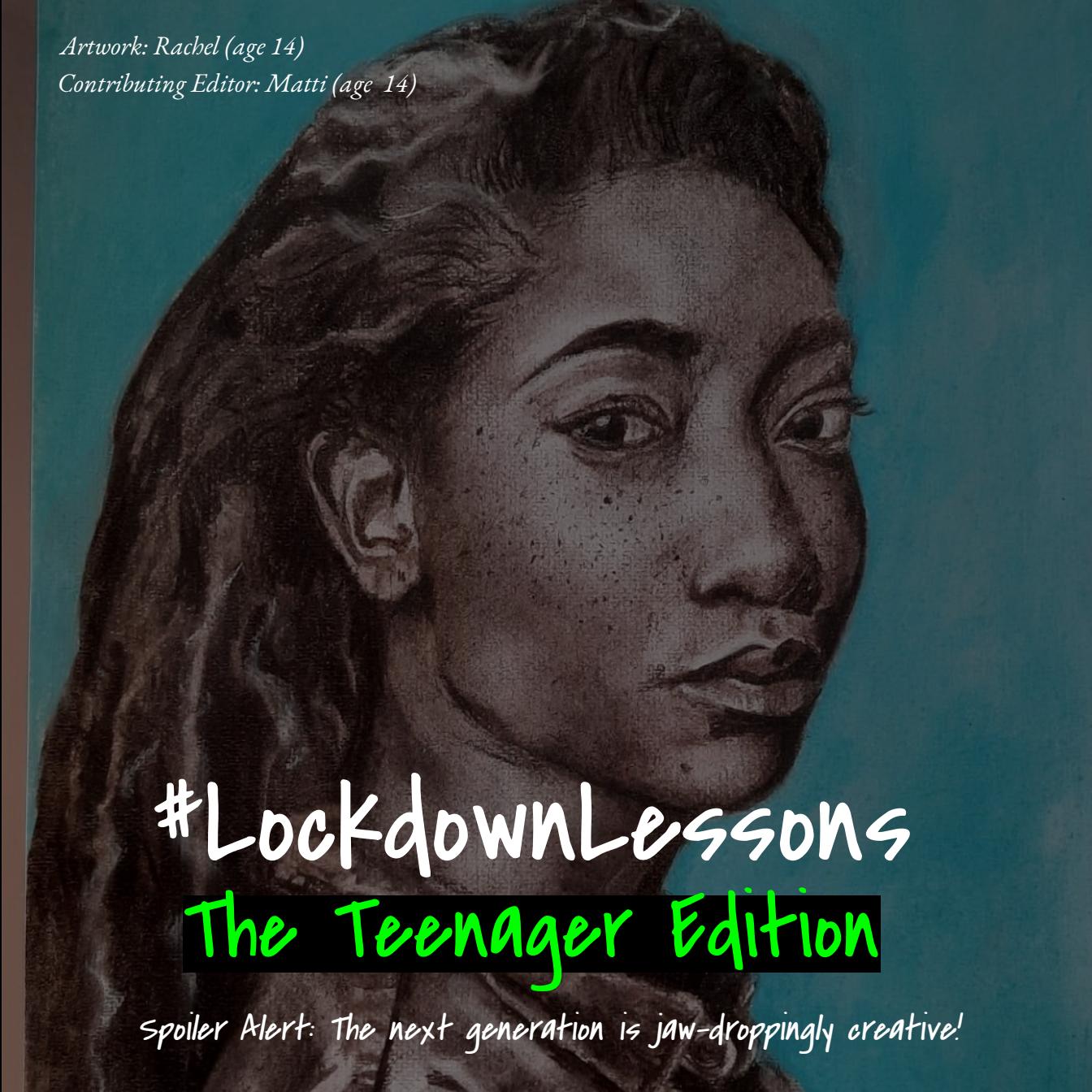


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#LockdownLessons
The Teenager Edition

Spoiler Alert: The next generation is jaw-droppingly creative!

What's the coolest thing you've discovered on Tiktok during lockdown?

"I discovered lots of trends but the one I liked the most was the "my future" one in which you would have to show how you would like your future to be through pictures, symbols, songs, emojis... I made mine with pictures. I really like to reflect about this subject... " - age 14

"I learned how to do a proper skincare with skincare by Hiram" - age 14

"How to dye my hair" - age 15

What was the song you listened to the most?

"Venice bitch" - by Lana del Rey - age 14

"Girlfriend" - by Charlie Puth" - age 13

"Can I call you tonight?" - Dayglow - age 15

"Grow as we go"- Ben Platt- age 13

"Nocturnes" - Chopin, I'm learning how to play it on the piano - age 14

"I'm yours"- by Jason Mraz- age 13

"Playdate"- Melanie Martinez- age 13

"Circles"- by Postmalone- age 15

"Issues"- Julia Michaels

"Vienna"- by Billy Joel, this is my favorite song now. I feel a special connection to its lyrics, they feel like an advice to me - age 14

Did you learn any new skill during Lockdown?

