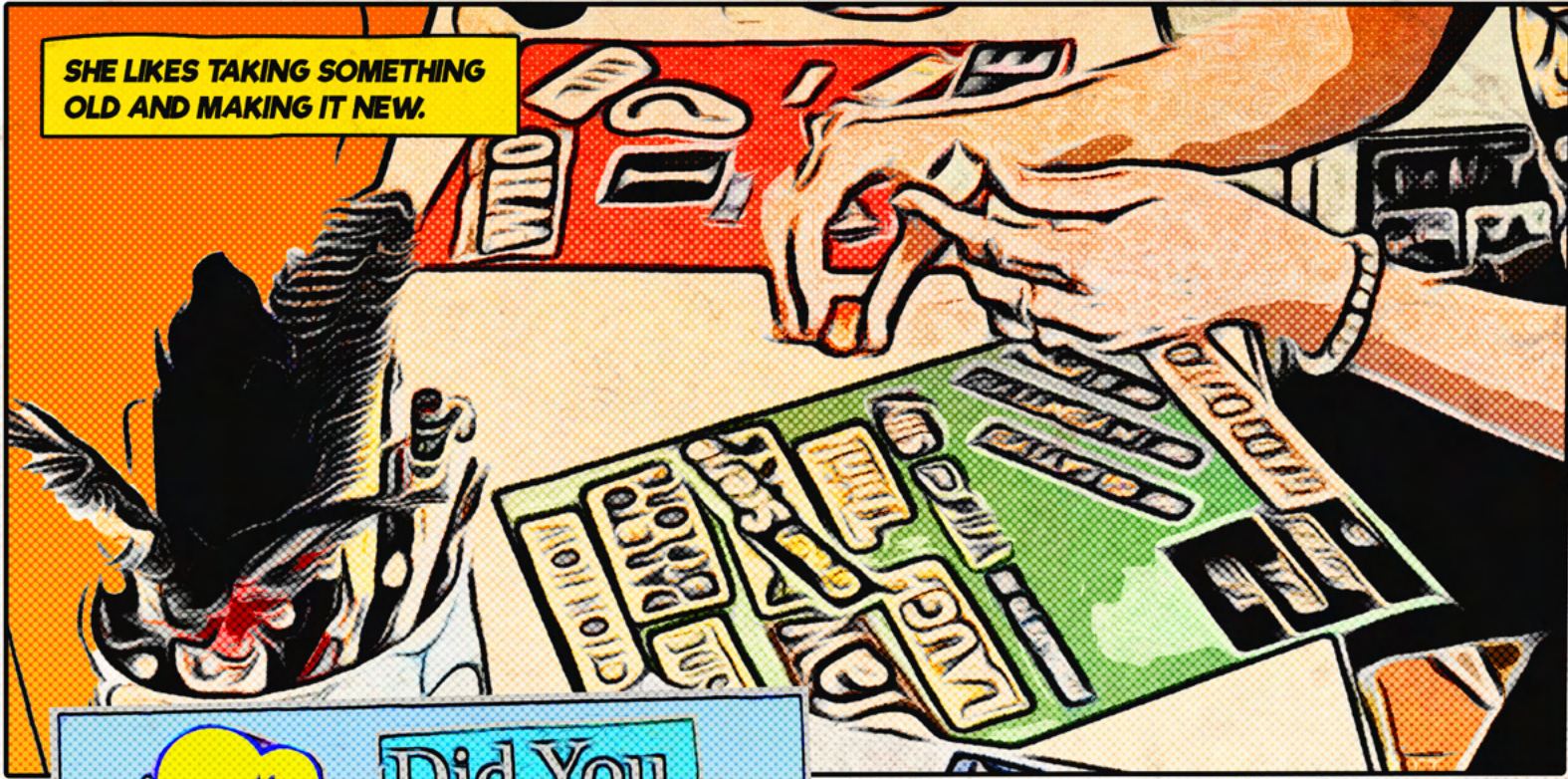
**MONDAY MORNING BEFORE SCHOOL:
EMILY IS IN HER ROOM, WORKING ON HER ART.**



**SHE IS MAKING COLLAGES FROM
OLD MAGAZINE CLIPPINGS.**



SHE LIKES TAKING SOMETHING
OLD AND MAKING IT NEW.



HEY,
SMARTY-
PANTS!

Did You
Know?

Making sense of the world

With

A

black and white

worldview

is

toxic

AND

212
Boring
↑

???

weird
but
true!

