A Letter to The Youth. 08/03/2023 By Emilia Sameyn

First of all, don't let this letter frighten you from secondary school or puberty. Whatever happens, you'll get through it. Take it from me, it's all okay. This letter is also very long. You don't have to read it all at once, or you can read it later when you are a little older and can understand it better.

What is Middle School?

In Belgium, children normally attend secondary school, 'middle school' from the age of 12 to 18. My text is intended to help children from 10 to 18, by sharing my life lessons. Everyone's high school is different, and everyone 's personal experience is different. Still, I think it's important to share my knowledge with the youth so that they can benefit from it. Middle school; For some, it's the time of their lives. For others a difficult period that you have to go through and want to get over with. I belong to that last group. Middle school is hard. Lots of homework and lots of tests. The last two or three years have been particularly difficult. Sometimes I cried, sometimes I got angry. But I got through it and I'm glad I did. Admittedly, they actually give young people too much work, you already spend eight hours a day at school and when you finally get home you also have homework. In the last two years of secondary school and in higher education, it is normal that you do something every day for your schoolwork. As soon as you get a task, it's best to start it as early as possible, then you'll be done with it, and you'll have plenty of time to work on it in case something goes wrong.

Don't give up. You can only try one direction and see if it works. It's okay if you ever have to go to the BSO (the handicraft direction), you also learn useful things there.

Don't be fooled by the opinion of others either. After my 6th year, the teacher said that I was 'too stupid' for ASO (the direction of math and theory), but look, I got my degree for ASO and then obtained a Master's degree in animation film!

As I said, some say that high school is 'the time of their lives', I don't think this is true. Teenagers want to grow up and adults want their teenage days back. It's actually ridiculous.

It's simple: Do your best for school and try to enjoy your childhood. As an adult you can take your own destiny into your own hands, go wherever you want. So if you want to have the time of your life, try to adjust your own life. Do something you love to do and enjoy the little things in life. You are never too old to go out or have the time of your life. You are never too old to go on a swingset or play with toy cars, for example. A good friend of mine is an engineer for the NMBS, and he also plays with toy cars at home.

Changes in Secondary School:

High school was accompanied by many changes. teachers suddenly become 'madames and misters' You then have to say 'madam' with their last name.

Such as 'Misses Steenkiste' or 'Mister Vanderdonk'. Playtime is called intermission. You suddenly get lessons in different classrooms by different teachers. At first I found this scary. But in hindsight it was good. If one teacher doesn't want you, it's just one teacher out of so many. Make sure you know your way around the building, if necessary ask for a map and a timetable. Also make sure you know where the information desk is, or ask an adult for help.

Never be afraid to ask for help from your parents, family, teachers or friends. Sometimes you might think, "I'm mad because this doesn't work, and that doesn't work, damn those stupid lessons and assignments!" If you are angry, or if lessons and assignments are 'stupid', it is best to ask for help. When teachers see you complaining, they're going to think you're not motivated, but if you ask for help, they'll accept it and you'll get there.

I think it's a shame how 'the smart school' website can be used by the teachers. It is useful because you no longer have to fill in your agenda and because you can see which tasks you have, and you can forward tasks, which saves paper and ink. But I don't approve of a teacher being able to come up with a task in the evening or during the weekend and just put it online 'by the next class' without having to tell their students.

Sometimes you'll have to act a little bit like: doing assignments that you do not see the point of, you will have to pretend that you like school and certain lessons. Sometimes, nod softly during class if you understand. Ask a question if you don't understand something, if you have a lot of questions maybe write it down quickly and ask them after class.

When multiplying things in high school, they write it using a dot. Instead of an x. 5x5=10 becomes 5.5=10

You also learn to calculate with letters such as (a,b,c) instead of numbers (1,2,3,...) Such a letters mean that you don't know what the number is, so they make general statements like a+a=2a, aa=2a, and so on.

Especially the Pythagoras theorem is important $a^2+b^2=c^2$ but you will see that at school. Don't worry about it too much, now.