"Well I knew how to cook already but I guess you can say that I improved my cooking skills"- age 14

"Yes! I've improved my basketball skills"- age 13

"I learned how to paint. Now that I know some techniques, I discovered that I'm actually well-talented"- age 15

"I learned how to cook"- age 13

"I learned how to paint with watercolors"- age 13

"Yes, I made lots of things with bread."- age 13

"I'm learning French, it's a language I've always wanted to learn and since I had the time, I started watching youtube lessons." - age 14

What was the tv show you binge-watched?

"Outer banks" the show that saved 2020 - age 14

"Keeping up with the Kardashians" age 15

"The Good Place"- age 13

"Friends"- age 13

"The Politician", this became my favorite show not only because of its amazing cast and creator but because of its many messages. This show speaks about every important subject in our society, in our world. - age 14

Is there anything you liked about lockdown?

"Yes! School was less stressful for me so I got time to do what I really like. And spend more time with my family of course." - age 14

"I was able to spend more time with my sister." - age 15

"I had more time to play piano."

"Definitely, I had a lot of time to write, to sing, to read... I preferred this system of online classes because we were free to organize our work as we wished, luckily, I'm very driven and I know how to manage my time but I saw a lot of people wasting time and losing themselves... Luckily in time and with a little help they were able to adapt." - age 14

STAY SAFE
STAY HOME
SAVE LIVES

What did you miss the most?

"My friends! Especially my best friends." - age 14

"My friends and my family from Guarda." - age 13

"I miss out on a lot of things really. It was gonna be my last year at my school before leaving to a new high school and me and my friends were making so many plans for our big goodbye and we were going to have a party but instead we had to say goodbye to that part of our lives via zoom..." - age 15

"The people I used to see every day; the people I would see on the street they were truly an inspiration to me. I spent a lot of time at home, I missed that contact." - age 14

The most valuable lesson this time has taught me so far...

"I think it was that everything ends so when I'm sad, I know that I won't be sad forever"- age 14

"To appreciate everything good in life"- age 13

"That we don't need a lot of things to survive."- age 13

"I think the most valuable lesson was that your intelligence is proven on how you adapt to different situations. We need to evolve and carry on because the world won't stop. We need to react. I had a really good example of that with my father, his business was evolved around tourism which was one of the most damaged sectors with the pandemic but he didn't lose time. He did his research and built a completely different business, he now sells material for schools, hospitals, restaurants, such as masks, gloves, alcohol gel... He had a response." - age 14

The kindest thing someone has done for me was...

"I don't really know... I guess that I found out who my friends really are, I guess that the kindest thing anyone has done for me was keeping checking on me during these times" - age 14

"I celebrated my birthday during quarantine so I wasn't really expecting anything special. I knew I wasn't going to get a party and I felt a little alone. I was surprised! My family still managed to send me presents, the most special present of them all was my dog, Sky." - age 13

"Loving, caring and missing me." - age 13

"My friends surprised me on my birthday! We all reunited in the park and it was great to see them, unfortunately I couldn't hug them which is something I also miss a lot." - age 15

What was the kindest thing you have done for somebody else?

"I helped my friend with school when she was very lost with the assignments and I was a support for my other friend. I guess we all kind of helped each other." - age 14

"I don't know. I did save my sister from falling down the stairs, does that count?" - age 13

"I made a three story cake for my grandparent's 50-year anniversary." - age 14

"I was able to help my friends with school and their assignments but I think that my most important role in this pandemic to the people closest to me was being like a confident, even when I didn't know what to say, even when there was nothing to say." - age 14

One thing I've learned about myself was...

"That what really stresses me out is people's reactions and what they're gonna say or think about me. Things are not as hard as I thought they were, I just need to be more confident and surround myself with people that make me feel like that."- age 14

"I love pistachios and raviolis"- age 13

"I made a business lol. I discovered that I could make really cool accessories with beads so I developed a bracelets / necklaces and rings store, and I sell my products through Instagram. So basically I've learned that I'm really independent and that I know how to spend and invest in my time."- age 13

One thing I've learned about myself was...

"I learned who was really important to me and who I truly missed." - age 15

"That I can be really driven and focused, I just needed to manage my time better. This quarantine was very productive for me and my art actually."

"That I actually have a lot of potential in music and that I have a lot of fun playing it." - age 14

"I've learned that to get anything in life, anything at all, even a grade in school, the first person you have to convince that you're gonna get it is yourself." - age 14