TAKE ACTION NOW

Look INSIDE

DARE TO
EXPLORE

Draw

DANCE

LAUGH

Think

RESOLVE TO BE

Wild

and

Silly

THE
REAL
ACTION
IS

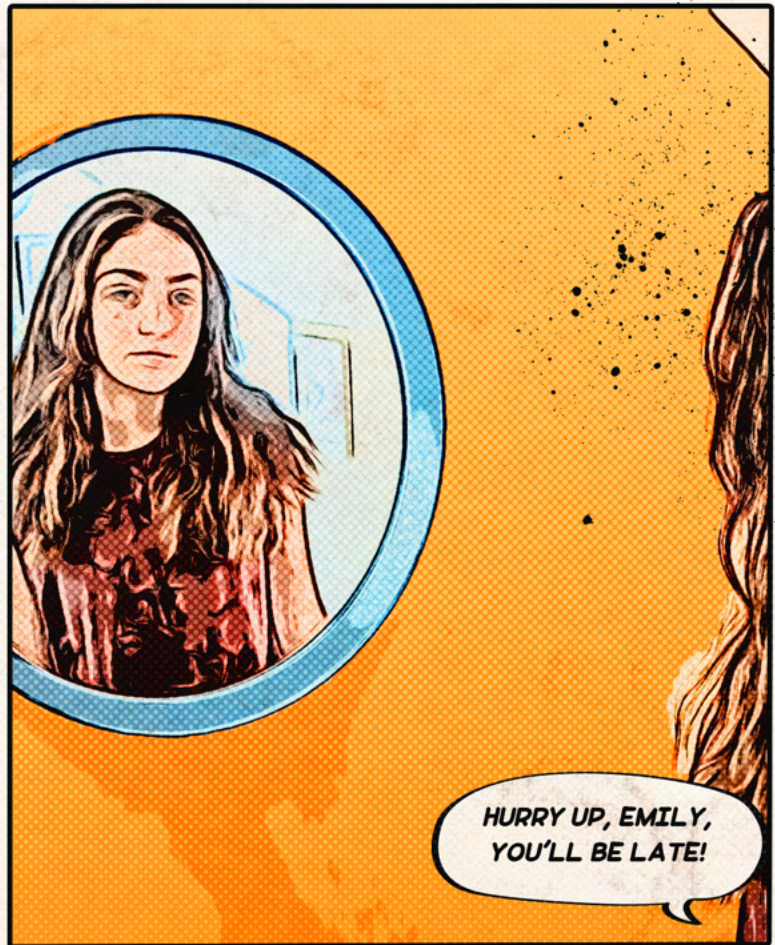
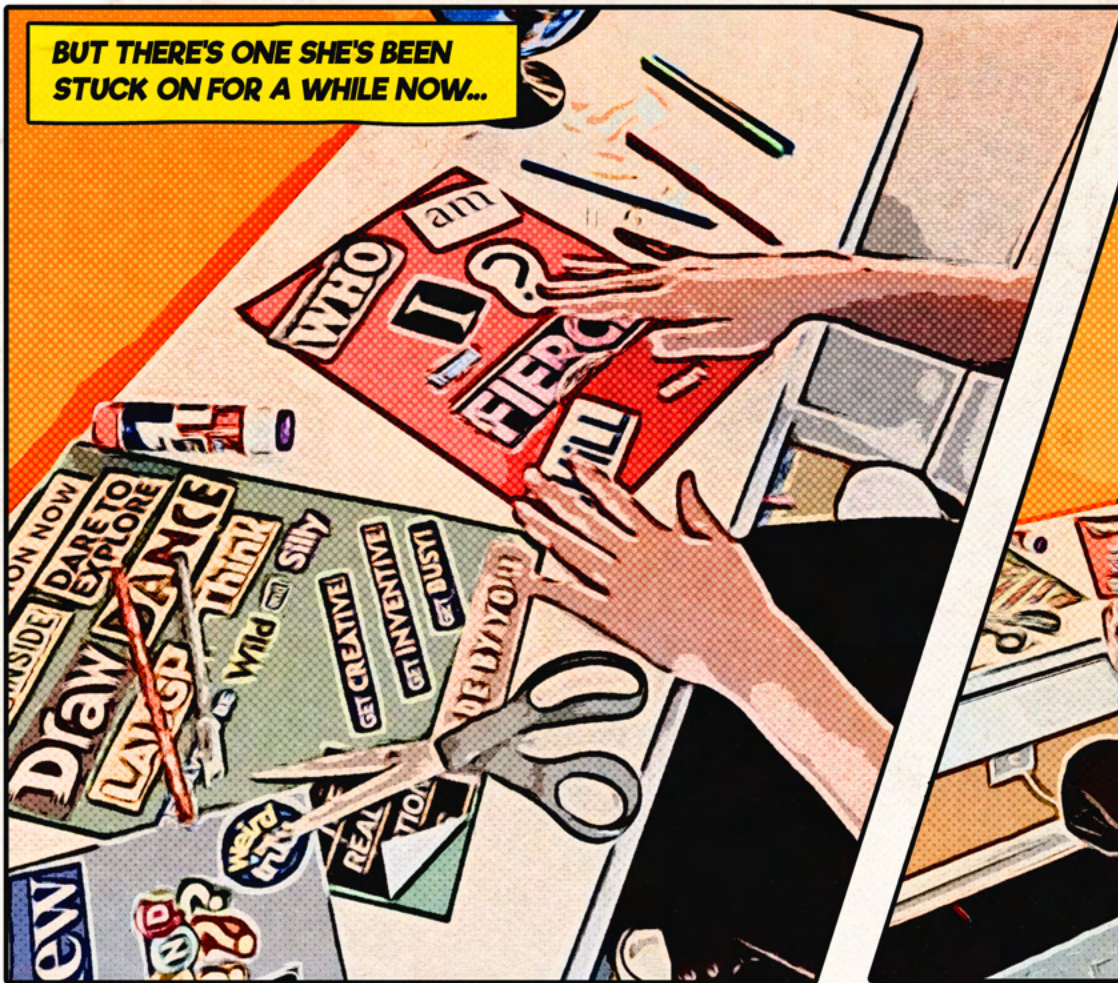
GET CREATIVE!

GET INVENTIVE!

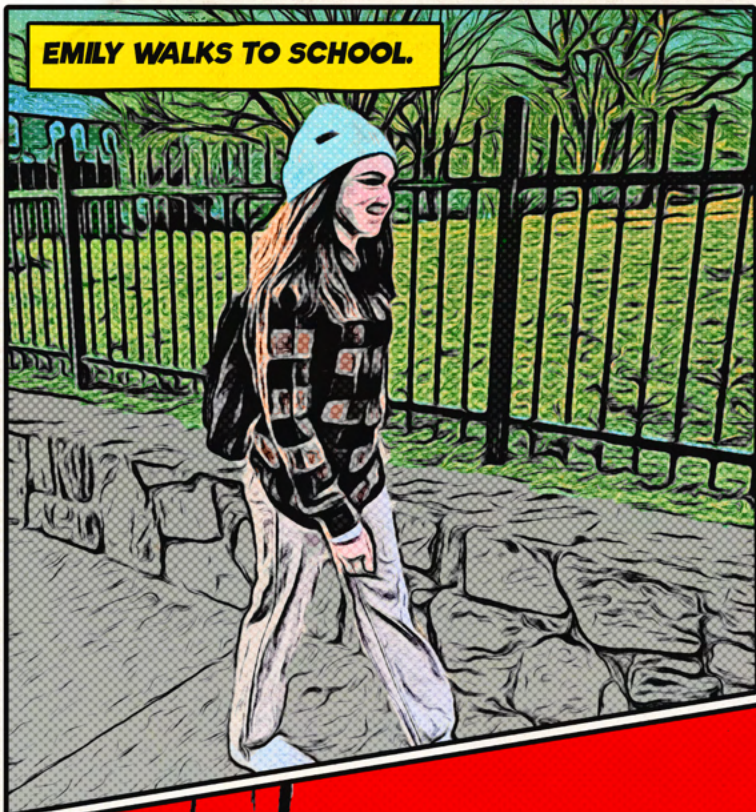
GET BUSY!

MADE BY YOU!

