

ALETHEIA

OCTOBER 2019

ROMANCE



aletheia

[A-LAY-THEE-UH]

(n.) *truth , disclosure*
(greek)

ABOUT US

Aletheia is a student outreach publication that strives to provide a voice for all students at Lynbrook High School. Inspired by Los Gatos High's Reality Check and Monta Vista's Verdadera, Aletheia was created to facilitate communication and overcome stigmas concerning prevalent and/or taboo issues within the Lynbrook community. Each issue of the publication comprises of firsthand experiences submitted anonymously by Lynbrook students and alumni, professional articles relating to that month's theme, and other resources compiled by the student staff. Finalized issues are published and distributed to the school. Past issues may be found on our website, under Archives.

The content in Aletheia is composed by the students at Lynbrook High School in San Jose, California. Ideas and thoughts expressed within the publication are not necessarily reflected by the school administration or staff.

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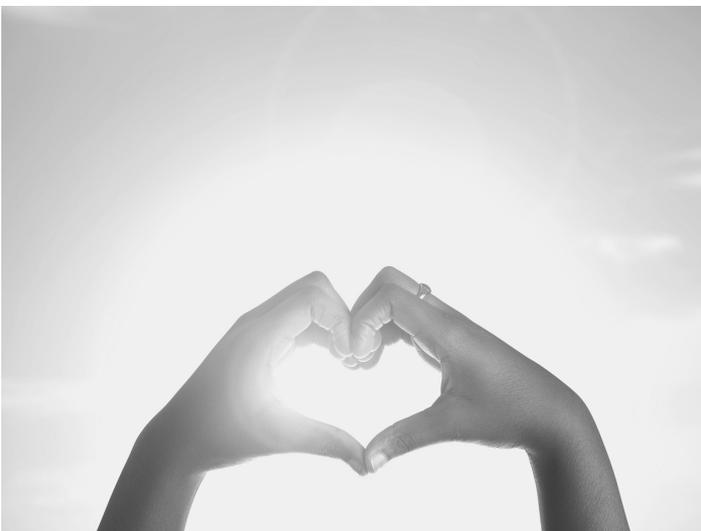
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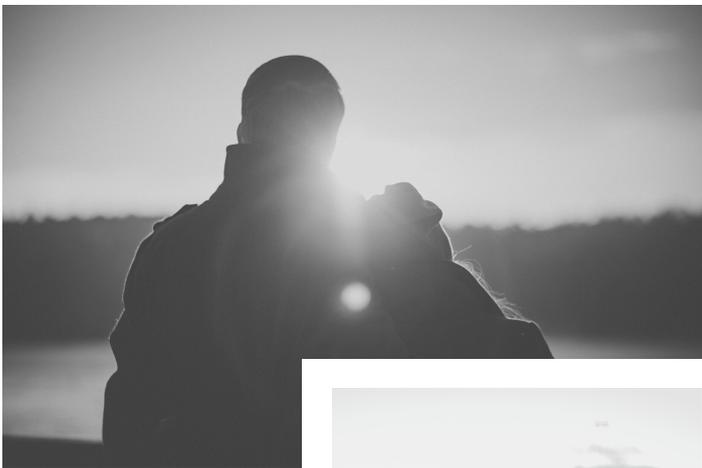


Woooooooh. relationships. romance. i feel like everybody at some point fantasizes about a summer romance with long summer sunsets and first kisses and summer cliches. i know i did!! and somehow, i made it happen over the past summer. i know im gonna sound like a starry eyed teenager stuck in some infatuation for someone i think is the best, but i genuinely thought he was the most amazing person i had ever met. we met at a summer camp(first summer cliché), and I remember clearly the first time i saw him. every moment i spent with him felt like a forever thing and he never failed to make me laugh and smile. i remember before we started dating, our friends always told me i laugh the loudest and longest at his lame jokes, but i legitimately thought all his jokes were hilarious, and my laughs were never fake. after we started dating, all my time spent with him was full of laughter and love and he always respected me and never pushed me to talk about my problems, but instead waited until i was ready to talk. my favorite part of him was that it always felt like he knew exactly what to say to make me feel better, and i always felt so comfortable around him. i think couples should always be best friends before romantic partners. being with him really felt like what love should have felt like. again, i sound like an infatuated teenager. i'm AWARE. what started as a "summer fling" ended up being one of the most meaningful relationships i've ever had, and i am so grateful i was able to meet him and be with him, even if it was only a short amount of time. a more pessimistic quote from a friend: "两个人相爱，却不能够在一起，真不如当初是陌路人"

I really like this boy. I did not really get to know him well, but we don't have any common classes together this year. I want to become good friends with him, but the thing is, my friend also really likes him. What do I do?

ROMANCE IS FUN; RELATIONSHIPS AREN'T

I'm not pursuing a 'serious' relationship bc I don't have time. 'romance' sounds like a rilly big commitment. I just wanna stay friends with her and I don't wanna push her bc at the end of the day friendship's not all that different from romance.



