

ZINE, 2018
HENRY TEEN COLLECTIVE
(and guests)

HONESTY ON PRINTER PAPER

ENABLED BY HENRY ART GALLERY

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DISCLAIMER

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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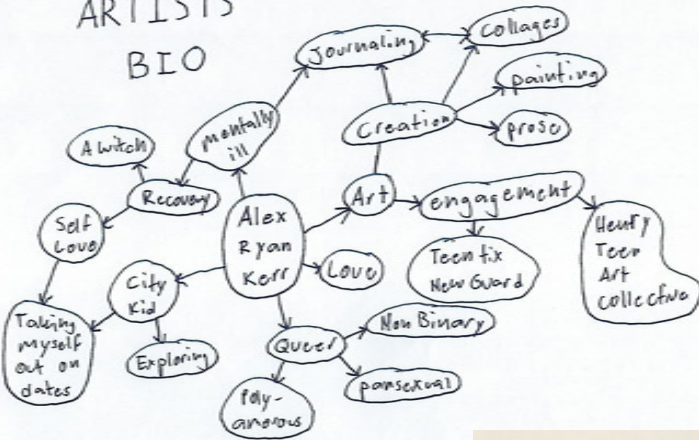
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ARTISTS BIO



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.

Nicole

A mixed media artist. She loves to commemorate the beauty of the world through her art. Taking everyday objects and reminding others of the importance held within and the importance it can hold. ♥

FOLLOW ME

@nicolenobbay

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.





HI MY NAME IS MAKI AND I HAVE
A BIG NOSE.
butteryshake.tumblr.com



Sam Tubbs is a 17 year old who enjoys reading, watching movies, and listening to podcasts. This is his third year as a member of the Henry Teen Collective.



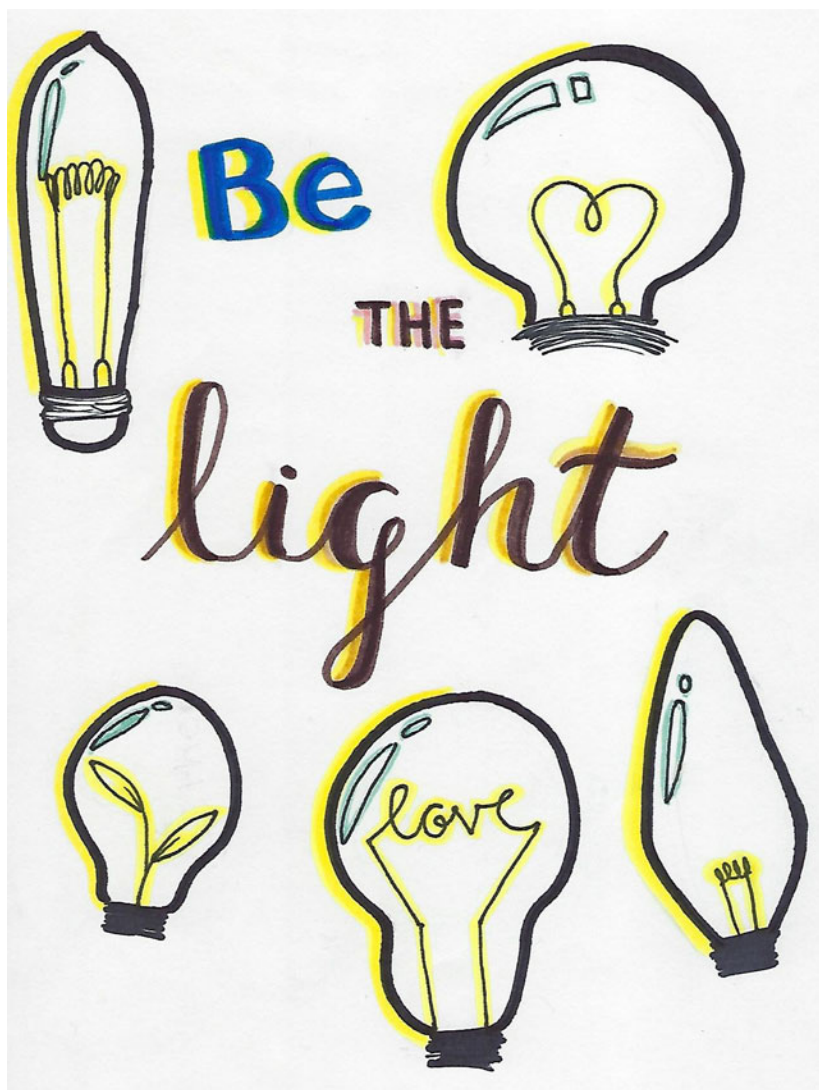
Hi my name is Esther
And I'm ready to make the world better
Whether flashing a smile
Or going the extra mile,
I try to go through life with my own style.
Friends and family
Help me keep my sanity.
I cherish both with all of my heart
And always get a good laugh whether far or apart
I've always strived 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 :)