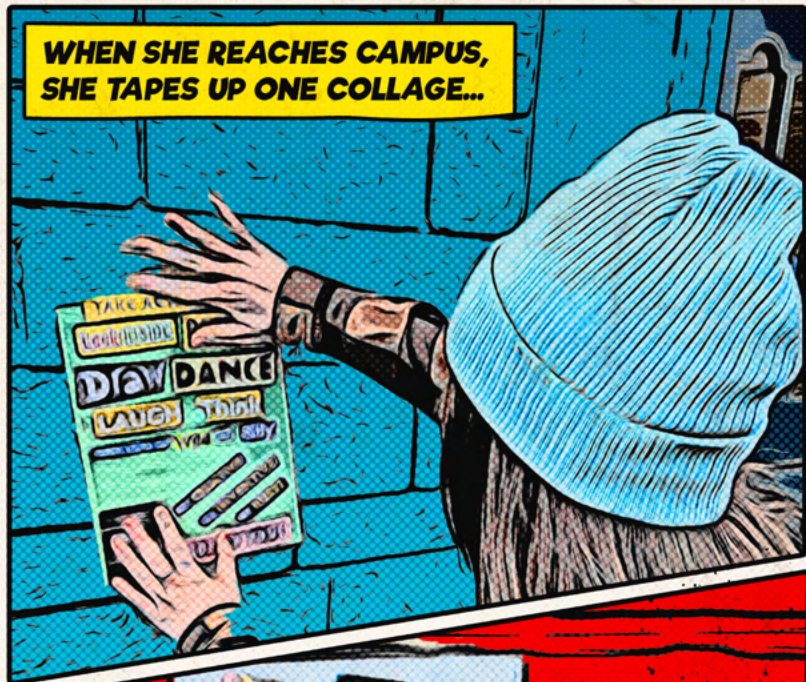
BUT THERE'S ONE SHE'S BEEN
STUCK ON FOR A WHILE NOW...



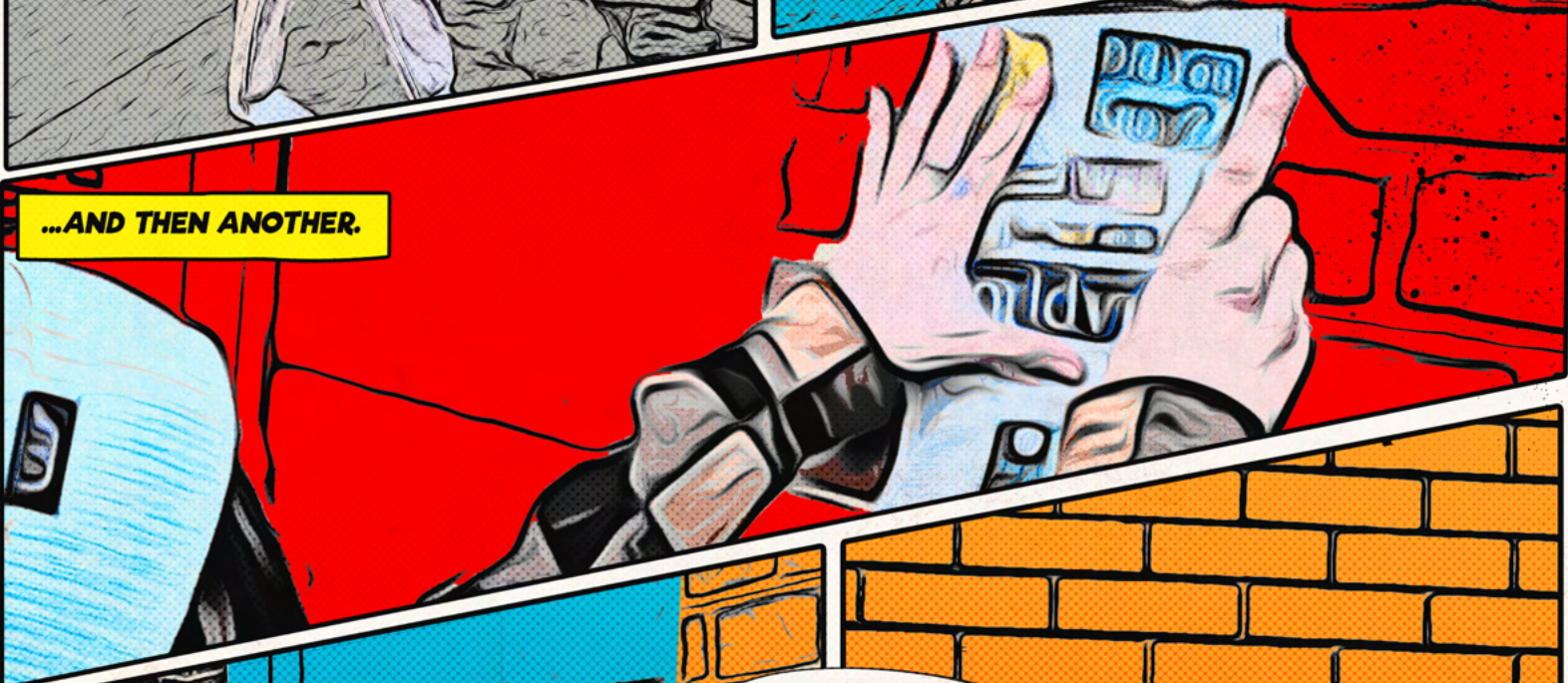
EMILY WALKS TO SCHOOL.



WHEN SHE REACHES CAMPUS,
SHE TAPES UP ONE COLLAGE...



...AND THEN ANOTHER.



That's really cool.

