



BEAUTIFUL COMES IN ALL SHAPES AND SIZES

SEROTONIN SAYS MONTHLY:
SEPTEMBER EDITION

NOTE FROM OUR TEAM

TRIGGER WARNING: SUICIDE

September is Suicide Prevention Month, and many writing pieces within our newspaper deal with the topic. If this topic is triggering or uncomfortable for you to read about, please feel free to skip those pieces and focus on the body positivity theme.

SEPTEMBER BIOGRAPHY: LIZZO

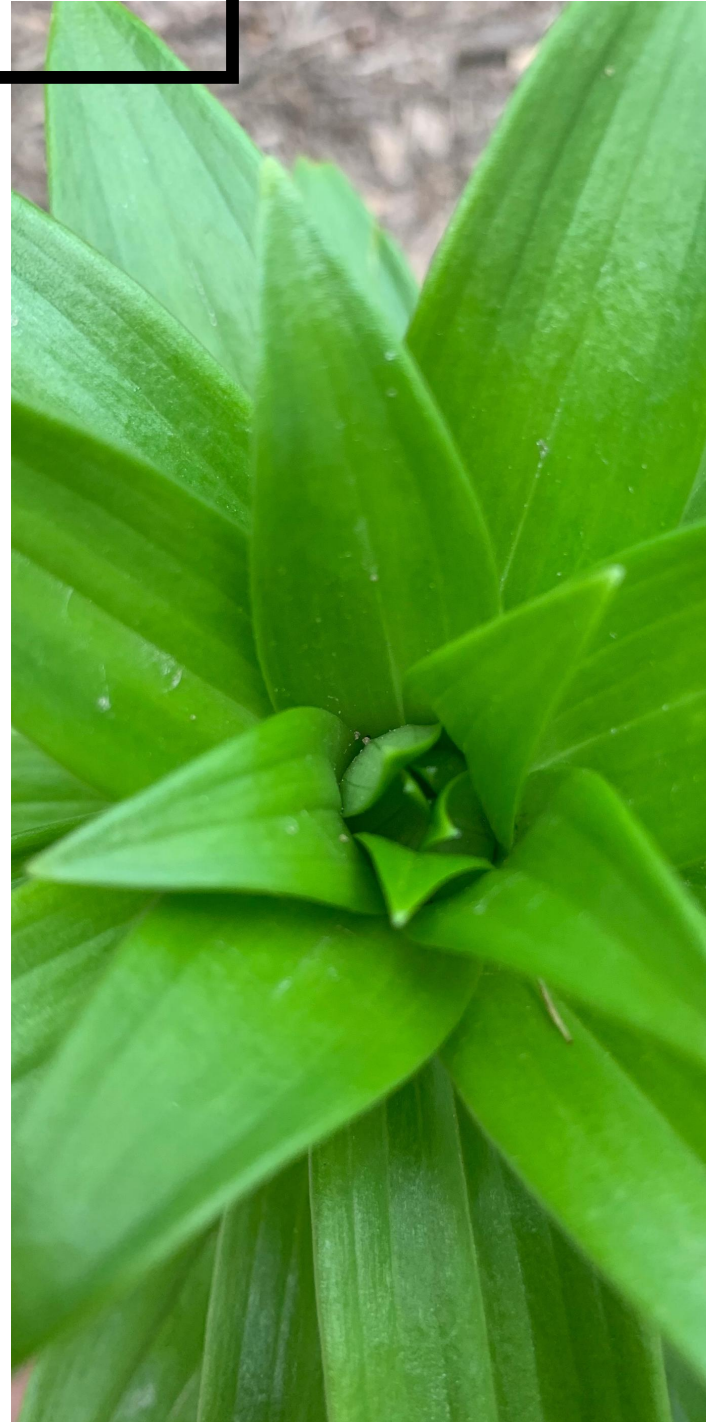
WRITTEN
BY ETHAN
BULL

EDITED BY
SOPHIA
WONG

Melissa Viviane Jefferson, better known by her stage name “Lizzo” was born April 27, 1988 in Detroit, Michigan. Lizzo grew up in a religious household and enjoyed listening to gospel. She found hip-hop when she later moved to Houston, Texas. In addition to her interest in vocal music, Lizzo was also a flutist and was in marching band from eighth grade through college. Lizzo got into freestyle rapping due to the culture of her school in Houston and ended up really enjoying it. Along with the flute, rapping became something she wanted to be the best at.

