ZINE, 2018
HENRY TEEN COLLECTIVE (and guests)
HONESTY ON PRINTER PAPER
ENABLED BY HENRY ART GALLERY

FOR MORE EXHIBIT 2,
TURN PAGE
Dear viewers,

The opinions and advice featured in this zine represent the ideals and views of the Art Collective members and other zine contributors, and is not necessarily representative of the viewpoints of the Henry Art Gallery. This zine is in no way intended to be interpreted as instructions or rules for how you should live your life. What we’ve put together is certainly not universal, and isn’t written in stone. Everyone is different, so do what’s right for you! The goal of this zine is simply to allow youth to share advice and stories in their own way, based on their own personal experiences in an attempt to help other teens. Additionally, this zine contains mentions of sex, toxic relationships, mental health, and other topics that could be triggering to certain individuals. If these topics are triggering to you in any regard, then reading certain sections of this zine might not be right for you. You can check the table of contents for a more detailed description of the zine content.

Thank you and we hope you enjoy!

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What would you bring to a deserted island?

Various anonymous participants from the Seattle Art Museum’s Teen Night Out, May 4, 2018
I'm Dakota, a digital and pen-and-paper artist, who loves cats, colors, baking, storytelling, and trying new artistic mediums.

I've been making art as part of the Henry Teen Collective for three years now.

Jacques.
Pronounced the French way sort of like “jock”.
Really just call me anything but Jackie.
thanks
Hi!
My name is Stella Xu and I am a senior at Lakeside School. Art has been a big part of my life since I could draw, and it's been a pleasure to collaborate with other teen artists in the Seattle area on Henry projects and curating this zine. I am inspired by films, travel, and the people I love. I hope you enjoy this zine!

My name is Maya and I am a freshman at Seattle Academy. I have been doing art since preschool. My grandma has been my inspiration for art and I hope to continue it throughout my lifetime. I like to work in all mediums but I particularly like pencil and acrylic.

My name is Anthony and my part in the zine is social media. I explain social media and its basic uses. I wanted to put this in the zine because I noticed a handful of my friends don’t have an Instagram or Snapchat, and didn’t want to make one because they thought it was confusing/intimidating to use.
Hi my name is Esther
And I'm ready to make the world better
Whether flashing a smile
Or going the extra mile,
I try to go through life with my own style.
Friends and family
Help me keep my sanity.
I cherish both with all of my heart
And always get a good laugh whether far or apart
I’ve always strived to stay positive
Even when I felt stuck down in the negative
Now I am writing this down in a human transmittal
So you can get to know me... But only a little :)
Be the light
SELF-CARE
CARING FOR YOUR OWN WELL-BEING

this whale calming, this whale is blue, this whale is in the ocean. there are fish in the ocean. they're pretty calm too I guess. they aren't around right now
STRESSED?
WAYS TO DEAL WITH STRESS

* if you’re looking for some strategies

• BAKE
  ➜ DESSERTS

• TAKE A BREAK
  ➜ RELAX MAN
  ➜ TAKE A NAP

• COMMUNICATE
  ➜ YOUR EMOTIONS
  ➜ THOUGHTS
  ➜ TALK IT OUT

• MAKE ART
  ➜ DRAW SOMETHING
  ➜ PAINT
  ➜ CREATE A MASTERPIECE

• STRETCH
  ➜ YOGA
  ➜ MEDITATE
  ➜ EXERCISE
  ➜ BOXING
  ➜ PUNCH BAG
| All things have a certain amount of kinetic energy, which falls somewhere on a spectrum | Similarly, | All things have a certain amount of positive energy, which falls somewhere on a spectrum |
| This is known as its temperature | | This is known as its harmonic resonance |

| When something has a lot of kinetic energy, it is hot | Similarly, | When something has a lot of positive energy, it is positive |
| When something has a lack of kinetic energy, it is cold | | When something has a lack of positive energy, it is negative |

| If you surround yourself with things that are hot, it will transfer heat energy to you and make you feel hot | Similarly, | If you surround yourself with things that are positive, it will transfer positive energy to you and make you feel positive |
| If you surround yourself with things that are cold, you will transfer heat energy to your surroundings | | If you surround yourself with things that are negative, you will transfer positive energy to your surroundings |
| Your environment will steal the heat energy from you and make you feel cold | | Your environment will steal the positive energy from you and make you feel negative |