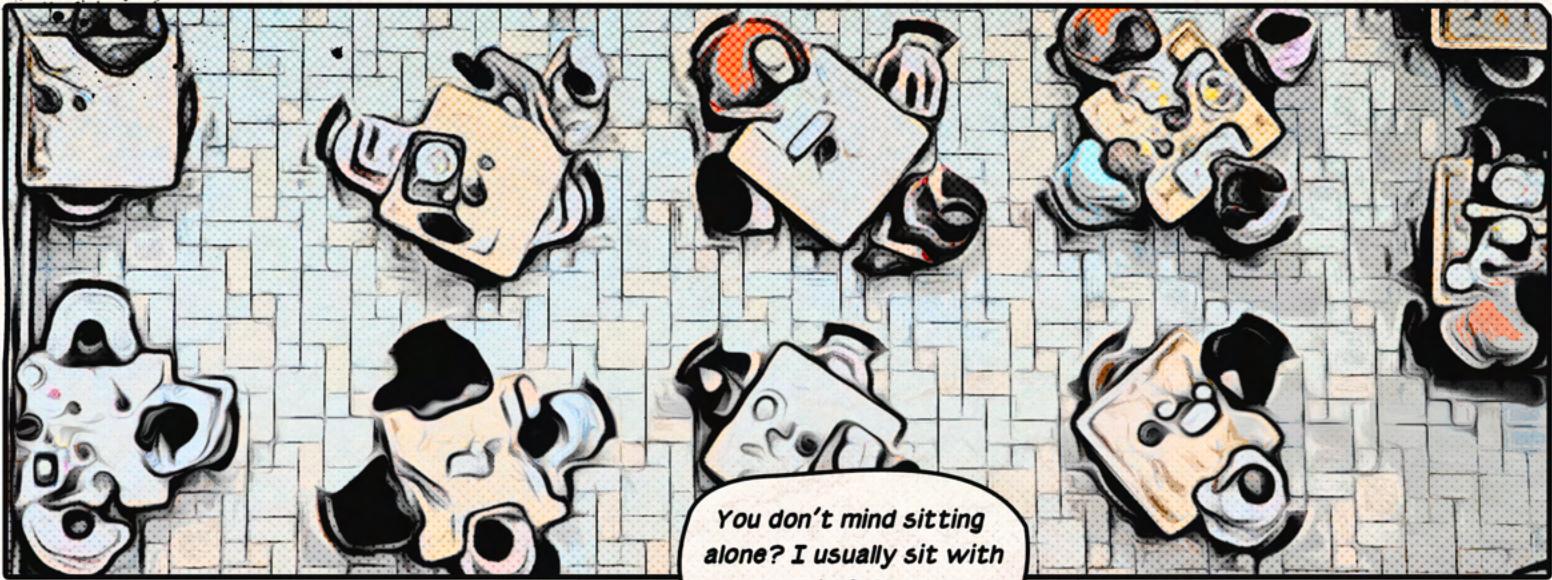
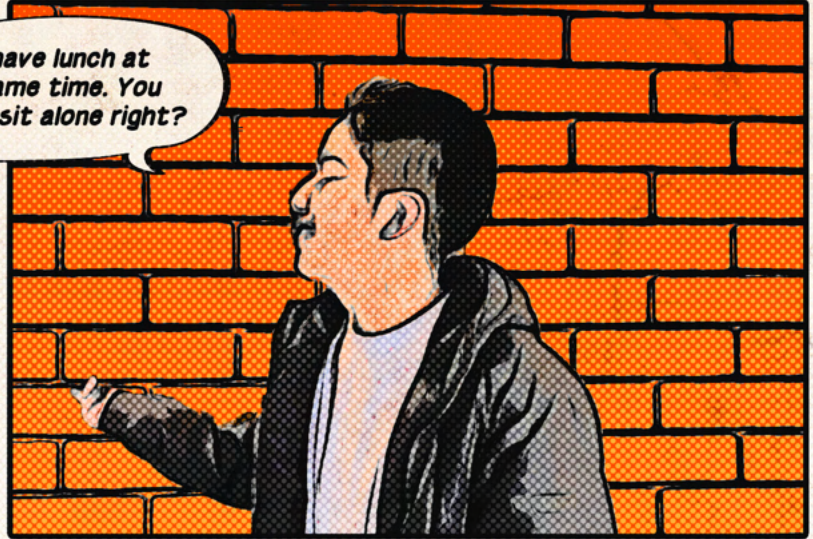
Thanks...
Do I know
you?





We have lunch at the same time. You usually sit alone right?

Um, I guess?



You don't mind sitting alone? I usually sit with people from my drama club.



You're in drama club? Please don't take this the wrong way, but you don't seem like you're all about the drama.



Yeah, I get that. But that's kind of what I like about acting. It's a chance to be someone else for a little bit.

Actually, we have drama club after school today. You want to come?

MAKE YOUR OWN COLLAGE!

Emily enjoys expressing herself by making collages—cutting out words and images from magazines and arranging them in a way that expresses something new.

Don't have any old magazines handy? Draw some of these words in different colors and cut them out.

language

we

distance

lost

art

friend

more

brother

loud

new

I

walk

also

scream

with

sleep

seek

wish

need

night

smile

forget

up

grow

why

below

me

easy

feel

different

go

mom

without

all

be

stay

free

space

run

dad

music

learn

way

sister

above

found

dream

mind

next

happy

shy

live

never

world

they

AFTER SCHOOL AT DRAMA CLUB...



For today's warm-up exercise, we're going to break off into pairs.



Me and you?

Shall we?

Hey bud.

Wanna work together?



So...?



Um...
heh-heh.

For this exercise, I'm going to ask you to portray the most challenging character of all. Today your character is...
YOU.



Here's what I want you to do:
I want you to present yourself
to your partner in a way that makes
them really get you.



Here's a simple
way to start...
Just tell your
partner where
you're from.



UMMM...



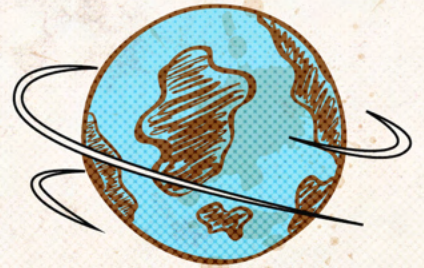
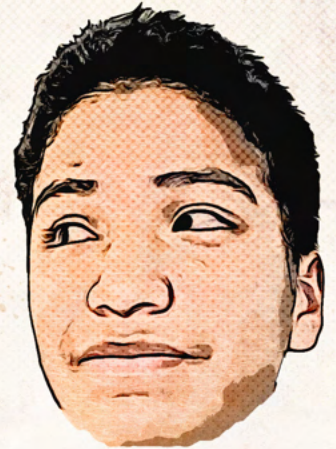
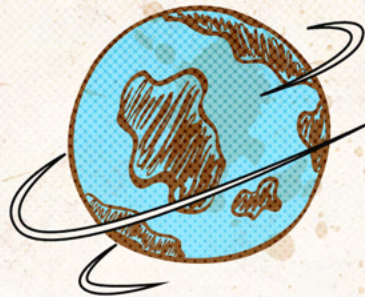
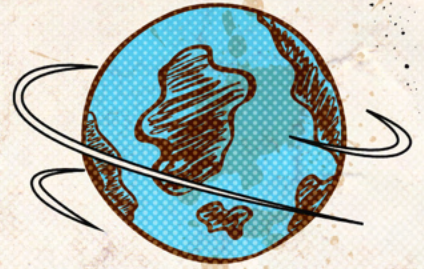
Why did
I freeze up?

**JUST TELL YOUR
PARTNER WHERE
YOU'RE FROM.**

Most people
would have an
easy answer.

But whenever someone
asks me that, all I
can think is...

...it's complicated



Sometimes I feel like I'm in a board game, and someone else is rolling the dice.