During the years of her childhood, Lizzo struggled deeply with her appearance and perception of herself. Due to how mainstream media portrayed beauty, she constantly felt like she wanted to change things about herself, or even become someone else entirely. This discontent with how she saw herself caused Lizzo to suffer from low self confidence and low self esteem. However, Lizzo had a realization when she was around 21 years old. That year was a really tough year for her because she was homeless, She felt isolated, as her father recently passed and she wasn’t eating enough due to a lack of having much money. These factors brought her to the conclusion that she had to love herself and be okay with the way she was physically.

She used her music as therapy for herself during that rough time and released her first album a couple of years later called “Lizzobangers.” While she wasn’t initially famous, she finally gained mainstream recognition years later with her song “Truth Hurts.” Through many difficulties in life, Lizzo persevered. She is now a celebrity that has the power to use music and her voice as an influencer to promote body positivity and other important causes. Lizzo is a great role model for everyone, especially those who struggle with their perception of their appearance.



HISTORY OF THE YELLOW RIBBON

By Ethan Bull

The Yellow Ribbon Suicide Prevention Program was founded in 1994 as a result of the suicide committed by Mike Emme, who was only seventeen years old. At his services, his family made yellow slips of paper with the words, "please don't do this, please talk to someone," printed on it. Included on the paper were various phone numbers to call in order to get help. Teens pinned yellow ribbons on 500 of these slips, and by the end of the service, all of the slips were taken. Teens started mailing these slips to people they care about. Three weeks after the service, a girl received one of these slips in the mail and gave it to her teacher who got her the help she needed. The yellow ribbon became a symbol for suicide prevention after this point as a way to raise awareness.

Quote of the Month

**"I THINK WE ALL WASTE A LOT OF
TIME MEASURING OURSELVES UP
AGAINST IMPOSSIBLE STANDARDS
IN LOTS OF WAYS. WE NEED TO
LEARN A FEW THINGS, ONE OF
WHICH BEING THAT PHYSICAL
BEAUTY COMES IN ALL SHAPES
AND SIZES, INCLUDING A LOT
THAT THE WOMEN'S MAGAZINES
HAVE NEVER EVEN THOUGHT OF."
-KATE GRENVILLE**

JOSPEH'S STAR

By Waverly Nakashima

Help
I need it
I can't live this
Confusing, harsh, and big world
I see the easy way out
Solving all my problems
Leaving none
Here

Can
I do this
Can I climb out of
This trench six feet underneath
Reaching out and looking up
For when I go wish-
Ing on a
Star

★★★★★★★★★★★★

My
Shining star
Filled with hope and love
The ability to turn
Off those loud voices in my head
A balancing act
A tightrope
Wire

The
Future un-
Limited with high hopes
Although the past, a dark cave
The future, an airplane, where
I can be soaring
Above the
Rest

THE GREATEST SHOWMAN: BODY POSITIVITY

BY MADELINE GOLD
EDITED BY SOPHIA WONG

“I am brave, I am bruised, I am who I’m meant to be, this is me.” While the cinematic masterpiece, *The Greatest Showman*, may not have been entirely historically accurate, it did a phenomenal job of portraying the many struggles of all kinds of people, and for that it should be commended.

One of the most earnest of these issues that has made its mark on history is body shaming. P.T. Barnum was a progressive individual in many ways, but he also profited off of the ridicule of his circus “freaks” (as hecklers in the movie refer to the performers). Characters like Lettie Lutz (the Bearded Lady) and Charles Stratton (General Tom Thumb) are exploited and recognized solely for their physical traits.

The group of performers turns on Barnum eventually, remembering that they are special for who they are, not just what they are. The climax of this moment is the song “This is Me,” a powerful anthem that has been used to promote suicide prevention efforts and body positivity campaigns nationwide.