What If You Are Bullied?

If someone does something or makes a joke that you don't like, tell them clearly. "Would you please stop doing that?"

Try to maintain good posture: Walk up straight, and look forward with your chin up. Bullies are attracted to children who appear 'weak', that is: they look down and don't talk much. If someone hits you, or keeps saying things you don't like, tell a teacher. If you're around a teacher, the chances are slim that they'll hurt you.

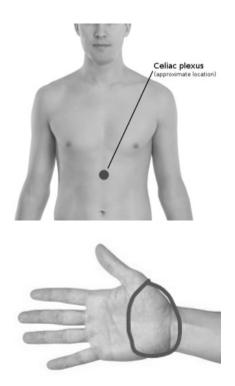
I remember someone calling me an overachiever at school, I thought 'Oops, I'll ask less and try less.' but in hindsight that was actually a compliment and I just had to keep going. If you are being bullied, tell a teacher and your parents.

If there's a chance you could be beaten up, walk away.

Call loudly if necessary, and maybe someone will come and see what's going on.

If you can't run and have to defend yourself, know the following:

The eyes, throat, crotch and knee are the weak spots of people. So if you need to defend yourself then punch there. You can also punch in the solar plexus, so your opponent goes out of breath, see photo:



Punch with the underside of your palm, as in karate. That way you don't hurt your own hand. Do not kick, because if you stand on one leg for a moment, they can make you fall.

If you have time, you can go running, do push-ups, or lift weights to better defend yourself. And that's how you stay healthy. Or, even better, you can take self-defence classes.

Don't let bullies keep you down. Some people are just always looking for a reason to bully, one time they bully someone because he has an ugly bag and as soon as he has another bag, they bully him because he has ugly shoes. Don't be put off by bad comments either. Remember: Sticks and stones can break my bones, but words will never hurt me. Haters gonna hate.

Be yourself. If necessary, you can laugh back at the jokes they make, or just ignore them. You can also just ask: 'Why are you saying that? or 'What does this even mean?'

Puberty

Maybe I'm not the right person to talk about puberty. Since I am a trans woman (a woman in a man's body), not many people are a trans woman, so my experience may be rare. But this was my experience. Around the age of 12 I got fur my upper lip, the first moustache hairs, I actually found this very exciting. I was curious how I was going to change and look like. I also remember that around that time a long hair had grown on my thigh. I suffered from pimples from the age of 13 to 16 I think. Every now and then I still have a pimple on my face, lol. I got my low voice between the ages of 14 and 15. If you are a boy, your voice often skips (it goes from high to low) when your voice becomes deeper, but that will go away. At first I thought those changes were new and exciting! But then I was just indifferent to it. My body just moved forward and I hadn't chosen it myself.

I don't want to expand on physical changes, but I did find this handy chart:

For girls:

Age at the start	Noticeable changes
After the 8th birthday	None
From age 9–11	Breast "buds" start to form; pubic hair starts to form
After age 12	Acne first appears; armpit hair forms; height increases at its fastest rate
Around age 13	First period arrives
Around age 15	Reproductive organs and genitals are fully developed

For boys:

Age at the start	Noticeable changes
After the 9th or 10th birthday	None
Around age 11	Pubic hair starts to form
Around age 13	Voice begins to change or "crack"; muscles get larger
Around age 14	Acne may appear; armpit hair forms
Around age 15	Facial hair comes in

Source:

https://www.healthline.com/health/parenting/stages-of-puberty#summary

They also say that teenagers are impulsive, I mean, in some ways you are still a child, but you suddenly have a bigger body. They say that teenagers are more emotional and can get angry faster. That's no excuse for bad behaviour, of course.

It is a period where many get into antics and mischief. I've done things I regret. Like I bullied people. If I could turn back time I wouldn't have done those things.

