

Staff Editorial



Faculty provides helping hands

As high schoolers we face hardships daily, from school work to personal issues. Stress has been rising drastically in the past few years for teens and young adults. According to Kathleen Smith of *Psycm*, 83 percent of stress in teenagers is school related and 69 percent of young adults are stressed due to making college decisions.

In this issue of the *Bagpiper*, we addressed the topic of abusive relationships in a high school setting. Every minute, 20 people are abused in some form in a relationship according to Joel Young, M.D., on *Psychology Today*. With statistics like these, there is clearly an issue. Our staff finds this topic to be a hard hitting topic, although it is

often hidden.

Many students often hide these feelings or repress the hard issues in their lives. While some students seek help outside of school, others cannot afford it. Nonetheless, there is a solution within these walls. Teachers and counselors alike are more than just what their surface level role is. Many students confide in teachers and trust them in difficult situations.

Faculty members in our building contribute above and beyond when it comes to hardships found in students. Last week health and wellness teacher Juli Hutson let students outside to write positive messages in chalk on the sidewalk for National Suicide Prevention Week. Teachers like Hutson

want to be active in promoting healthy living rather than going through the motions of school and life.

Sharing personal details with even friends is hard, so being withdrawn when sharing with teachers is understandable. Something students should remember is that our staff members are on our team. As educators, they are here to help us grow and prosper as young adults entering into society.

It may seem uncomfortable at first to share, but asking a staff member for help could be a step in the right direction. Mental and physical health are essential, especially in high school when we grow the most. The Australian Institute of Family Studies

released a study showing how children and young adults are mentally shaped mostly by their environment. If we allow negative environments to defeat us our well-being will crumble quickly.

High school is full of pressure from peers, colleges, and other stress inducing factors. Do not let a relationship with others make the high school experience more troublesome. Let someone help you, and do not be afraid to ask for help. No one here is truly alone.

If you or someone you know is suffering from any form of abuse, please call the National Domestic Violence Hotline at 1-800-799-SAFE (7233). Help is a text, call, or email away.

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