| To avoid injury and seek comfort, We need to be mindful of the temperature of our environment we exist in and the things that we interact with on a day to day basis | Similarly, | To avoid injury and seek comfort, We need to be mindful of the harmonic resonance of the environment we exist in and the things that we interact with on a day to day basis |

| This is thermodynamics; the transfer of energy | The only difference between the two is how they are regarded by society | This is harmonic resonance; the transfer of energy |
| It is accepted and taught as science | | It is mocked and dismissed as hippie nonsense |

| We accept these facts as truth and science because we have evolved to be able to tangibly (physically) detect these energy transfers | The only difference between the two is that humanity has evolved to lose the ability to sense these energy transfers | We dismiss these facts as spirituality and bullshit because we have grown to ignore our intuitive sense of these energy transfers |
| We feel it in our astral body, but not our terrestrial body | |
“oh god it’s so sunny
what time is it”

- Put Your Records On - Corinne Bailey Rae
- Merry Happy - Kate Nash
- Send Me A Peach - The Blasting Company
- You and I - Ingrid Michaelson
- The Door Is Still Open - The Cardinals
- I’ll Be Seeing You - Billie Holiday
- Les Champs-Élysées - Joe Dassin
"my head is numb"

- Sleazy Bed Track - The Bluetones
- 2AM - Bear Hands
- Hotel California - Eagles
- GOLD - BROCKHAMPTON
- The Celebration Song - Brock Barrigan
- Echo - Kevin Abstract
- Wish I Knew You - The Revivalists
- Glitter - Tyler, The Creator
- Dark Red - Steve Lacy
- Four Walls and an Amplifier - Brock Barrigan
Pay attention to your sleep cycles. A sleep cycle is about 90 minutes long, or the time it takes to go through the first four stages of sleep plus REM sleep time (for dreams). Keeping track of your sleep cycles can help you feel more rested no matter how much sleep you get! But always try to sleep as much as possible please.

Teenagers are supposed to sleep 8-9 hours a night and it's better if you do! But sometimes it's not realistic so here's a way to get the most out of your rest! *Based on experience! A it might not work for you but it's something to try out.
SO knowing this can make it easier to plan your sleep time to fall asleep (14 min for the average person) and start counting up 90 minutes, if you go to sleep at 11:30, count to 1 am, 2:30, 4 am, etc. So following that you would know to set your alarm for 6 am, 7:30, etc, whatever you want. Or you could stay up a half hour later and get up at 6:30 it's flexible but goals help you feel more rested even if you aren't able to sleep much more. Go forth with courage and knowledge!
to get rid of a pimple overnight:

Marie Badescu Drying Lotion

to even skin tone:

Milk Matcha Toner

Cleanser:

Milk Makeup
SMORES MUG CAKE RECIPE

1. **Cup Size ≥ 10 oz.**
   - 1/2 tsp baking powder
   - 1 Tbsp oil (or butter)
   - 1 Tbsp milk
   - 1 Tbsp cocoa powder
   - 3 Tbsp sugar
   - 4 Tbsp flour

   **Note:**
   1 Tbsp = 3 tsp

2. **MIX** & 
3. **Add chocolate and graham crackers**

5. **Marshmallow**

6. **Cook for 1:30 to 2:00**
   - Watch it! Stop before your cake spills over the sides.
   - (Don't use a metal mug!!!)

7. **Let cool & enjoy!!!**

**Suggestions:**
- Add ice cream
- Eat with a spoon
- Use flavored chocolate
Don't be a stickler.

Just breathe. You're doing great!
How do you define/practice self care?

"Taking time off of whatever’s going on in life to focus on yourself; doing things that make you feel good (not meaning instant gratification, but things that go along with your morals and ideals and personality so you can feel fulfilled as a person)."

"I practice self care by ensuring I eat at least every 4 hours and making sure to tell someone if I’m feeling upset (so I don't bottle up my emotions)."

"Self-care to me is not making yourself overwork. It can be hard to notice but knowing your limits on what you can actually do is I think important."

"Self care is just making sure that you can prioritize yourself. Your physical health, your mental and emotional well being. I do this by taking days off when I'm stressed, and trying not to overwork myself. To do what I love. But I often get to the edge before I actually address my lack of self care."