Some people do things they regret during puberty. They do something that they thought was a little wrong, but they didn't realize it was THAT BAD. Some feel enormously, enormously guilty. But know: everyone has the right to exist and have a happy life, it's not that you killed a person, is it? Mistakes are there to learn from.

You can apologize, possibly try to clean up or repair the damage, and move on as a better person. The past is the past, the future smiles at you.

It is also the period where you look for yourself. "Is this too childish, is that too girly?" "Am I goth, a cosplayer, a gamer, or ?????"

In the end you are just yourself. It's okay and normal that you're looking and sometimes don't know it any more. It's not because you're looking that you're sad. Actually, many people are still looking for who they are after puberty.

Some people discover things about themselves around 25, or 45, or maybe even 65. Sometimes the search is more important than what you finally found.

Puberty is the time between childhood and adulthood. But what is an adult? Was I an adult when I was 18? When I look at myself as an 18 year old I was still a naive desperate child. Was I an adult at 21? When I came back from Japan in 2015 after my 3 month exchange? I had then learned to live on my own. Had I grown up around the age of 24? When I really learned I could be alone? That I shouldn't desperately look for love?

I remember when puberty was described to me as 'a wild roller-coaster' of emotions and change. I thought that was rather exaggerated, but in retrospect my adolescence was indeed a wild roller-coaster. It was 6 years of teen drama and ridiculous fights. My heart was broken at times, and so on. Everything has calmed down a bit now. But hey, there's drama all the time. The grass always seems greener on the other side, but there is drama there too. Don't get carried away by drama.

Don't try too much to 'figure out' what bad things are happening somewhere, sometimes it's none of your business. If you want to talk about events and drama, do it one-on-one with someone or in a group separate from the drama, tell things without naming people, or use fake names. Sometimes you have to think, 'I'm not with those people right now, I won't worry about it'. Try to have many or a few friends, both online and offline. Unfortunately, it often happens that people ignore each other or just drop each other. Don't let the coldness of others affect you, many people are like butterflies, they flutter from one place to another and you cannot and must not trap them in jars. You can't force people to be your friends.

If you don't have friends, don't give up, you will find them. Be happy with what you find, even if it's just a small conversation.

The last 2 years in high school have been difficult. Fortunately, everyone had calmed down and matured a bit (so less drama). But everything was also very boring. After 4 years of the same thing you're sick of it. And no, it wasn't boring because the lessons were easy. I sometimes felt like a ghost that couldn't do anything, waiting to graduate. Don't forget: Hold on! You'll get there!

Fortunately, there are good movies, games and stories that got me through this period. Luckily I also had a few friends. I also had good parents and a sweet dog, but not everyone has that luxury, I know that now.

Love

In the media it seems like high school is a big party. Newspapers write sensational articles about the 'dirty dances' that young people do with each other. Of course it depends from school to school. But high school was not a big party, it was a world of studying and where many are not interested in a love. I mean what can you do as a minor? You can't go anywhere.

Exploring the world, nightlife and partying is something for adults and where minors don't belong, in my honest opinion.

I was often lonely in high school, I hadn't learned that being alone then has many advantages. Such as: more time, you can do what you want, etc.

If you have a crush on someone, tell them this. As they say. You have a 'no', but you can get a 'yes'. But if you get a 'no', you have to respect it. Remember: a 'maybe' is also a 'no'. Stalking means that if someone has received a 'no' but still insists.

You will get a lot of 'no's'. Many doors slammed in your face. Your heart can be broken, and that can cause a lot of sadness. But you get used to it, it makes you stronger. Finally, after all those rejections, you're like, "Okay, that person doesn't like me and that's okay." Everyone is different. It still feels a bit sad, but it doesn't hurt as much as the first time.

Sometimes you can have an intense experience with someone, and then suddenly they don't want to hear from you any more. This can hurt a lot. It will be a bit confusing. But you will get over it. No sorrow lasts forever. Don't give up.

There's light at the end of the tunnel. I also learned that the loss comes in waves, as soon as I thought I was over it, the sadness came back.