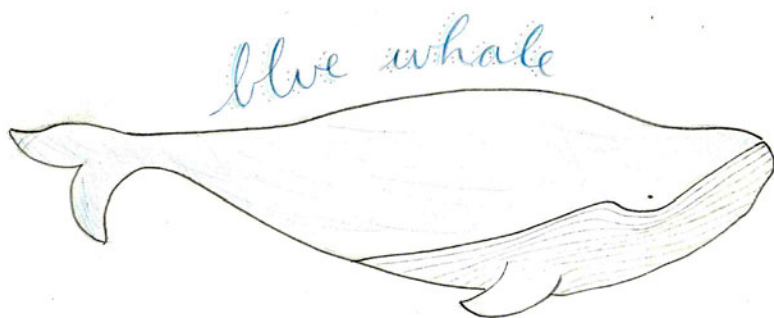


SELF CARE



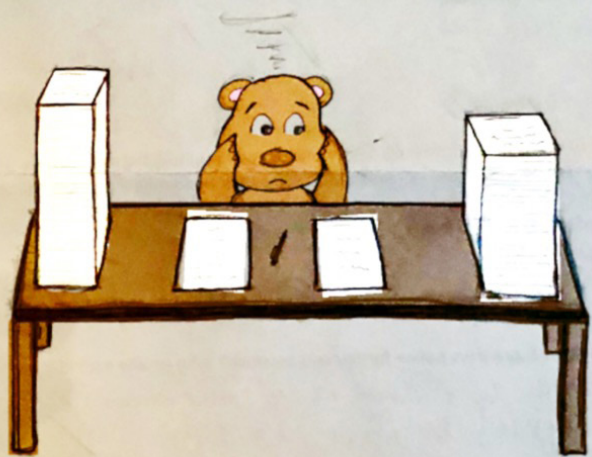






this whale calming. this whale is blue. this whale is in the ocean. there are fish in the ocean. they're pretty calm too I guess. they aren't around right now

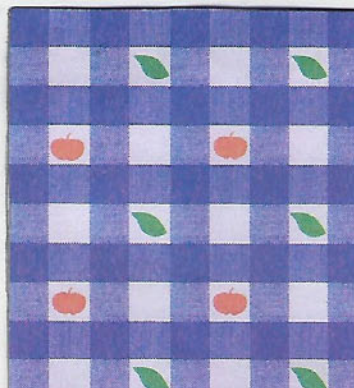
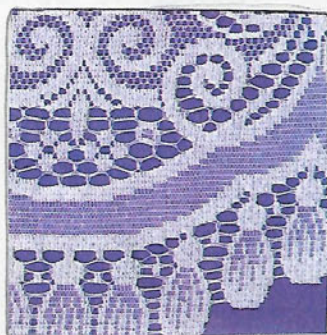
STRESSED?