"Self-care is acknowledging that one of the most important things you can do no matter what your goals are is to keep yourself mentally and physically healthy so you can do them, and thus you care about your wellbeing. If you practice self care, you have the respect for yourself to realize when something in your life isn't good for you and to either find a way to become stronger with the situation or distance yourself from the problem if it's just toxic in general."

"I think of it as being confident in who you are and making the best choices that'll help you in life. I always try to find things that make me happy, for me it's video games."
Time

A time where cell phones were of no use
A time where outdoors and activities were free
Now we sit like slaves, waiting for something new
  Sitting for a call or text or a tweet or a DM
    Anything,
    that could mean that you exist.
Waiting for a party that'll show you're cool,
Drugs, what people wait their whole life for
  What now-a-day teenagers do
Whereas, in a different time
  Somewhere,
  The outdoors are the drugs,
  and you don't have to wait
  Time changes people
And people change through time
I’m not limiting you to just these platforms, these are just the platforms your friends and your favorite influencers use the most. Personally, I would recommend Instagram because it’s simple, easy to use, and easy to digest. Also it has 10/10 memes, and likely the birthplace of most memes besides the Twitter memes.
Instagram
Instagram can be used to post those fire pictures on either your personal wall or on your story. Your IG (Instagram) story is a place where you can post temporary pictures or videos that can be edited, and are deleted after 24 hours. Why post on your story and not on your wall? Your story can be utilized to show your followers your progression in your day if you post consistently in an amount of time. Another use of your story can be to get people’s opinions by setting up a poll that shows you who votes and what are your percentages on each category you put on your poll. Finsta, a second account for those semi-fire/dookie photos that are meant to show how you feel to your followers. Your followers also consist of your close friends that you’re comfortable sharing your semi-fire/low fire photos with. Your finsta also is a place where you post more than usual, about 4 times a month, rather than your regular Instagram that you post once every summer or once a month. There’s more to it but that’s Instagram for dummies.

Snapchat
Snapchat is a place where you can quickly send pictures and videos, that can be easily edited with various filters and video enhancers, to your friends and followers. Just like Instagram you can put videos and pictures on your story that is deleted in 24 hours. Streaks are when you and a friend send each other a photo every day with a time limit of 24 hours to each streak day. If you want to save a picture you took using Snapchat, you can do that too - just go figure that out on your own. P.S. Make sure you’re creative with your streaks because they can get boring really quickly.

Facebook
Facebook seems outdated with adolescents these days so it seems useless to explain it. Also you probably made one in 5th grade without asking your parents if you could have one, so I’m sure you’re a master at using it.

Twitter
Twitter’s cool, I guess. Production of memes 8/10. I see Twitter as a place to get news and announcements from your favorite influencers.
Party

Stop gazing, Party animal
Slow your horses
Your party is probably more "LIIIIIT" than mine
But when my hand starts writing
There is no tellin what world it'll bring us to
It does not stop for you
Me
Mom
Dad
Anyone
Take a step back and
Don't remind me
Of what I don't have
And
Start being interested
In what I do have,
That party could be great.
Question asked:
How do celebrities/influencers/Internet celebrities/famous people in general affect you?

**People said:**

- They don’t really affect me at all.
- Barely at all.
- Very little. I don’t understand the appeal.
- I don’t really care about celebrities.
- They don’t li.

**But**

Most who said no or not really also said they use social media frequently.

Are we aware of how much social media affects us?

Influencers & Celebrities are the monarchs of social media.

Are we sure they **“don’t really”** affect us?

I am an original aesthetic.
RELATIONSHIPS & SEXUALITY
you

You appeared to me like an angel,
A soft warm light in thick darkness.
I loved you more than I loved myself,
And I held on with desperate trembling hands.

Too caught up with the way I felt,
I forgot you were a person too.

Three years later when the breakup caught me blindsided,
I hardly knew more about you than when this first started.

I loved the idea of you,
The angel I saw in my dreams.
You helped me through so much,
But I never stopped to ask what you needed.

I’m sorry.

Thank you.

I love you.
Hey babe I'm really sorry but I have crazy amounts of hw, is it ok if we hang out tomorrow instead of today?