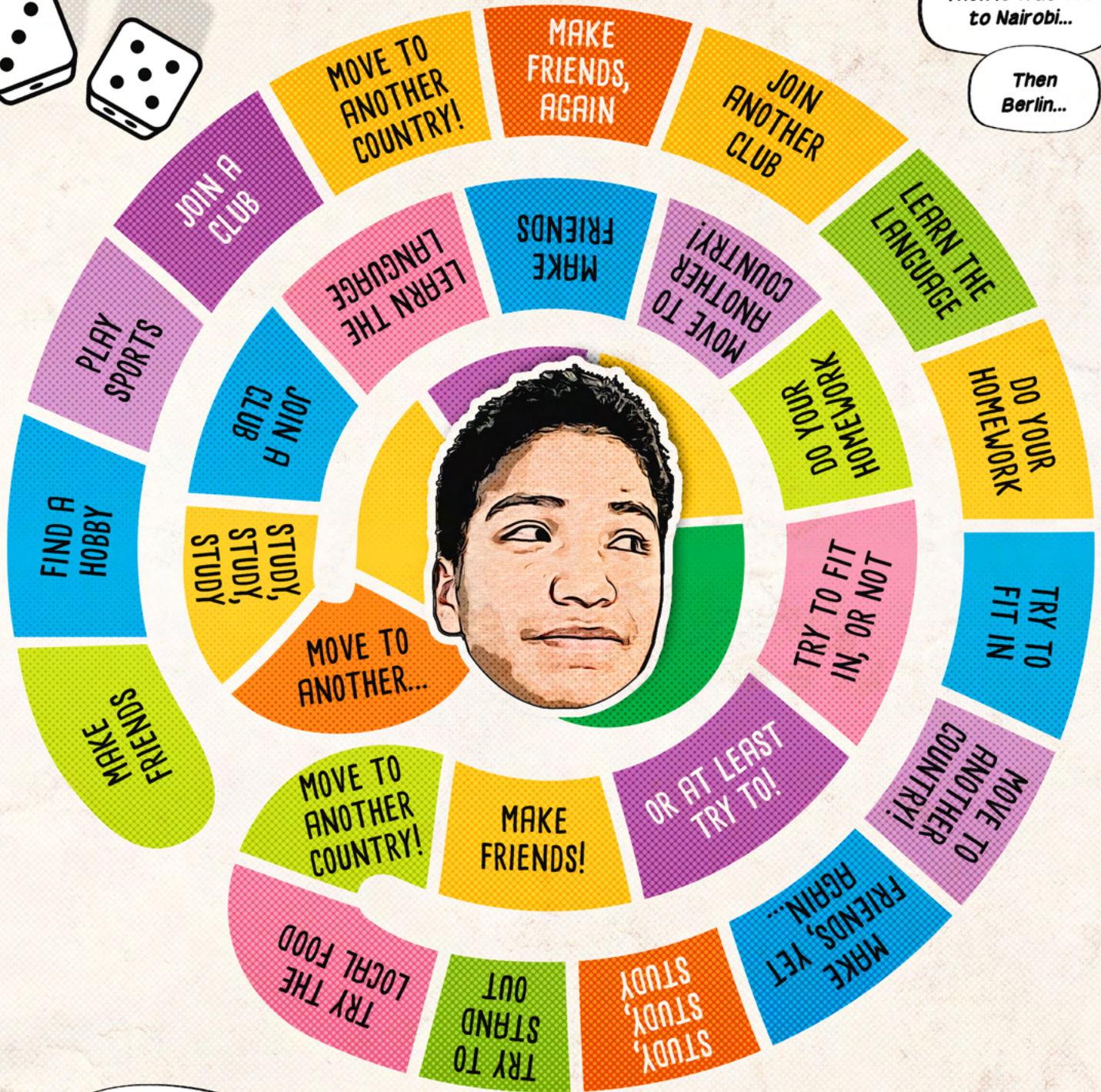
I mean...I was born in Costa Rica, so I guess I'm Costa Rican.

My mother and I lived there until I was six.

Then she met Thomas, who was from the U.S. They got married, and we moved to Washington, DC...but just for a few months.

Then it was off to Nairobi...

Then Berlin...



...and now I'm in Copenhagen.

I made friends in all those places and found things that I like.

Those places were a part of my life and Costa Rica now seems so long ago.

So...I know where I'm from, but where do I belong?

When meeting someone new, how would you describe your interests? Here's a fun list of questions to get you thinking.

Would you rather...

START A CLUB

~ OR ~

JOIN A CLUB?

HAVE THE POWER
OF FLIGHT

~ OR ~

INVISIBILITY?

CURE ALL
DISEASES

~ OR ~

END ALL
WARFARE?

GO SKYDIVING

~ OR ~

CLIMB A
MOUNTAIN?

CROSS THE DESERT
ON A CAMEL

~ OR ~

SNOW-SHOE
THROUGH THE
ARCTIC?

BE GREAT AT
SINGING

~ OR ~

PLAY AN
INSTRUMENT?

BE ABLE TO READ
MINDS

~ OR ~

SEE INTO THE
FUTURE?

BE A POLICE
OFFICER

~ OR ~

AN AUTHOR?

SPEAK SEVEN
LANGUAGES

~ OR ~

DO COMPLEX
MATH IN YOUR
HEAD?

BE THE BEST
ATHLETE

~ OR ~

THE FUNNIEST
PERSON IN YOUR
SCHOOL?

DIRECT A PLAY

~ OR ~

BE THE LEAD
ACTOR?

BE ABLE TO ONLY
WHISPER

~ OR ~

ONLY SHOUT?

BE THE WORST
PLAYER ON A
WINNING TEAM

~ OR ~

THE BEST PLAYER ON
A LOSING TEAM?

LIVE NEAR THE
MOUNTAINS

~ OR ~

LIVE NEAR THE
BEACH?