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



<p>All things have a certain amount of kinetic energy, which falls somewhere on a spectrum</p> <p>This is known as its temperature</p>	<p>Similarly,</p>	<p>All things have a certain amount of positive energy, which falls somewhere on a spectrum</p> <p>This is known as its harmonic resonance</p>
<p>When something has a lot of kinetic energy, it is hot</p> <p>When something has a lack of kinetic energy, it is cold</p>	<p>Similarly,</p>	<p>When something has a lot of positive energy, it is positive</p> <p>When something has a lack of positive energy, it is negative</p>
<p>If you surround yourself with things that are hot, it will transfer heat energy to you and make you feel hot</p> <p>If you surround yourself with things that are cold, you will transfer heat energy to your surroundings</p> <p>Your environment will steal the heat energy from you and make you feel cold</p>	<p>Similarly,</p>	<p>If you surround yourself with things that are positive, it will transfer positive energy to you and make you feel positive</p> <p>If you surround yourself with things that are negative, you will transfer positive energy to your surroundings</p> <p>Your environment will steal the positive energy from you and make you feel negative</p>
<p>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</p>	<p>Similarly,</p>	<p>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</p>
<p>This is thermodynamics; the transfer of energy</p> <p>It is accepted and taught as science</p>	<p>The only difference between the two is how they are regarded by society</p>	<p>This is harmonic resonance; the transfer of energy</p> <p>It is mocked and dismissed as hippie nonsense</p>
<p>We accept these facts as truth and science because we have evolved to be able to tangibly (physically) detect these energy transfers</p>	<p>The only difference between the two is that humanity has evolved to lose the ability to sense these energy transfers</p> <p>We feel it in our astral body, but not our terrestrial body</p>	<p>We dismiss these facts as spirituality and bullshit because we have grown to ignore our intuitive sense of these energy transfers</p>





★ teenagers
are obviously
supposed to sleep
8-9 hrs a night and
if you do!

it's better
sometimes it's
not realistic
so
here's a way to
get the most out
of ur rest!! *

based on experience!
it might not work
for you but it's
something
to try
out

pay attention to your

SLEEP CYCLES

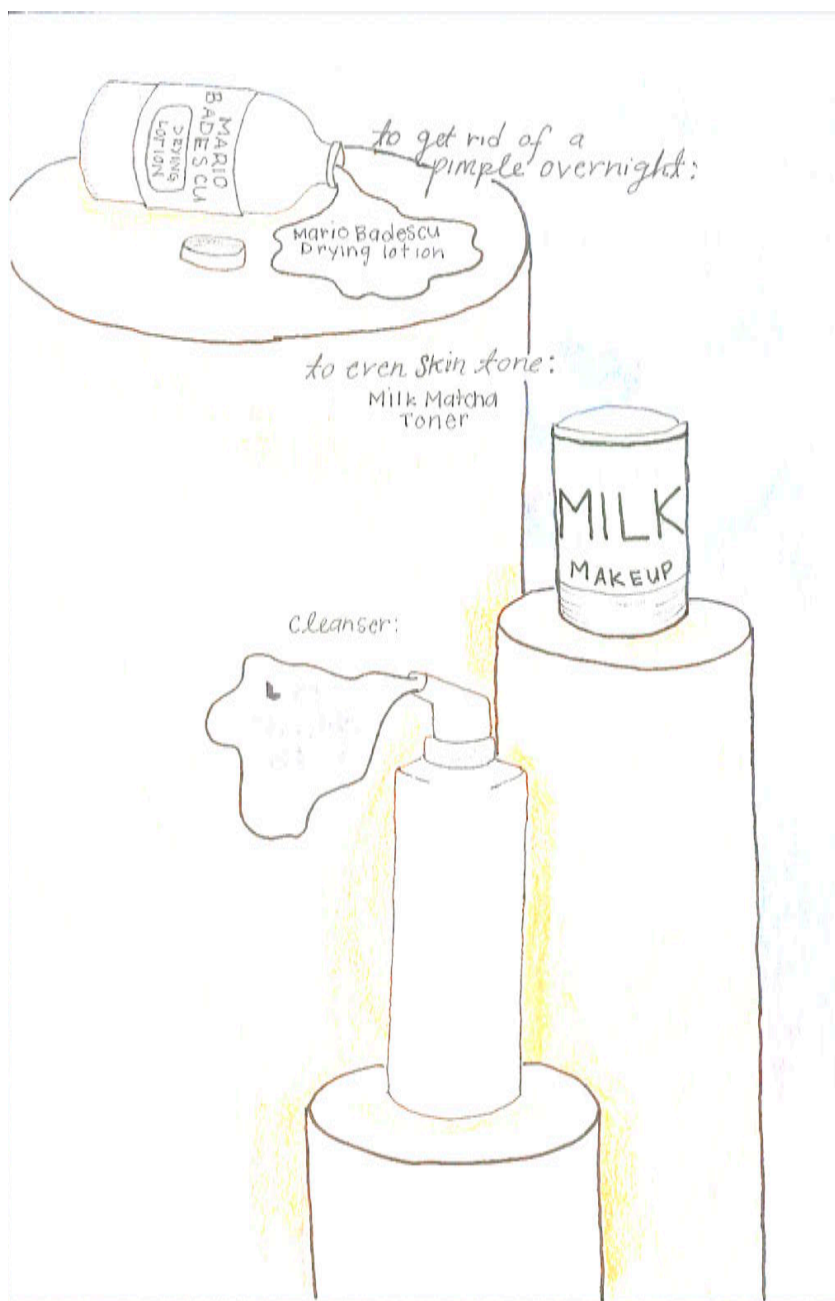
a sleep cycle is about 90
minutes long, or the time
it takes to go through
the first four stages
of sleep plus R.E.M.
sleep time (for dreams!)