Wow
Ok
I see how it is
I don't really matter to you
I guess I'll just cry
All on my own

I understand that you're upset but you're being manipulative right now

Whether you're small or not, you still hit me and having that come from someone that I thought loved me really hurts. That's abuse

You're being so dramatic. I'm your girlfriend, girls can't be abusive

No one should ever hit their partner. Regardless of gender

Where are you?
Who are you with?
Send a pic proving where you are
You'd better not be dressed like a hoe
You'd better answer me asap

Trust is important in a relationship. I need you to trust me to go out with my friends. Please understand that you have no place policing how I dress and what I do in my free time

Why do we only have sex a few times a month?
If you really loved me we would have sex whenever I asked
I have needs you know
With all the things that I do for you, you owe me that

I just have a different sex drive than you, and I don't owe you sex. It's not a right, it's just one of the many ways to show love. There's more to a relationship than sex
Things to Do After a Breakup

**Do:**
- **Things that make you happy.** It’s always good to have a distraction and add happiness into your life during a hard period, even if you don’t feel that you want to, the smile it will bring to your face will make it worth it!
- **Spend time with people you love and who love you.** It’s always good to talk your feelings out with people you care about, and if you don’t feel up for sharing your feelings verbally, hanging out and having fun is never a bad idea!
- **Write or make art** - Anything that can help you process your feelings post-breakup. Don’t ignore or suppress your feelings, it’s best to deal with them in healthy ways so you can reflect and decide on the best way to move forward.

**Don’t:**
- **Fight your feelings.** Acknowledge what you’re feeling and be in touch with your mental state—this will help you evaluate what you need to make yourself feel better and move on.
- **Take it out on yourself.** After a breakup it’s easy to blame yourself and go through your relationship and chastise yourself, but oftentimes this is really untrue. Love yourself and your body—don’t go on any crazy diets—and get back into healthy routines, like reading every day or going to exercise.

**Sources**
- https://www.huffingtonpost.com/2013/06/05/dealing-with-a-breakup-7-tips_n_3389381.html
to lift the spirit in recognition of its sorrows

a playlist by Uma Dwivedi

Fighting your Love Me - Demi Lovato / Wasted Youth - FLETCHER
Pluto - Sleeping at Last / None of These Things - The Damned

Crying on the Bathroom Floor (acoustic) - MUNA / 1234 - Feist
If U Love Me Now (acoustic) - MUNA / Kiss Quinn - Matt Nathanson
I Know A Place (acoustic) - MUNA / Big Yellow Taxi - Joni Mitchell

Do Special - MUNA / There Will Be No Divide - The Mountain Goats

Loudspeaker - MUNA / Prodigal - OneRepublic

Winterbreak - MUNA / Cannonball - Damian Rice / After - MUNA

Around U - MUNA / The Letter - Neil Diamond / All Fall Down - One Republic

Promise - MUNA / Weak of the Day - Anna Nalick

If U Love Me Now - MUNA / Her Morning Elegance - Cheri Lavie

Everything - MUNA / Please Don't Say You Love Me - Gabrielle / Aplin

Twin Size Mattress - The Front Bottoms / The War Is Over - Kelly Clarkson

Lagoon Till I Cry - The Front Bottoms / South - Sleeping at Last

Crying at the Wampa (ft. Mal Blum) - Chris Gerhard
1-800-273-8255 - Logic, Alessia Cara, Demi

Liability - Lorde / Jupiter - Sleeping at Last / New York - St. Vincent

Everybody's Lost Someday - Beethoven / First - The Cold War Kids

I Wanna Get Better - Beethoven / As We Are Now - Saint Raymond

WHERE THE HELL ARE MY FRIENDS - LANY / There Will Be Rain - Kelly Clarkson

Scream - Sleeping at Last / The Girl That's Not in Love With You - The Damned

Even in my Dreams, I Can't Win - Eva Sunj / Lost - The Damned

All My Heroes - Bunchers / Motion Sickness - Phoebe Bridgers

4 AM - The NowJigs / Couga Symp - Young the Giant

Serenader - Walking the Moon / Once Upon Another Time - Sara Bareilles

Smoke Signals - Phoebe Bridgers / Breaking Your Own Heart - Kelly Clarkson

Whatever you Want - Pink / Earth - Sleeping at Last

Missing You - All Time Low / Don't Be A Girl About It - Kelly Clarkson

The Kids Aren't Alright - Fall Out Boy / Hurricanes - Sara Bareilles

Hold On - Fiori / Youth - Daughter / Seattle - Jason Walker

Uma - Panama Wedding

THE SOUND - Noah Gundersen / Goodbye, Apathy - OneRepublic

Lost - The Damned / Sun - Sleeping at Last / BAD DESIRE - Noah Gundersen
What are your experiences with relationships and break ups?