READ A MYSTERY
STORY

~ OR ~

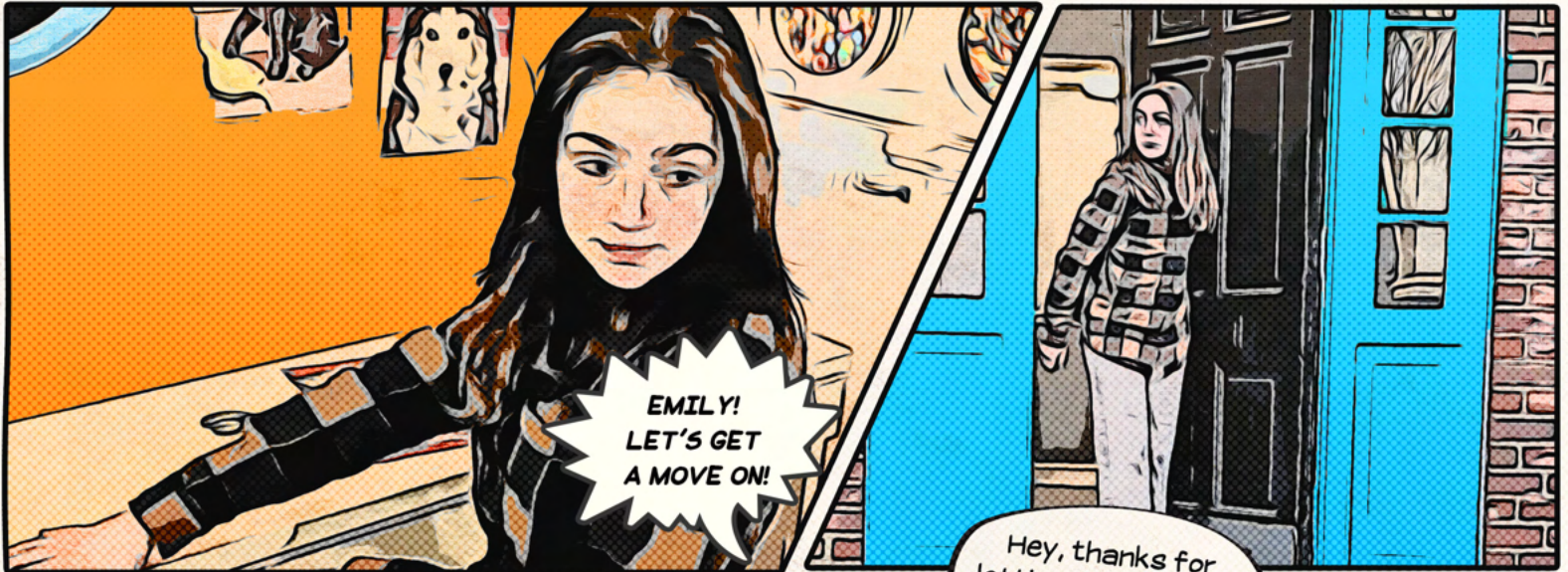
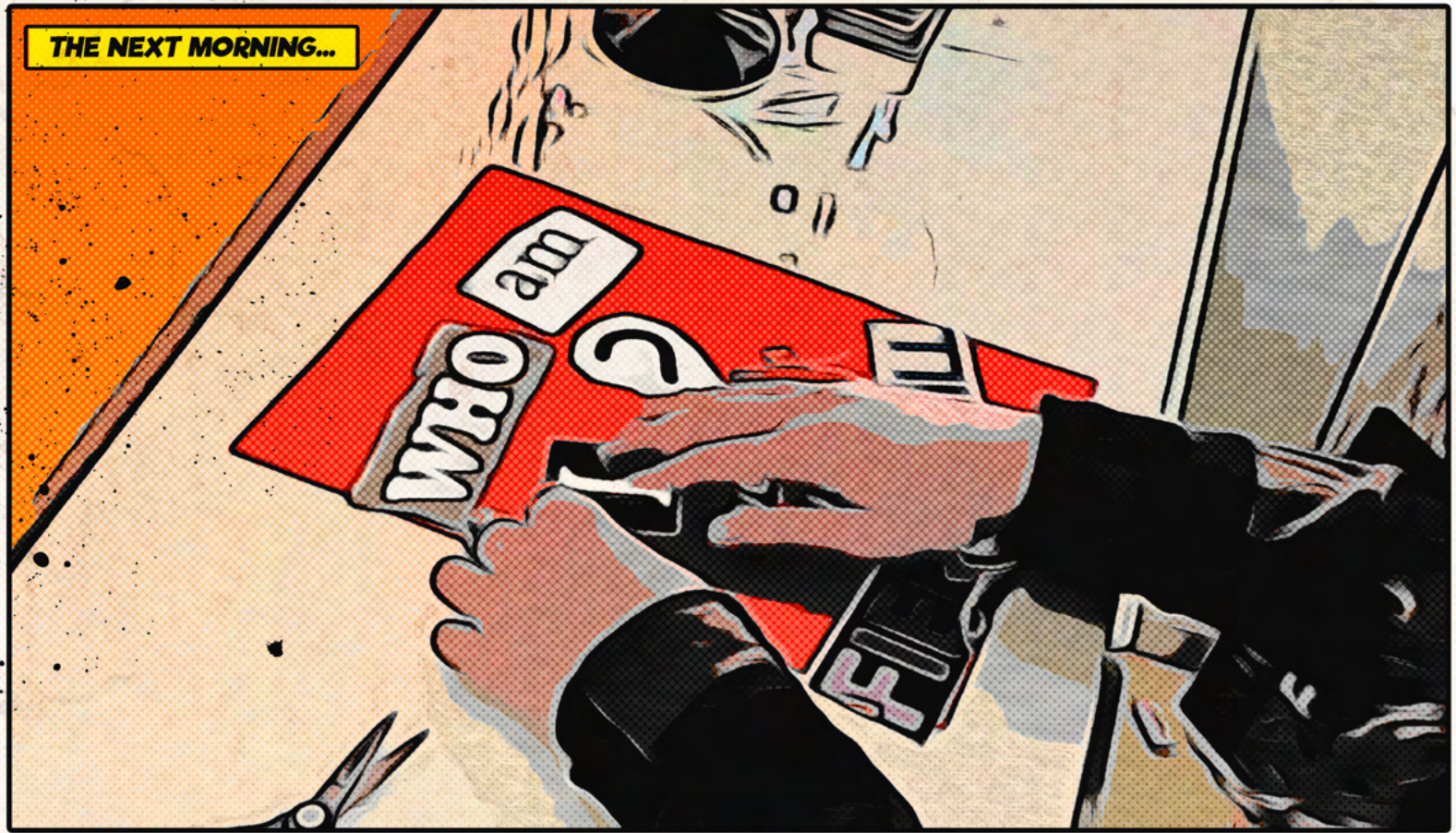
READ A SCIENCE
FICTION STORY?

HANG OUT WITH
A BIG GROUP OF
FRIENDS

~ OR ~

WITH ONE VERY
GOOD FRIEND?