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

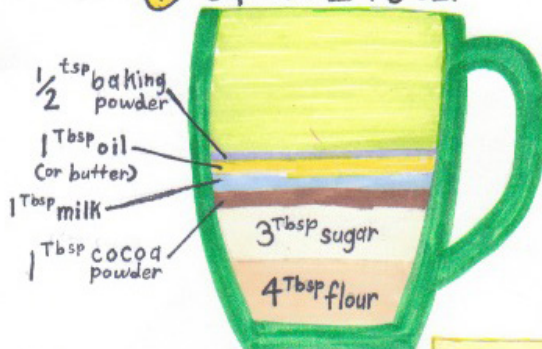






S'MORES MUG CAKE RECIPE

① Cup Size ≥ 10 oz.



Note:

1 Tbsp
= 3 tsp

② MIX



③



⑥ Cook for 1:30 to 2:00



(Don't Use A Metal Mug!!!!)

WATCH IT!

Stop before your cake
spills over the sides



⑦ Let
Cool
&
(Mug is
HOT!)



ENJOY!!!

Suggestions:

- ♥ Add Ice Cream
- 😊 Eat With A Spoon
- ☆ Use Flavored Chocolate



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)"

"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 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 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)"

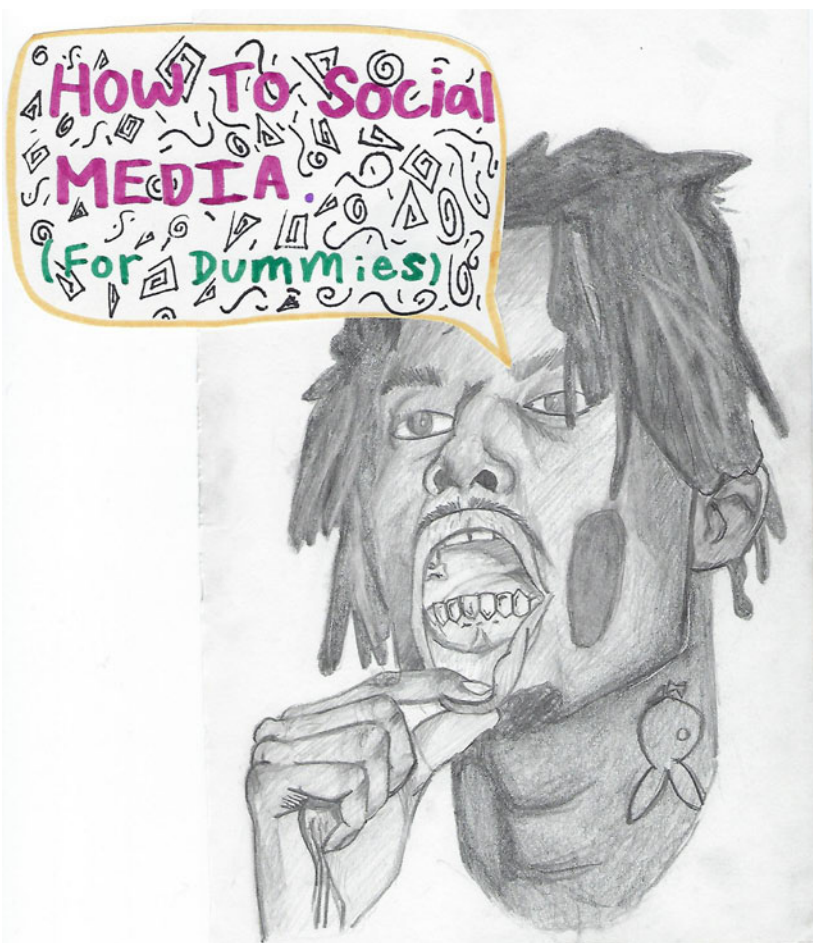
"Self care is just making sure that you can prioritize yourself. Your physical health, your mental and emotional well being. I do this by taking days off when I'm stressed, and trying not to overwork myself. To do what I love. But I often get to the edge before I actually address my lack of self care."