Quotes taken from an anonymous survey

I once had a girlfriend, who was honestly incredibly toxic in hind sight. She would take enjoyment in teasing me beyond what I was comfortable with, pushing me to do things to satisfy her own needs beyond what I was okay with, and just generally said things to lower my self esteem. I was broken up with over a text, basically ignored by my ex when I asked in real life for a reason, and was utterly heartbroken. When I was finally moving on and realizing just how bad she’d been for me she started to pester me to become a “friend with benefits”, would get mad at me for not wanting to be around them, and kept it up until finally they gave up and started giving me death glares in the hall. She was the worst, and I only regret not breaking up with her myself earlier.  
2/8/2018 5:38 PM

I have only been in 3 relationships but I wouldn’t call them serious. 2 was when I was 9 and the last one was when I was 13. The last one was the closest to being serious but it only lasted two months and turns out the guy was gay the whole time and I was a cover up. We are still friends though. I never had a terrible break up but I admit I did cry for a while after we broke up.  
2/3/2018 2:35 PM

No personal experience. My friends tend to have had turbulent experiences with partners and difficulties accomplishing separation on amicable terms, though I do know a few people who have had stable, low drama, long-term relationships with their partners. I don’t really understand why these have to be a source of such strife, but it makes me a little afraid that I’ll fall victim to the same thing if/when I ever find a partner.  
2/2/2018 9:02 AM
I have never had a relationship, but I've been in love with my close friend for almost 2 years. She currently has a boyfriend, so I don't really have a chance with her.
2/2/2018 5:43 AM

I watch relationships dissolve by eavesdropping on class group chats. That's it.
2/2/2018 1:41 AM

My first relationship was very toxic and it wasn't until months after it ended that I realized I had been emotionally abused and manipulated. I thought that I was to blame and that I should have seen what was happening and it really impacted my self esteem and made me very depressed for awhile. My second relationship was better but I was often the caregiver and emotional support and I felt very guarded even though I easily opened up about my past relationship. He broke up with me pretty horribly after I spent the night visiting him in college. We had sex a few times and he told me he loved me (which we began telling each other many months before) and then the next day he gave me some bullshit reasons about why we broke up. It came completely out of the blue and was really hard for me to get over.
2/1/2018 7:25 PM

Most past relationships were abusive. I have always broken up with my partner (luckily I have been in the position to do so).
2/1/2018 8:43 PM

In relationships it's stressful and long and complicated. Sometimes people don't need the extra stress in there life, break ups are killer they make u wonder if u are ever good enough.
2/1/2018 11:27 PM
playlist by Uma Dainedi

Girls Like Girls - Hayley Williams / She - Jon Foster / Beautiful Girl - Sara Bareilles
Who's Got the Good One - Tegan and Sara / Tell Me on the Floor - The Veronicas
Ride On - Mary Lambert / Angel Face / I Fly / I Didn't Just Miss Her - Jon Foster
Girls / Boys / Plane / At the Disco / Love Is Love (Pt. 1) - Mary Lambert / Mary Lambert
Closer - Tegan and Sara / Silver / Kate Nash / I'd Be Your Wife - Mary Lambert
Please Buy - Angel Face / It Isn't Her - Matt & Kim / The Galaxy / A Boy - The Butcher's
Love They Say - Tegan and Sara / If You Were a Girl - Diego Rarey
Jessie's Girl - Mary Lambert / Shangri-La - Haley, Lauren Sauvy

I'm Not Your Hero - Tegan and Sara / I Think She Knows - Leon King

Deep Sea Diver - Angel Face / Come On, Petunia / The Bigger / Octis / Beatrice Eller

Homecoming - Mary Lambert / Crazy - Andrew W.K. / Simone: 14 Women's Love - A listening