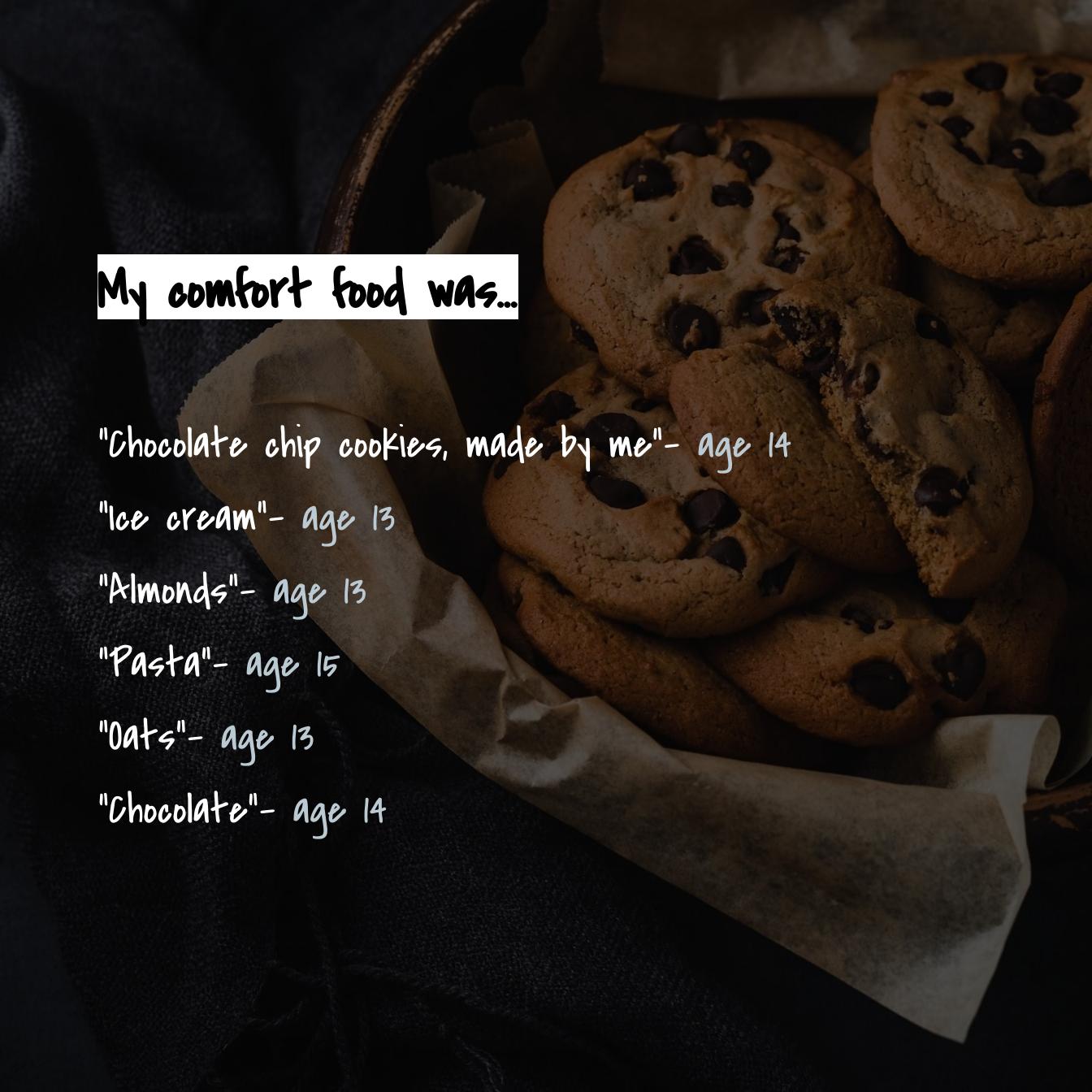
The most memorable moment was...

"When I went to the beach with my family and we made a fire pit"- age 14

"Oh every day because my parents are really fun"- age 13

"When my friend and I had a sleepover after three months without seeing each other. We prepared a song that we sang and played on the piano and then we sent it to our music teacher, the one that had taught us that song when we were three. She was really happy that we still remembered it."- age 14

"Over the quarantine, I wrote a movie, I had classes to improve my argument and to learn more about what I also discovered during the pandemic, that is my passion. I had a lot of memorable moments from this initiative such as meeting with Romy and having her and Miguel, my teacher, guiding me." - age 14

A close-up photograph of a basket filled with several chocolate chip cookies. The cookies are golden-brown with dark chocolate chips. The basket is lined with light-colored parchment paper. The background is dark and out of focus.

My comfort food was...

"Chocolate chip cookies, made by me"- age 14

"Ice cream"- age 13

"Almonds"- age 13

"Pasta"- age 15

"Oats"- age 13

"Chocolate"- age 14

One lockdown habit I hope to keep is...

"My skincare routine"- age 14

"Eating and being healthier"- age 15

"Being healthier and making my own food."- age 13

"My skincare routine and going on walks." - age 14

What gives me hope these days is...

"Honestly I don't know, I just keep on going." - age 14

"I just know everything's gonna be okay. It has to be" - age 13

"Truly that there are lots of ambitious people that are not ready to give up on their dreams and that are finding new ways to pursue them. This is not the end of anything." - age 14

HOPE

What or who has truly driven you crazy?

"Not being able to touch anything, having to think your every move"- age 14

"Being stuck in my house, and not being able to see my friends"- age 13

"My parents... Don't tell them"- age 15

"My brother! And this bloody mask but I know that I need to wear it..."

"The upstairs neighbor! She wrote me and my sisters a letter saying that we could only play music 30 minutes a day! It was a total mess in my house! It was like: I was playing piano in the living room, my middle sister was playing the trumpet on the bedroom and my younger sister was playing the clarinet in the kitchen. I'm happy my neighbor is back to work now..." - age 14

"The contradictory information we were constantly given from the government." - age 14