"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 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.

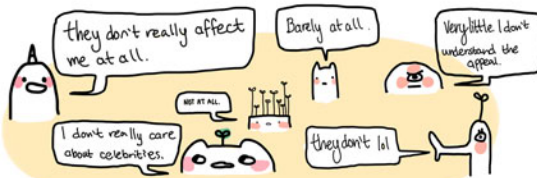
Party

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:



BUT

MOST WHO SAID NO OR **NOT** REALLY ALSO SAID
THEY USE SOCIAL MEDIA FREQUENTLY.



Influencers & celebrities are the **MONARCHS** of social media.

ARE WE SURE THEY **DON'T REALLY** AFFECT US?







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.

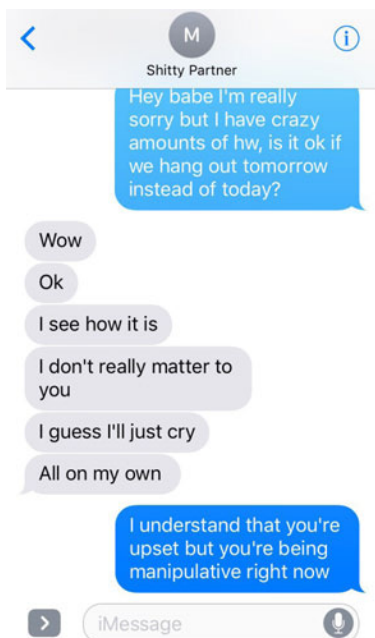
Three years later when the breakup caught me blindsided,
I hardly knew more about you than when this first started.

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.



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.mcgill.ca/counselling/files/counselling/surviving_a_break-up_-_20_strategies_0.pdf

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

~~FETTER~~ You Love Me - Demi Lovato / Wasted Youth - FLETCHER
Pluto - Sleeping at Last / None of These Things - The Damnwells

Crying on the Bathroom Floor (acoustic) - MUNA / 1234 - Feist

If U Love Me Now (acoustic) - MUNA / Kiss Quick - Matt Nathanson

I Know A Place (acoustic) - MUNA / Big Yellow Taxi - Joni Mitchell

So Special - MUNA / There Will Be No Divorce - The Mountain Goats

Loudspeaker - MUNA / Prodigal - OneRepublic

Winterbreak - MUNA / Cannonball - Damien Rice / After - MUNA

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

Promise - MUNA / Wheel of the Day - Anna Nalick

If U Love Me Now - MUNA / Her Morning Elegance - Owen Lovie

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

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

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

Crying at the Wawa (ft. Mal Blum) - Chris Gethard

1-800-273-8255 - Logic, Alessia Cara, Khalid

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

Everybody Lost Somebody - Bleachers / First - The Cold War Kids

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

WHERE THE HELL ARE MY FRIENDS - LANY / The Sun Will Rise - Kelly Clarkson

Savin - Sleeping at Last / The Girl That's Not in Love With You - The Damnwells

Even in my Dreams, I Can't Win - Bad Suns / Lost - The Damnwells

All My Heroes - Bleachers / Motion Sickness - Phoebe Bridgers

4AM - The Mowgli's / Cough Syrup - Young the Giant

Surrender - Walk the Moon / Once Upon Another Time - Sara Bareilles

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

Whatever you Want - P!nk / 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 / Hercules - Sara Bareilles

hold on - flor / Youth - Daughter / Seattle - Jason Walker

Uma - Panama Wedding

THE SOUND - Noah Gundersen / goodbye, Apaty - One Republic

Lost - The Damnwells / 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.