Don't give up, the waves will become less strong, and you will come out stronger.

People can give themselves love, you can hug a pillow, or put your hand on your chest and feel the warmth. Think of love as a warm force that is everywhere and holds everything together.

If you like someone, it's best to ask for permission, then you're sure you're not doing anything wrong, for example: 'May I kiss you?' 'May I have the dance?' 'May I have a hug?' etc.

You will sometimes think. Will I ever find love? Someone who loves me? And the answer is: yes. As long as you're not too demanding. I have seen people who were ugly both inside and outside, and even they found a lover.

The so-called lonely men, the incels, think that a beautiful woman will fall on their lap just like that, and they are sad that this does not happen. But really, they're just a bunch of misogynists, not actively working on themselves or looking for love.

On a date it is important that you look good. But don't be stressed. Both girls and boys try their best to look their best, and are so nervous but in the end it's like they're going to perform on a stage without an audience. It's normal to be nervous, but those feelings will pass.

I also know a lot of people who never had a boyfriend or date in high school, and that's normal too. You are never too old to gain experience. Some people don't start looking until they get their higher education, or some people don't feel the need for a relationship.

It is also important that you set your own boundaries about what someone else is allowed to do to you. For example: "I love you, but platonically" or "You can hug me but no more than that."

Some people think that if people don't have sex they become rapists or become depressed, but this is not true. People can live without sex, they just have to masturbate.

Our culture is full of myths and hypocrisy. Like, girls are brought up to always protect themselves from all men and always be on guard.

And men are then made to believe that they have to go hunting for women, so to speak. This is just, a bit silly.

It is true that it is more difficult to find a woman than a man. Men are 'easier'.

I don't know why this is so. Do men have more hormones? Is it our culture that says women have to be nice and calm? I do not know.

Women often complain that they get too many offers, but do not find the right man.

And since I live as a woman, many men indeed come to me online, I block them,

I don't know them. I once tried to meet one of them, one who was still friendly and he didn't even arrive....

Here are more myths, lies, about sexuality that are still deeply rooted in our culture. They are black spots that unfortunately cause a lot of suffering.

Here are many of these lies, myths:

When a woman says no, she means yes. When a woman says yes, she means no. Men think about sex every 7 seconds. Men never fake an orgasm. People without sex are depressed or lonely. People without sex become paedophiles or rapists. Rapists act out of sexual frustration. Rapists are strange creeps who suddenly jump out of the bushes. Men cannot be raped. Only "a certain kind" of women get raped. It will never happen to me. Rape has no lasting consequences. If no violence is involved or if the victim does not defend herself, it is not rape. If the victim became sexually aroused or had an orgasm during the rape, it means that he/she enjoyed it. Only pretty young girls get raped. Women fantasize about rape. Rapists are "shady types". Rape is a passionate crime. Prostitutes cannot be raped.

Sources:

Bronnen:

https://www.seksueelgeweld.be/mythes-over-seksueel-geweld (een site van de overheid) https://www.ccbelgica.be/nl/programma/elke-7-seconden-mythes-over-mannen-vrouwen-en-seks/

You also shouldn't be afraid to be seen as a prude, or to be seen as a slut. What others think of you is their problem. You have to do what makes you happy. Whether with or without a lover.

By the way, about higher education:

The media also pretends that higher education is nothing more than partying, drinking beer and kissing girls, but that's not true either. Those who think that often fail their first year. If you want to party, do it just after exams, or take a sabbatical after you graduate.

Drugs

In high school it was sometimes a bit of a shock for me, when suddenly some of the students started smoking, even though they were only 12. When they were a bit older, they also started smoking weed. I have always refused. They just have to accept that you don't smoke or do drugs. The problem with illegal drugs is that they are not controlled. No one checks whether it is safe or if it works. One time you take a pill that is fake and doesn't work, the other time you take a pill that works and you feel good for a while, but the next time you take a pill you're dead.