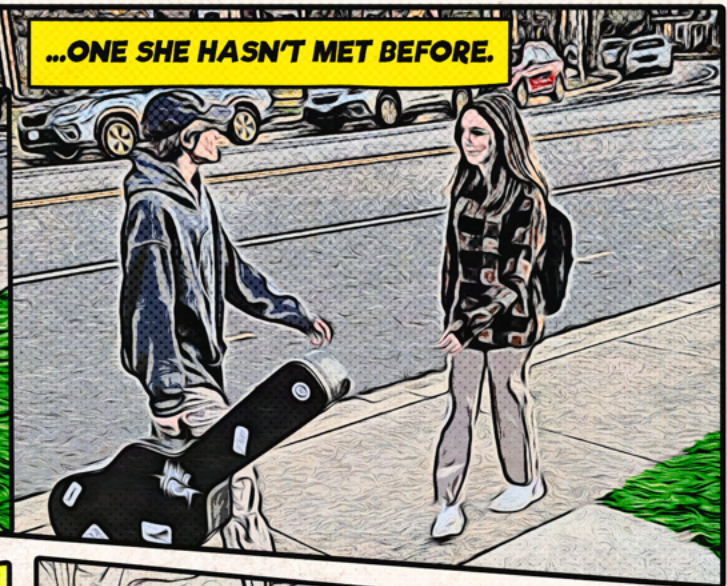
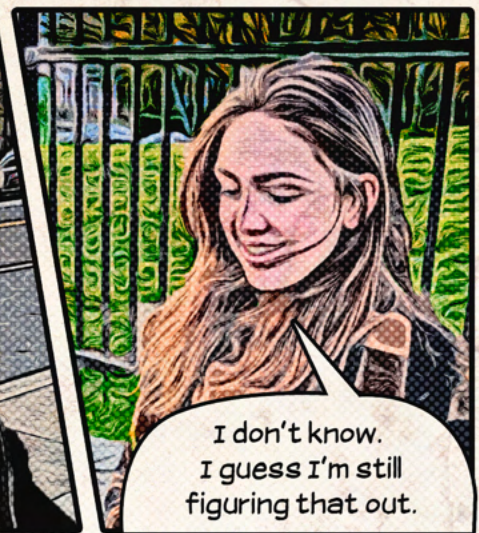
THE NEXT MORNING...




EMILY RUNS INTO CARLOS ON THE WAY TO SCHOOL.

Hey, thanks for letting me tag along to your drama club.












Your poems. Those collages. I always keep an eye out for them. My friends do too. They'd make good song lyrics.



Huh. I never thought of them like that. That's...interesting.



My friend Satya is a drummer. Her sister is learning bass guitar. Why don't you come over after school? You can read your poems while we play.



You don't have to sing... unless you want to. But I'd love it if you came over.



I'm going to my new friend's house!

I've got drama club after school!

I'm staying late to practice!

T H R E E

I'm home!

I'm hanging out with some of the drama kids this weekend.

I'm leaving!

Gotta go!

M O N T H S

Can you pick me up late?

I joined a rock band!

Some of my friends in the drama club are having a sleepover!

Can my friends come over?

My band is practicing after school!

I'm going to my friend's house after school!

I've got drama club again today!

L A T E R

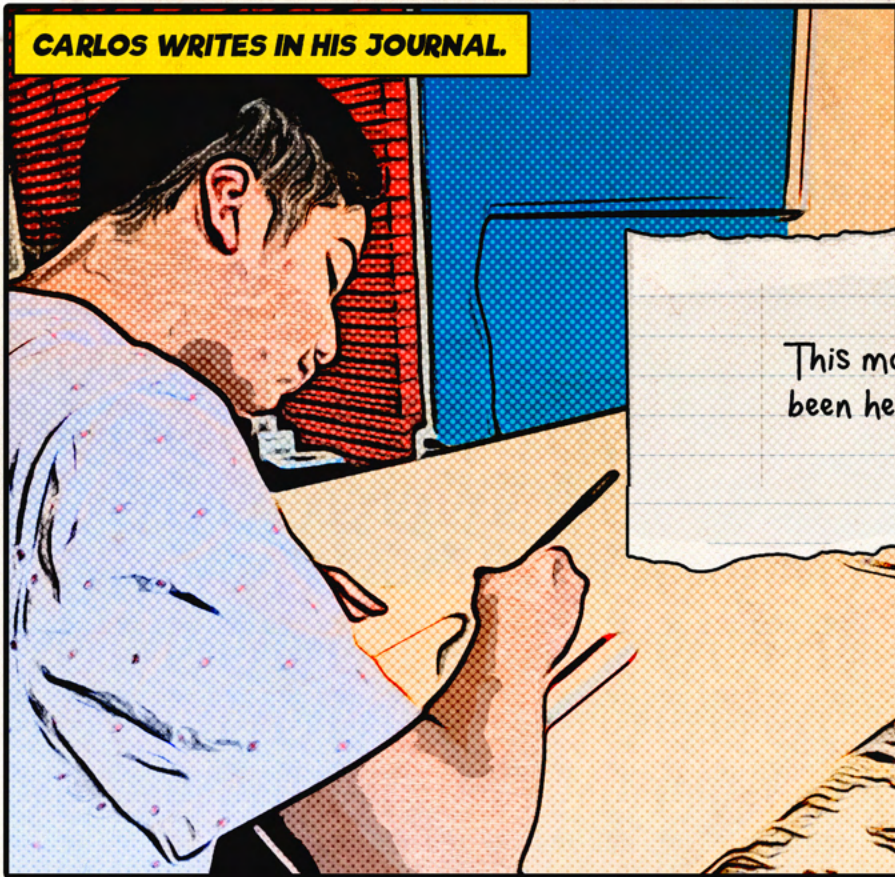
Gotta go!

My band's going to play at our school!

I got the lead part in the play!



CARLOS WRITES IN HIS JOURNAL.



This morning my mom told me that we've been here for 6 months.



For a while, I wasn't sure if I would like it here. I didn't mind that the food was different, or that I'm not good at speaking the language.

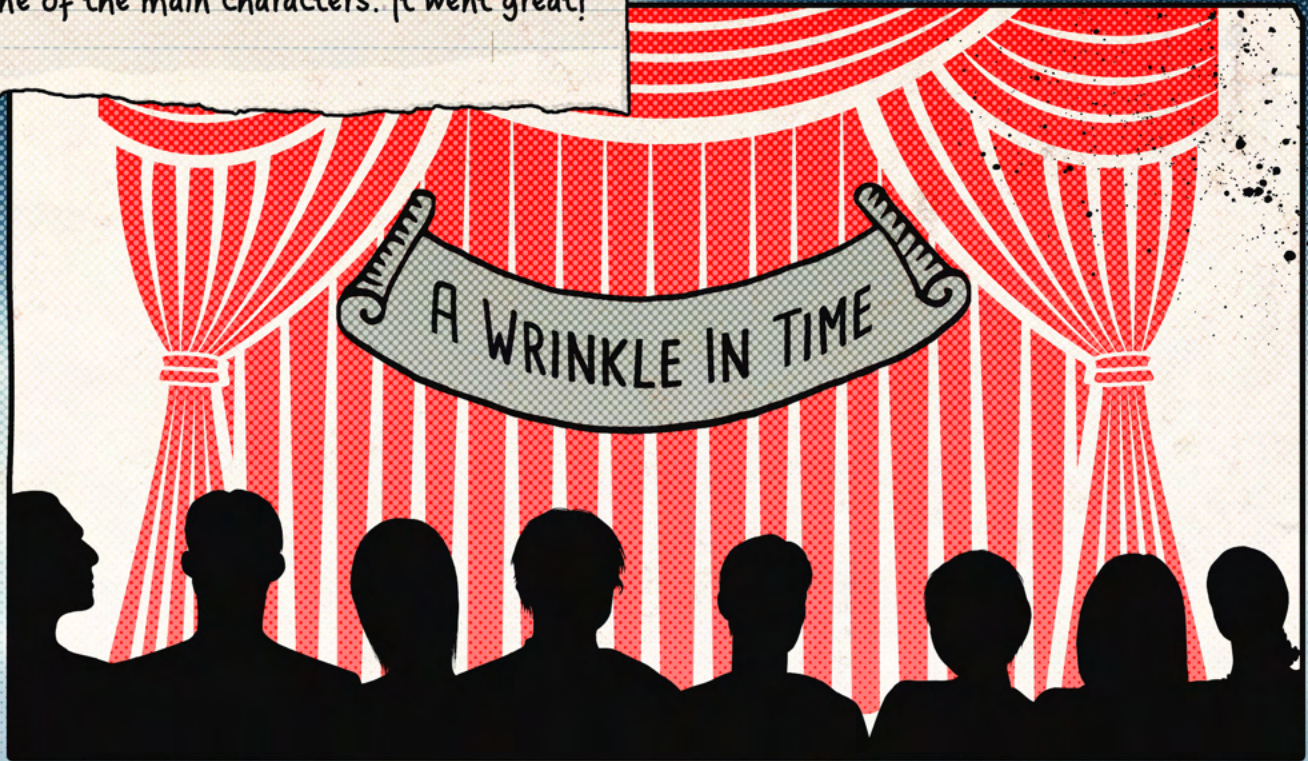
Tonight, our drama club had its big show.
Before we went on, there was an opening act.