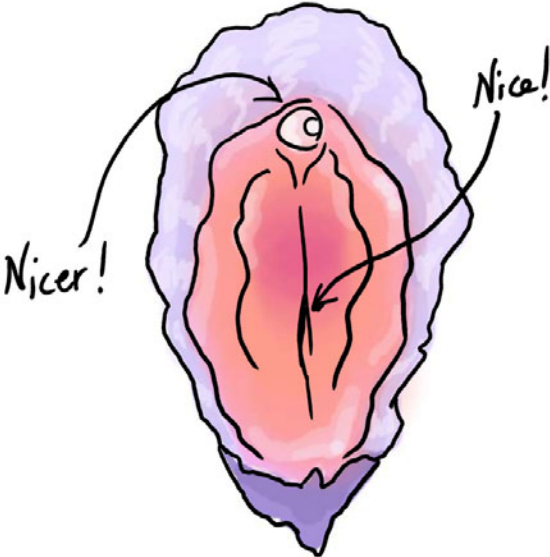
2/1/2018 7:25 PM

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



Gay Shit
a playlist by Uma Divred

Girls Like Girls - Hayley Kiyoko / She - Ten Foster / Beautiful Girl - Sara Bareilles
 Where Does the Good Go - Tegan and Sara / Take Me on the Floor - The Veronicas
 Ribcage - Mary Lambert, Angel Haze, K Flay / I Didn't Just Kiss Her - Ten Foster
 Girls/Girls/Boys - Panic! At The Disco / Love Is Love (Pt. Mary Lambert) - Mary Lambert
 Closer - Tegan and Sara / Sister - Kale Nash / I'd Be Your Wife - Mary Lambert
 Planes Fly - Angel Haze / If It Isn't Her - Ani DiFranco / The Galaxy is Gay - The Gutchies
 Love They Say - Tegan and Sara / If You Should Try to Kiss Her - Dizzy Bessy
 Jessie's Girl - Mary Lambert / Shungus - Halsey, Lauren Jauregui
 Take Me to Church - Hozier / Bette - Sissy Kochet / All-American Boy - Sine Oland
 I'm Not Your Hero - Tegan and Sara / I Think She Knows - Keanu King
 Deep Sea Diver - Angel Haze / "Come On Petunia" - The Blarv / Girls - Beatrice Eli
 Monochromatic - Mary Lambert / Crazy - Azevedo Simone / A Woman's Love - Alix Dobson
 City Hall - Vienna Teng / Nany and Barb - Wyle Dixon & Michael Stein
 Bottle Dry - Angel Haze, Sia / Everyone is Gay - A Great Big World
 Now I'm All Messed Up - Tegan and Sara / My Best Friend's Hot - The Dollyrots
 She Keeps Me Warm - Mary Lambert / First Time He Kissed a Boy - Katie Elder
 While Lilies/While Lies - Angel Haze / Youth-Glass Animals / Princess - FLETCHER
 Hold Each Other - A Great Big World / Pretty Girl - Hayley Kiyoko
 She Used to Be Mine - Sara Bareilles / Only a Girl - Gia / Punurochdyke - Gina Young
 Bright Lights and Cityscapes - Sara Bareilles / Coffee and Cigarettes - Jimmy Eat World
 I'm Coming Out - Diana Ross / Eye My Mind - Hayley Kiyoko
 Cool for the Summer - Demi Lovato / Explosion - Zolita / Where the Girls Are - Gossip
 This Heart is a Stone - Acid House Kings / Rainbow Connection - Tresspassers William
 Feet Fallin' - Kaley Segal / Cliff's Edge - Hayley Kiyoko / Horizon - Luna Blake
 For him - Troye Sivan / Moma's Song - Mandy Huxley / I Don't Do Boys - Elektra
 This Kiss - Carly Rae Jepsen / Make Out - Julia Nunes / Transgender - Crystal Castles
 Girl - The Internet, KATTRANADA / All The Things She Said - E.A.T.U.
 Boys Like You - Who Is Fancy, Meghan Trainor, Ariana Grande / Girls - Beatrice Eli
 HEAVEN - Troye Sivan, Betty Who / Boyfriend - Tegan and Sara / LGBT - Louell
 Crazy = Genius - Panic! At the Disco / Jenny - Studio Killers / All I Care For - Julia Weidman
 She Likes Girls - Metro Station / Josephine - Brandi Carlile / Girl Crush - New Politics
 Put 'Em Up - Priory / Viz - Le Tigre / Who Wears the Pants?? - Soho
 L.A.F. - Broods / Electric Love - BURNS / So-Called Str8 - Grrrl - Gina Young
 Te Amo - Rihanna / Going Down - Watsky / I Wanna Be - PVR DTTM
 Love Who Make Love - Ciara Laury / All I Want is to be Your Girl - Holly Miranda
 Master Hunter - Laura Marling / Les Femmes - Yelle / Girl - The Internet, KATTRANADA
 Darcy - Zedd / Liability - Lorde / Alice - Bianca Ryan / Know Your Name - Mary Lambert
 Cliquot - Beirut / Wasted Youth - FLETCHER / Boy Problems - Carly Rae Jepsen
 Diplomats Son - Vampire Weekend / In or Out - Ani DiFranco
 Michael - Franz Ferdinand / I'm Not Gonna Teach Your Boyfriend How to Dance With You - Black Mads
 Genderqueer Love Song - Schmechel / L.A.F. - Broods / He Likes Boys - Simone Baskin
 Girlfriend - Icona Pop / And, You're A Star - The Winklers
 Telegraph Ave / Sober - Daniel A. Andrade / In The Middle - dodie

