

What I thought Of the Teen Retreat

By: Amanda Lizon

If I tried to explain how much fun I had at camp, I would run out of words. But, I am going to try the best I can.

I think that the camp is helpful to everyone's self-esteem. It gives everyone advice on how to keep it high, and teaches us that nobody should be able to bring it down. I think that while being at camp, everyone's confidence level is raised. For once in our lives, nobody is there to put us down and there is always compliments flying around for everything at task. We learned some techniques to ignore people who are trying to put us down, and some ways to re-gain our confidence once it's lost.

We also learned about things like: gossip, listening, judgment, and conflict and resolution, but mainly, how to deal with being a teenager. We got to talk about some things we don't normally talk about, such as good and bad relationships that we have with friends and family. We discussed topics on what you could do to make the relationship better, and what things might cause them to be worse. Our privacy was respected during the conversations, but we could also speak our minds if we wanted.

Then there were all of the amazing activities we got to do as a group. We did small things such as name games, and huge things such as rock climbing. The activities weren't just for something to do; they were a goal we were all planning to get to. Whether the goal was learning our new friends' names, or reaching the top of the rock wall. The best thing about doing all of these activities we don't normally get to do at home, was that we got to do them with friends who were all going through the same thing as us. They knew how we felt, and offered us support and encouragement that everyone wants, but usually never gets.

Overall, in four days I know that I felt accepted, loved, and like I finally meant something to someone. I had more fun in three days, than I do in a year. I get to meet new awesome people each year, and see my friends from the pervious year. I learn more helpful things than I do in school, and these things give me knowledge that I can use to help others in the future who were just like me before I went to camp.

 Amanda