Lyrics such as “I’m not scared to be seen, I make no apologies” is a motto we all can take into our everyday lives. Everyone is beautiful in their own unique way, and no two people are the same. So, the next time you look in the mirror, just remember that you are brave and bruised, but you are who you’re meant to be.

Song of the Month

GOOD AS HELL BY LIZZO



Radiate Positivity

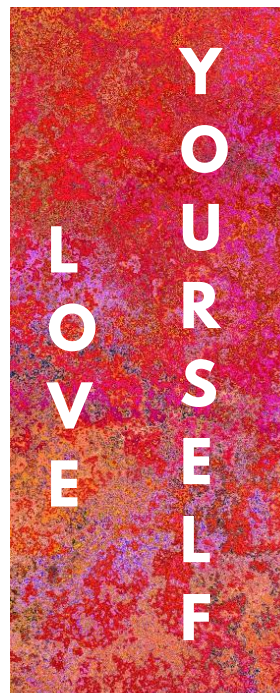
Suicide Prevention Hotline:

1-800-273-8255

September is National Suicide Prevention Month, which is the perfect time to spread awareness on this mental illness. The definition of suicide is taking one's own life. This is the tenth most major cause of death in the United States, taking 48,344 lives in 2018. Suicide also affects family members and close friends of the individual, causing them to feel ashamed and less open to the topic. Signs of suicidal thoughts/actions include cuts on body, depression, saying they want to die, etc. Anyone can have suicidal thoughts regardless of gender, age, race, and background, so it is important to know how to help them.

One way to help is by calling 911 or a suicide prevention hotline such as 1-800-273-TALK if someone is having suicidal thoughts or actions. Another way to help is by sharing images or facts on social media accounts. This will cause others to feel more comfortable talking about the subject while getting rid of stigma. Using #SuicidePrevention or #StigmaFree in posts is even better. These aren't the only ways to help, but they're some of the easiest and are very effective. Letting people know that you are there for them and care about them can save a life!

BY JULIA MESSING



Zentangle of the Month

Loving yourself is the first step to becoming a
better person.

BY MAYA SIEGAL



POTENTIAL SIGNS OF SUICIDE

By Sophia Wong

It can be difficult to recognize the signs of suicidal ideation, which can sometimes lead to unexpected tragedy. It's important to understand indicators that someone might be suicidal, for both their benefit and yours. Below are some, but certainly not all, common indicators of suicidal ideation.

If the person speaks about one of the following:

- Wanting to kill themselves or die
- Threatening/ saying they are going to commit suicide
- Feeling like a burden or having no purpose
- Feeling unbearable pain

If the person is behaving similar to one of the following:

- Increased usage of alcohol/ drugs
- Sleeping too little or too much
- Isolation from others
- Doing things like saying goodbye to people or giving away prized possessions

If the person is displaying one of these moods:

- Extreme mood swings
- Depression
- Anxiety
- Anger
- Sudden, uncharacteristic improvement in mood or calmness

988: A STEP IN THE RIGHT DIRECTION

By Madeline Gold

Fifteen and a half years after the original suicide hotline was established, a monumental announcement was made public. According to the Suicide Prevention Lifeline website, "Since 2008, suicide has ranked as the tenth leading cause of death in the United States." In 2019, the Federal Communications Commission first proposed the establishment of a new, shorter suicide prevention hotline.

Like the 911 crisis line, this new hotline will be much more accessible and easily remembered by the general population. Having a 3-digit hotline will also help destigmatize seeking help for mental health issues because it is so similar to what society is used to in the 911 hotline.

For years mental health has been inferiorized in government policy compared to physical health, even though the two are equally as important. The new suicide hotline is certainly a step in the right direction, as it not only benefits those struggling with suicidal ideation, but also publicizes the message that mental health needs to be prioritized. The 988 hotline is expected to be fully integrated by mid-July 2022, but in the meantime, we can continue to promote normalized mental health support and suicide prevention efforts nationwide.

CHECK IN NEXT MONTH

**SEROTONIN SAYS
MENTAL HEALTH
CHALLENGE OF THE
MONTH: SPEND SOME
TIME OUTSIDE
EVERYDAY (WEATHER
PERMITTING!)**

**FOR MORE
MENTAL
HEALTH
CONTENT**