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. Fremont Sunday Market, University District Farmers Market)
9. ☐ Go swimming / night swimming / skinny dipping
10. ☐ Go to a library or bookstore and
 - read each other your fav. childhood books
 - try to find the cringiest * smut scene
11. ☐ Go to a dog park + pet dogs
12. ☐ Check the newspaper or google for local free events or your community Cent
13. ☐ Volunteer somewhere (google for opportunities)
14. ☐ Do guerilla art / art bomb a neighborhood
15. ☐ Go on a hike
16. ☐ Have a picnic + fly a kite on kite-hill
17. ☐ Work out together
18. ☐ Sign up for teentix 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/water colors/pens/oil pastels to a park (Greenlake is beautiful) and just draw what you see
21. ☐ Cook dinner at someones house, light some candles, (buy some martinelli's if you're feeling fancy) and have an at home Fancy Dinner
22. ☐ Go on a double date, it's always fun when theres more people
23. ☐ Play a two-person icebreaker / "get to know you" game (google it)
24. ☐ Find a drinking game modification for your fav movie (take shots of water + star hydrated!)
25. ☐ Give each other massages (use coconut oil + light candles)
26. ☐ Walk around looking for pretty leaves + flowers to press in a thick book
27. ☐ Buy a henna cone from your local lil Indian market and give each other henna tattoos (Theres a great place on the Ave.)
28. ☐ Go windowshopping at overly priced Thrift stores
29. ☐ Build strange structures in the woods out of stones and twigs; blame it on faeries

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 ♥

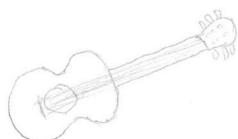
A SHARK
SADDLE



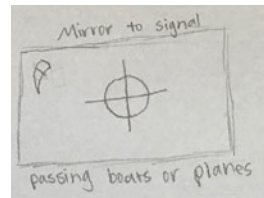
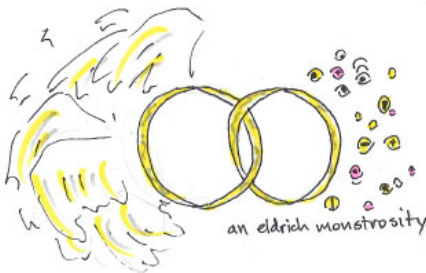
another person



A Good Time



THINGS I'D BRING:



Things to Bring to a Backyard Deserted Party Island?



- ③ a whale
- provides food
- provides shelter
- provides company
while I wait for
the rescue



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