Cry Hall - Vienna Teng / Nurya and Barb - Iggy Dixon & Inspirational Sticks

Little Cry - Angel Face / Sia / Everyone Is Gay - A Great Big World

New In Town - Missy Elliott - Tegan and Sara / My Best Friends' Wat - The Days

She Keeps Me Warm - Mary Lambert / First Time He Kissed Me - Basic Eldor

Who Likes / Who Lies - Angel Face / Youth-Glass Animals / Princess - Fletcher

Hold Each Other - A Great Big World / Shiny Guns / Hayley Williams

She Used to Be Mine - Sara Bareilles / Only a Girl - Gia / Pumkinbake / Uma Young

Bright Lights and Big Cigars - Sara Bareilles / Coffee and Cigarettes - Jimmy Eat World

I'm Coming Out - Dessa Ross / One Man's Mind - Hayley Williams

Cool for the Summer - Demi Lovato / Exposition - Zara Tanya / Whatevers the Girls Are - Georgia

This Heart is a Stone - Axl Rose / Rising - Rainbow Connection - Taboo Lopez / William

Folk Religion - Radio Segal / This Is My Edge - Hayley Williams / Hogwarts - Luna Blake

Carry Me - Tyga / Swang / Movie Song - Handsome Honey / I Don't Do Boys - Elektra

This Kiss - Carly Rae Jepsen / Make Out - Julia Nunes / Transgender - Crystal Castles

Girls - The Internet / KATY PEARL / All the Things She Said - t.A.T.u.

Boy Like You - Who Is Fancys / Meghan Trainer, Arianna Grande / Girls - Beatrice Eller

Heaven - Tyga / Swang / Being Who I Really Am - Tegan and Sara / LGBT - Lovell

Chasing George - Panic! At the Disco / Young / Studio Killers / All I Care About - Julia Weden

She Likes Girls - Metro Station / Josephine - Brandy Coriolis / Girl Crush - Choose Your Politic

Put 'Em Up - Prow / Vice - Le Tigre / Who Wears the Pants? - Solange

L.A.F. - Brooks / Electric Love - EAERNS / So-Called Str8 Girl - Gina Young

The Amos - Rihanna / Going Down / Wasting / I Wanna Be - PWRR BTTM

Louis Who Makes Love to Warren Louwy / All I Want is to Be Your Girl - Haley Miranda

Mister Honor - Laura Marling / 135 Frames - Yelle / Girl - The Internet, Heartbreak

Daisy - Zedd / Liability - Lords / Alone - Brenda Rogers / Know Your Name - Mary Lambert

Tickets - Beirut / Wasted Youth - Fletcher / Boy Problems - Carly Rae Jepsen

Qponialsu - Son Vampire Weekend / In Our Way - Ani DiFranco

Michael - Franke Ferdinand / I'm Not Gonna Teach Your Boyfriend How to Dance With You - Black Keys

Genderqueer - Love Song - Shintare / L.A.F. - Brooks / The Ones Boys - Simone Battle

Girlfriend - Icona Pop / Andy, You're A Star - The Mother

Telepathic Air / Shoulder - Danielle Andrade / In the Middle - desire
Free+cheap Date Ideas in Seattle
Cuz I know we’re all broke bitches