Drugs are addictive, and the best way to avoid getting addicted is not to take them. An addiction is something that creeps up on you. Like smoking. The first time you smoke you think it's dirty, you think 'I'll never be addicted to this.' then you smoke once a month, or a week. You think "I'm not addicted." Then you smoke once a day, and then several times a day. And then suddenly you realize: I'm addicted! And when you try to stop you have that urge, you have a headache and your body itches.

Everything can be addictive. Gambling and gaming can also be extremely addictive. Nowadays they use all sorts of tricks to keep you playing. You keep playing, or you don't want to lose your games, so you just keep paying and paying money. And then you buy things in the game that don't even really exist!

Just think, what if the publisher of the game goes bankrupt and has to shut down the server? Or what if people stopped playing that game? Then you have all your levels and upgrades for nothing. You won't get back the money you put in. The best games are games with a good story or that you can play for a short while, such as tetris or mario kart.

With gambling, they create the feeling that you are winning, but actually you are losing. You will then be happy that you won 100 euros while you invested 10 000 euros!

Or people keep playing in the hope that they will win their money back but this will never happen....

You also have to be careful with medication from the doctor. The companies pay the doctors to eagerly prescribe pills so that they sell a lot of pills and make a lot of money. There is an opioid crisis going on today. People get painkillers from the doctor, and then become addicted to them. Anti-anxiety drugs, muscle relaxers, sleeping pills, antidepressants, tranquillizers, anti-stress pills are things that can be addictive. Be careful with opioids and benzos! It is better not to take Temesta, Lorazepam, Lyrica, Pregabalin and Oxycodone or as little as possible. I know someone who got such pills from the doctor and he can't get rid of them. He now looks like a zombie, suffers from anxiety and can't do what he likes any more.... His doctor tells him to stop taking the pills, but he's addicted. If you have to take something from the doctor, first look carefully on the internet what the side effects there are and whether it is addictive! What are the experiences of people whom took it?

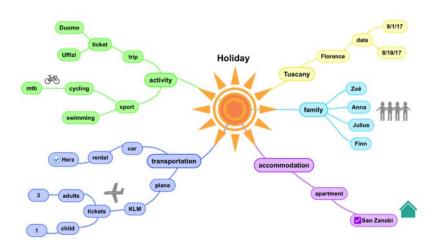
Alcohol is also a terrible drug. I know someone whose father died by drinking too much. The father was only 40. Someone else's mother is always drunk, the mother always says mean things, or drives the car dangerously! When you are under the influence of alcohol or drugs you often do things that you later regret. So be careful!

To study

School is hard, but you'll get there. You may have to redo your year, I've been through this, but that doesn't mean you're stupid. You have to process a lot of information in a short time, so it can be good to get that information again and review it all. It's not a wasted year either, you keep the knowledge you've gained, the friendships you've forged,

and the things you've learned outside of school. I thought then: am I so unhappy at school? No. A person lives an average of 85 years, so a year more or less when you graduate is that so bad?

Unfortunately, it is not explained at school how to remember things. Usually they just say 'make a mind map' and it stops there. But there are more methods that work better. This is what a mind map looks like:



They also say that repeating is important, and testing yourself. That's fine too. One of the best methods to study is writing. You can make a summary neatly written. But when you're studying, it's also important that you write down the most important things quickly, so you're more involved with the information and it sticks better in your head.

You can also use mnemonic bridges. You take the first letters of what you need to remember and make it into a sentence.

Here's an example: in Belgium, the car's pedals from left to right are:

Clutch, Brake, Throttle.

So, C, B and T.

I remember that with: Clark Buys Tea

C, B and T.

Clutch, Brake, Throttle.

Another way is to create a story with the material you have to learn.