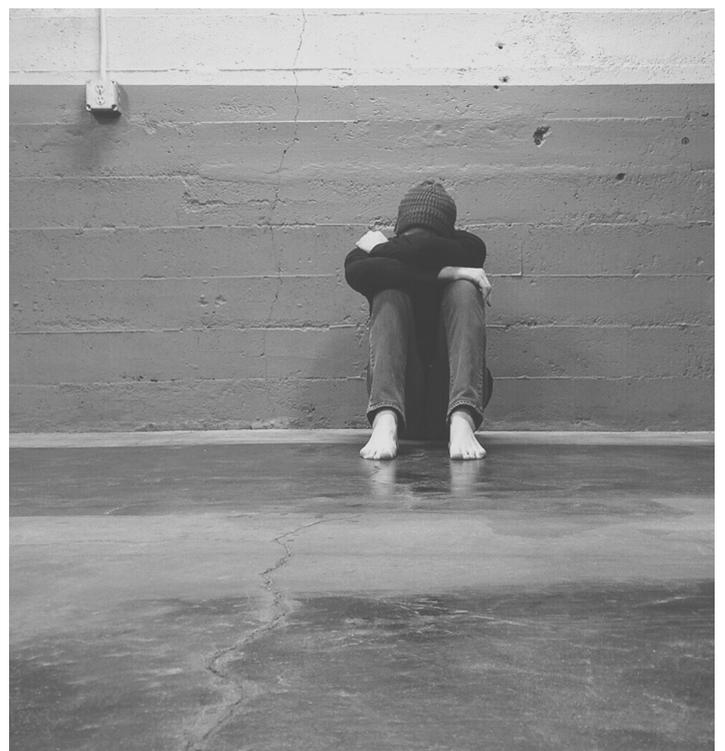
When I started going to Lynbrook last year, I noticed that one of my friends was dating. I was, for a split second, very happy, but then when I asked where this person lived, I learned that the two met online. Another friend of mine began to date a person that had lost their virginity before going to Lynbrook. In both incidents, I tried my best to end the relationship, but both my friends were unwilling to stop dating. I ended up walking away in disgust telling both of them that they were going to break up and regret dating in the first place-- and both did. Both of my friends realized that the person they were dating were not the best people and regretted dating. Sometimes, I wonder why people date in high school. I can't be romantically attached to people, so I really can't understand why people are being romantic at my age. I keep asking, shouldn't people just wait until they're in college? And if people do fall in love, shouldn't they keep their feelings to themselves? This year, I decided to be a little less harsh about my opinions on love when I learned that one of my closest friends had a wish to date someone. That someone wasn't some stranger online or someone who lost their virginity. When my friend requested relationship advice, I pushed away the "romance is disgusting" thoughts in my head. However, at the end of each day, I reminded my friend that the first relationship will always end, just like it did for my other friends.

Was on a walk when I saw her again. She was with her best friend. I looked down at my phone, but I could feel her eyes squinting at me, scrutinizing my face to see who I was. In the background I could hear her friend whisper my name. I kept walking pretending I did not notice them, notice her. But inside, a deep regret surged through my veins. Her face is a constant reminder of what I have done. I hoped things would get better, but the situation remains. I hoped that it would fly by us, leaving us in peace. However, every time we are together, the awkward tension poisons the air, making it harder to breathe. Every time I look at her sad, big-brown eyes, I am reminded that I hurt her. She is small and in my eyes, fragile. I am careful around her, not wanting to worsen the crack I had already made. Rarely, is it not awkward between us. In those days, I gaze at face and her chocolate colored eyes. My body freezes, and a slight smile forms across my face making me believe that the crack is healed. But when the moment comes to an end, I realize the crack is really still there, untouched. I know I cannot keep waiting and hoping the situation will pass by us. I know I have to confront her in order to heal the crack. I am scared, scared of what she thinks of me. I am scared to deepen the crack. I am scared of how she feels about me. Oh, I wonder, what is inside of her head? I hate that I still like her. It is as if her name is embroidered in the back of my head. I hate that I can not get over her. I want to apologize her, tell her everything, and tell her everything was not her fault. I wish I could tell her that I messed up too. She has been through too much pain. I hate the fact that all my friends made fun of her and I did

I HOPED THAT IT WOULD FLY BY US, LEAVING US IN PEACE.

not do anything. She was right. I have been too much of a coward this whole time. My thoughts wrap around me, confusing me, disorienting me, and suffocating me. I know that deep down, under her other feelings about me that I still do not know about, that she still likes me. I can tell by the way she gazes at me when she is not scared of me, the rare times when things are just normal. I can tell by the way she feels embarrassed when we make eye contact, the same way she did even when our dreadful situation was non-existent. She does not know, but I can read her easily. Like as if I was reading

a book from kindergarten. Sometimes I wonder what would have happened if we did not mess up. Sometimes, I wonder if it is possible to make things go back to how they used to be. I wonder when I will be able to hold her in my arms for the first time, even if it is for the last time.