My friend Emily's band played a few
songs. Turns out she's a pretty good
singer. She and her friends rocked pretty
hard. Everyone loved it.



Our drama club performed *A Wrinkle in Time*.
I was one of the main characters. It went great!



After the play, the instructor took me
aside and said it was the best performance
I had ever done.



I remember a while ago... he asked me to act like myself, and it freaked me out.

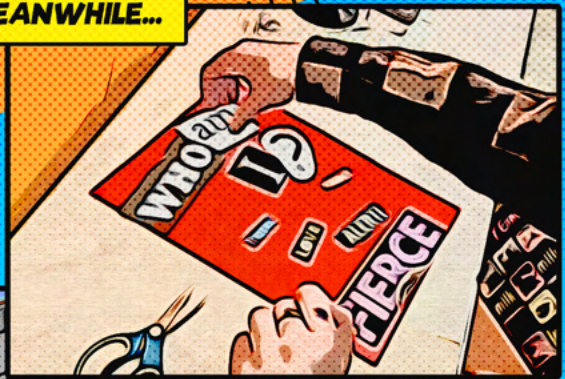
Back then, I felt confused because I didn't have an easy answer about who I am.

I don't worry about that anymore.

I know that I'm a lot of things.
I'm me. And I'm not alone.

Great job tonight,
Carlos! Now let's get
some sleep.

MEANWHILE...



EMILY!
LIGHTS OUT!



FINDING YOURSELF

What does it mean to "find yourself?"

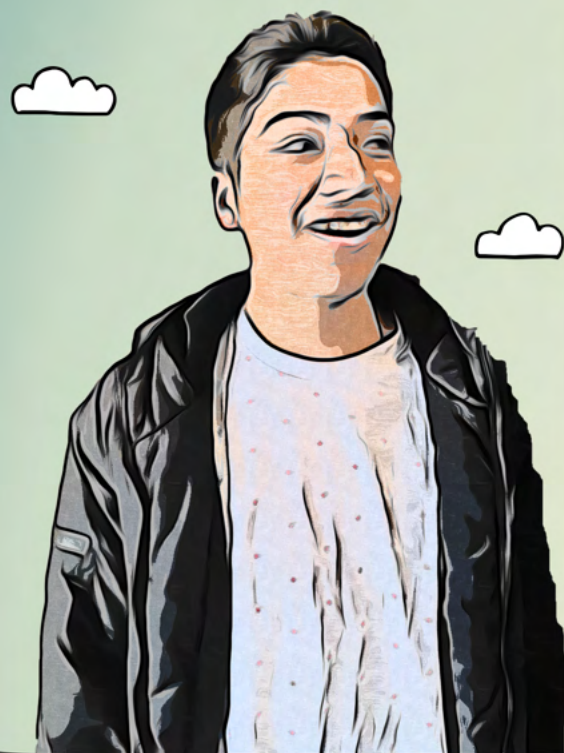
It's not always an easy thing. Grown-ups struggle with it as well.

Finding yourself is about figuring out what you like ... what you are about... who you are and who you want to be.

It's important to remember what it's **NOT**:

- ▶ It's not about figuring out what everyone else wants.
- ▶ It's not about trying to fit in.
- ▶ It's also not about trying to stand out.

It's about being true to yourself.



When we first met Emily and Carlos, they were both a bit lost.

A lot of young people feel this way. If your family moves around a lot, that doesn't necessarily make it any easier.

Something that helped Carlos and Emily was finding their people.



Have you found people with similar interests? With the same sense of humor? Who like the same sports, music, books, or movies?

If you are struggling with this...or if you aren't sure where to begin, clubs and school activities can be a great place to start.

HOW DOES THINKING ABOUT "IDENTITY" MAKE YOU FEEL?

Identity can be a complicated thing to think about...and it can be even trickier for kids who move around and who are always trying to find their way in new countries and in new schools.

As you think about your identity, here are some questions to consider:

What would you say if someone asked you, "What are you into?" or "What do you like?"

What could you ask someone to get a sense of what they are really like?

How did you meet your closest friends? In school? On a sports team or club?

Who do you admire and why? Do you admire their accomplishments or the way they treat other people?



NOTES

LOOK FOR MORE!

WE HOPE YOU ENJOYED THIS ZINE. LOOK FOR ISSUES ON TOPICS SUCH AS TRANSITIONS, 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:

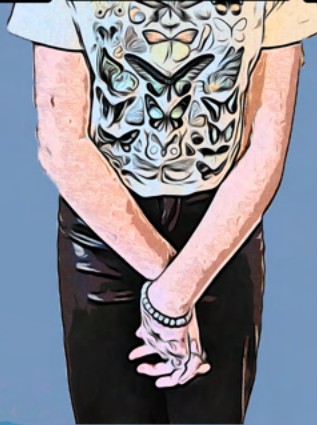
FSITransitionCenter@state.gov

The Foreign Service Institute thanks the Una Chapman Cox Foundation for making this project possible.

WHO am

I?

Trapped



smart

LOVE

ALERT!

FIERCE



FSI

FOREIGN SERVICE INSTITUTE