For example you have to memorize the current and past prime ministers of Belgium:

Alexander De Croo, Sophie Wilmès and Charles Michel

The story could be: Once upon a time there was a crow named Alexander, he wanted a Mace from Will and Sophie, with that he became a cook and won a Michelin star from Charles.

crow Alexander = Alexander De Croo Mace from Will and Sophie = Sophie Will Mace = Sophie Wilmès Charles, a Michelin star = Charles Michel

There is also the Loci method:

In ancient times, a house once burned down during a party. The guards asked Loci, one of the survivors, who was there. Loci thought, 'There were so many people I can't remember.'

They walked through the ruins of the building, and oddly enough, Loci could remember, through the places, where everyone was, and who was there!

So, sometimes when you want to remember something it helps to give things a physical place, in your head. For example, imagine that Alexander De Croo is sitting in the sofa of your living room with a crown on his head, and that Sophie Wilmes is standing in the kitchen with a mace in her hand, etc....

You can also turn all the information you need to remember into a 'fantasy world', a memory palace.

When learning a language, try to imagine the words you are learning. Like the French, 'feu'. Picture fire and think 'fue'. Try to feel the heat and smell the smoke, think 'feu'. That way you can remember it better.

If you want to learn a language, first look up the basic words. Then use Duolingo or another language learning program. Also watch netflix or youtube in that language with subtitles in the same language. Like: French spoken with French subtitles. Google the words you don't understand. Also read comics in that language, and talk online with people who speak that language.

To remember numbers, such as pi, or years, it helps to assign each number a colour or object. By imagining those objects and colours you can remember things better. Choose colours and objects that you think fit the number, otherwise you can use my method:

0 transparent, an ice cube

1 black, earth

2 white, snow

3 orange, a boxer

4 blue, water

5 green, a tree

6 red, fire

7 gray, a scorpion

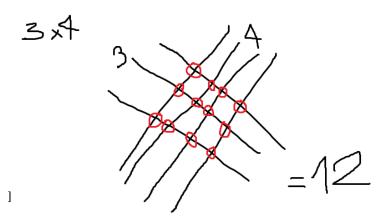
8 yellow, the sun

9 brown, a rock

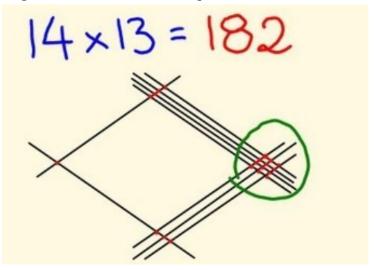
You can combine numbers like this:

10 = a pile of black soil with an ice cube next to it

To multiply there is a neat trick, cross lines and then count the number of times they cross. For example 3x4, put 3 lines horizontally and 4 lines vertically and then count how many intersections there are.



For higher numbers, leave some space for the 'tens'

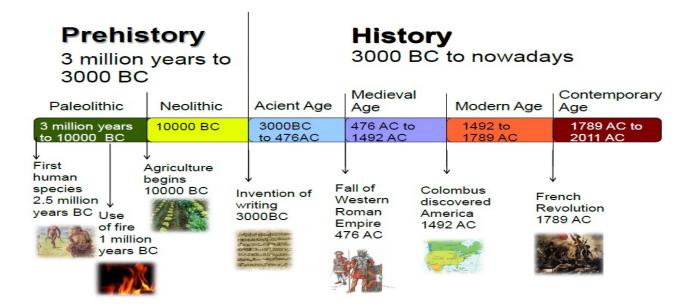


The two 'ten lines' cross 1 time, which is a 100 The 'Ten lines' cross the 'one lines' 7 times, that is a 70 The 'one-lines' cross each other 12 times, that's a 12 100+70+12= 182 This way you can easily multiply :)

Instead of calculating and counting on your fingers, you can get higher numbers by counting on your finger phalanges. You can count and calculate up to 24 instead of 10. You can point to them with your thumb.



