

## Expectations.

By Brianna Lamb

5:00 in the morning the alarm goes off, Don't hit snooze, don't hit snooze, if you press that button, you will be half asleep all day and people will think you're depressed. That can't happen, so at 5:00 in the morning you get up, turn on some pumped up music and pick out an outfit. One of the hardest decisions you will make that day, one of the important ones.

Don't wear anything with too much black, people will think you're depressed, again, nothing too tight because then you don't want to be seen as someone with a bad reputation. Nothing with holes in it because it "excites" the boys.

Nothing that shows shoulder because "boys can't control themselves" next is the makeup, nothing too dark because you don't want people to know that you woke up 4 different times during the night because of the nightmares. But you also don't want anything too bright because you don't want to be a clown.

It's 5:45 in the morning and you have 20 minutes to finish getting ready for the long day ahead. You go out and greet your mother that gets no sleep and is raising 3 kids on her own.

You put the dishes away then head to the bus stop. It's dark and you're alone, you're scared. But you can't be scared of the dark, that's only for little kids. Being scared is a sign of weakness, mustn't be weak.

You get to school and immediately feel self-conscious because people start to whisper, one part of your mind knows they are not talking about you, yet you listen to the other part of your mind that says they think you look fat in that shirt, they think you look ridiculous with your make-up. You wait for your friend so you can go to breakfast.

Don't eat too much, guys only like the barbie girls, but don't eat too little because you don't want them thinking you have an eating disorder.

1st hour you get through it with a daze, say the pledge like a human, not a robot. Pay attention, that will be on the test tomorrow. The 3rd one that week.

2nd hour, great there is a mental health video, thank you, we all needed a reminder that we are depressed high school kids with anxiety. But we have to talk to the people that cause it. The people that hand pages and pages of homework to do every night, when they make us get up before the sun is even up and make us come here to the criticizing stares.

3rd hour rolls by then 4th hour comes by slowly, before you know it, it is lunch time. You are hungry for actual food but you get a salad instead because you don't want to look like you can eat.

The next few periods roll by with you pretending not to know anything so you fit in, because being smart means being a nerd, being nice to the teacher makes you a teacher's pet.

What if waking up late and not putting much effort into clothes didn't mean you don't care about something but that you don't care what people say. What if putting on cheery make-up doesn't make you a clown but it makes you want to stand out and feel good. Maybe being a little afraid of what's in the dark not darkness itself isn't a bad thing, maybe it means that you are cautious.

Or when you eat actual food you don't care about looking like a barbie. Why can't being myself be good enough for people. Why do I have to pretend to not know what the teachers are talking about when I can show that they aren't wasting their time, wasting their degree.

Take pride in everything you do, don't be ashamed of your body or your mind. Embrace it, help the people find the good in their own selves.

Christopher Robin says,

You're braver than you believe ,  
stronger than you seem,  
and smarter than you think.

And I say,

It doesn't matter what the rest of the world thinks, I know what I am, and who I am, and I am proud.

You should be too.