1. ☐ Free entry to SAM + other local museums on the first Thursday of every month
2. ☐ Free admission to the Henry Art Gallery w/ a Student ID
3. ☐ Do a DIY spa day; facemasks, bubble bath, paint each others nails, deep condition your hair, etc.
4. ☐ Paint on each others backs w/ a non-toxic paint
5. ☐ Make tiny zines about each other
6. ☐ Go to a beach (like Golden Gardens) and look for pretty rocks
7. ☐ Do a photoshoot @ different locations around the city
8. ☐ Explore a local Farmers Market (ex. Freeway Market, University District Farmers Market)
9. ☐ Go swimming/night swimming/swimming dipping
10. ☐ Go to a library or bookstore and read each other’s childhood books, try to find the cringiest smut scene
11. ☐ Go to a dog park + pet dogs or your community center
12. ☐ Check the newspaper or google for local free events
13. ☐ Volunteer somewhere (google for opportunities)
14. ☐ Do guerrilla art/art bomb a neighborhood
15. ☐ Go on a hike
16. ☐ Have a picnic + fly a kite on U-tile hill
17. ☐ Work out together
18. ☐ Sign up for teenthink to get $5 tickets to hella plays, performances, and other art events
19. □ Explore a neighborhood you've never been to before.
20. □ Bring colored pencils/watercolors/pens/oil pastels to a park (Greenlake is beautiful) and just draw what you see.
21. □ Cook dinner at someone's house, light some candles, (buy some marinelli's if you're feeling fancy) and have an at home Fancy Dinner.
22. □ Go on a double date, it's always fun when there's more people.
23. □ Play a two person icebreaker (just to know your game! (google it))
24. □ Find a drinking game modification for your fav movie (take turns, eat kites)!
25. □ Give each other massages (use coconut oil + light candles).
27. □ Buy a henna cone from your local ill Indian market and give each other henna tattoos (there's a great place on the Ave.)
28. □ Go window shopping at overpriced thrift stores.
29. □ Build strange structures in the woods out of stones and twigs, blame it on fairies.

I'm not sure what you mean by what I'm going to do, but...
What is your sexuality? What are your experiences with your sexuality?

Quotes taken from an anonymous survey

I'm a demiromantic asexual. I'm not usually romantically interested in people with exceptions, and I don't experience sexual attraction. I'll see people who are guys or girls or others and I can totally think "they are so cute!", and I'll occasionally imagine doing romantic things with certain people, but I don't actually think about "banging" people. It's just not something I desire, or feel compelled to want to do.
2/8/2018 5:38 PM

"I don't know what's going on with my sexuality tbqh."
2/2/2018 9:46 PM

Gray-ace pansexual. It's been an extremely weird journey; I started out seeing myself as a straight boy who half-jokingly internally self-described as a "male lesbian," but then after realizing I was trans I adopted a lesbian identity in seriousness. This lasted for maybe 6-8 months, during which time my sexually sublimated envy of women started to subside and I eventually started calling myself asexual. I wasn't very solid on this, but being able to interact with more queer people in college led me to the conclusion that I do experience sexual attraction to people of all genders (if rarely), as well as that I had always been attracted to men to some extent but failed to notice as a result of repression and not wanting to be with men *as a man.*
2/2/2018 9:02 AM

I consider it irrelevant. Like, i'd rather go the traditional route and find a nice wife to raise a family with regardless of who i'm attracted to.
2/1/2018 6:28 PM
WHAT WOULD YOU BRING TO A DESERTED ISLAND?

- A Piñata
- My Beautiful Friends
- A Shark Saddle
- Another Person

A Good Time
Things I'd Bring:

- A bunch of blank journals, tape, & pens
- A pocket knife
- A lighter
- A Polaroid camera
- An Elderthing monstrosity

Things to Bring to a Backyard Deserted Party Island?

1. an helicopter
2. Duncan the fake Javanese (to prune me)
3. wine
The Henry Teen Art Collective

The Henry Teen Art Collective is a team of creative and enthusiastic youth in grades 9-12 dedicated to building a community around contemporary art. The Collective pulls back the curtain on the art community and goes behind the scenes at the museum, meets arts professionals, and explores contemporary art ideas with peers and visiting artists. Each year, the Collective works collaboratively to create a project of their own design.

In the 2017-2018 year, the Collective developed and produced this zine, Teen Survival Guide, with the support of artist facilitator, Grey Ellis, and program assistant, Emma Cantrell. To inform the project, Collective met with a wide variety of artists and Henry Art Gallery staff who provided mentorship, insight, and inspiration for their work together. A special thank you to lauren woods, Demian DinéYazhi', Sharon Lockhart, the Seattle Art Museum Teen Arts Group (TAG), City Grind Cafe, Seattle Public Library, our families, and the Henry Art Gallery!

Contact us at: henryteencollective@gmail.com

Follow us on Instagram @henry_teens

Henry Art Gallery
15th Ave. NE & NE 41st St.
Seattle, WA 98195

Museum Hours
Wed, Fri, Sat, Sun:
11 – 4 pm
Thu: 11 – 9 pm
Mon, Tues: Closed

Free for members, UW faculty/staff, students, and kids.
$10 General Public
$6 for Seniors