History is an important subject. Here are the important dates of History:



4000BC = Humans form settlements

776BC = First Olympic Games

753BC = Founding of Rome

476 = Fall of the Western Roman Empire

1453 = Fall of the Eastern Roman Empire

1492 = Columbus discovers America

1712 = First steam engine: Newcomen's steam engine

1789 = French Revolution

1804 = First steam locomotive

1815 = Battle of Waterloo

1830 = establishment of Belgium

Jul 28, 1914 – Nov 11, 1918 World War I

Sep 1, 1939 - Sep 2, 1945 World War II

1957 First satellite Sputnik launched by Russians

1961 Russian Yuri Gagarin becomes the first human to go into space

1963 John F. Kennedy shot

1969 American Neil Armstrong first set foot on the moon

November 9, 1989 Fall of the Berlin Wall

December 8, 1991 end of the Soviet Union.

1993 Internet is opened to the general public

September 11, 2001 = Twin Towers attacks

March 2, 2016 = Brussels attacks

With the dates after 1945, it is mainly about the fall of the Soviet Union and the Berlin Wall that I learned at school, but I have included the other dates because they are also very important for our recent history. Sometimes it's hard to put a year on something,

so learn the years they teach you at school. My version is just as a little guide.

Especially history, mathematics, English and French are very important subjects. The courses that focus on your specialization are also very important. Later you will also be able to choose your own courses. Then your chosen courses are especially important. If you do not choose an artistic or sporting direction, then art (po), music (mo) and sport (lo) are not important subjects, do not focus too much on them. Religion and ethics are also subjects that do not really count.

BOOKS

You will also have to read books for English and other language subjects. As you read, make a list of the names of the characters and who they are. After reading, also read the summary online and what genre it is. A book of 250 pages seems like a lot, but if you read ten pages a day you will finish it in just 25 days, keep a few more days 'free' to write the report or prepare your speech. If you don't have time, read the beginning and end of each chapter, quickly running your eyes over the entire text. If you really, really don't have time read a few summaries of the text. But this is risky, if you get caught.

You can read a book during the summer holidays, not only do you stay so used to reading, but if you are lucky, you can use your read book for a book report or classroom speech. If you've read a classic, chances are it might be on the book list. Or if it is not listed, ask the teacher if that book is also good.

In your last years of your school during the exams you will be given scratch papers, you can use them to write down your memorized knowledge, such as pi, the Pythagoras theorem or a schematic to use in questions where you have to apply the knowledge.

Summer holidays:

I actually think the summer holidays should be spread more over the other holidays.

That way, there is still the same amount of holiday, but then you have not forgotten everything after not having had lessons for two months. In fact, you should do some reading during summer vacation, like a history or science book. You can then also do a few math exercises twice a week, which only needs to be fifteen minutes, so that you don't lose your math skills. Writing or chatting a bit online so you don't forget touch typing (blind typing) is also good.

Watching series in Spanish and French is also good, so you don't forget your languages. You can also do some sports during the summer holidays, because the physical education classes are also getting a bit more difficult.

Thesis

The last year I had to do a thesis. Then I had to have a research question and answer it by looking at all kinds of books and papers and doing some thinking myself.

A dissertation is a bit like a collage of all kinds of sources written in your own words.

You can also interview someone for it. A citation looks like this:

For a Book:

Verhoeven, N. (2018). What is Research? Handbook of Methods and Techniques (2nd Edition). Amsterdam.

For a Youtube Video:

Simic, K. (2020, January 9). We are KNMI. Royal Netherlands Meteorological Institute. https://www.knmi.nl/over-het-knmi/over

This way the teachers can see which sources you have consulted. It is very important because the teachers look at the sources first and then at your paper.

End

So there we have it! This was my letter. I know it's a lot, but it's important. These were the things I wish I knew before I started high school. Hopefully it will help you.

Remember everyone's high school and experience is different. For some people, secondary school is too difficult, and that's why they can't get their diploma. Try to do your best, if it works then it will work, if it doesn't then it won't be a disaster. The people I know who didn't get their degree also find happiness in a different way. But if you have obtained your diploma, you have more options and a diploma is something that they can no longer take away from you. Go for it!



(Image created using an AI)