Despite being unpopular, I was quite gossipy during my middle school years and even kept a constant mental record of who was dating who. Due to my low standing on the social ladder and the fleetingness of middle school relationships, the information was often rendered obsolete by the time it reached me, but I enjoyed it nonetheless. For reasons beyond my knowledge, it was fun to keep track of everyone's relationships. However, I noticed some common characteristics that disturbed my middle school self. For instance, basically everyone who was ever in a relationship was already "popular" and I had never heard of any nerds like me who found a boyfriend or girlfriend. Secondly, most relationships ended shockingly soon. I wasn't very optimistic for all the relationships that would take place during high school. It was apparent to me that teenagers did not have the capacity or the maturity to form long-term and healthy relationships. Armed with the pessimism that I developed in middle school, I criticized every young romance that dared bloom during freshman year (behind their backs, of course). That blond girl and her boyfriend with the nice eyes? Sure they look cute together, but so did she and her abundance of ex's. I'm sure she'll dump him after a few weeks. However, that couple (and plenty of others) shattered my expectations. Many couples who I had been so critical of are still together. Something changed in that summer between eighth grade and freshman year. I don't know what happened, but my entire class just matured, and suddenly those two-week relationships of the past just ceased to exist.



**MOST
RELATIONSHIPS
END SHOCKINGLY
SOON.**



I never thought I'd have the courage to talk to my crush. I liked him before I knew him personally and it always confused me why I did. It was my first time understanding what that feels like. On cue: butterflies in my stomach, an intense awareness of how I'm perceived, feelings of anxiousness everywhere I go, heightened curiosity and observation. Is he here? What am I doing right now? Nothing? No, I should be productive. Sit here read a book, get on a computer do my homework. Wear something cute? Stay calm, stay chill. I felt very unnatural. But... it came with the all-defeating side effect of joy. Pure joy, pure happiness when I

thought of him. Looking forward to each day. Unafraid to smile and skip and try extra hard when I'm around him. Completely "myself". Just not too him. Never to his face. In fact, I was as emotionless as possible. I think I was subliminally scared? What if he picks up on it? Somehow magically reads my mind through my face?? (pfft, and I think I even hoped for it) ~and I wondered why all of a sudden I cared. I never cared what

people thought of me before. It really is a freeing thing to not care. But here it was: a war between logic (I don't really know him) and emotions (but he's so kinda and cool and my heart ;v;) with my understanding of myself as its collateral damage, leaving a frozen outside that hasn't decided which had won. With a conflict unresolved within, I never did much and the opportunity passed. It would be a sad story if not one fine day on my way to class... he's back. A jolt of joy and panic: Truly a wonderful concoction to start your day. I'm an

open-minded person, enough to give into my gut instinct to discover something new. And I'd say I'd grown more mature in that year, mostly because of what I decided to do next. Tell him (well *technically* hand him a written card and then tell him..) Not everything (I still kinda had no clue what I was doing) but enough to start at the beginning as friends. It was nerve-racking as heck but worth it. And I just want to say it never bothered me that I was a girl, I just knew I had to do something or I'd forever wonder "what if" (I asked through a friend at first, and surprise surprise I really didn't need to worry all those times since he barely remembered me, so uh, advice don't worry too much :P) So, while the

PURE JOY, PURE HAPPINESS WHEN I THOUGHT OF HIM.

whole thing was a two-year rollercoaster, I found out I had a lot more guts than I expected, got to get to know a cool person, and experience a new type of happiness. All in all, I learned about myself and came out of it a better person. And for you readers, step out of your comfort zone. Are you logical to a fault? Try listening to your emotions. Over-the-top emotional? Try to listen to more reason. And whatever it is you've wanted to do: there's probably never a better time than now :) Really, what's there to lose?



TEACHER INTERVIEW

WITH MR. BALE



1. What was being in a relationship like during your time at Lynbrook?

I think it was very different for different people. But for me personally, it was an affirmation of self; it was that somebody else liked you. You always knew that your friends appreciated you, but the unknown is always the most interesting. I did not date anybody until high school so when I first started dating one of my classmates, it was a huge deal. I look back on it now and it seems so funny and trivial, I suppose, but it's nice to be affirmed; it's nice to be embraced by somebody else both physically and theoretically. It was an affirmation of who I was during a very confusing time. When you are in high school, you're learning about yourself—what you want to become, what you don't want to become—and just to have someone along the side, no matter how trivial the relationship, it meant a lot.

So how did it come about? Did you start looking for it? Or did it just happen when you two started connecting?

I always was looking for it, but I never had the confidence to ask and how it transpired was absolutely through the organized school dances. And I think that because it was sort of an expectation when you went to the various formal dances, whether it was winter formal (there was something called semi-formal), junior prom, or senior prom. For me, the first time was in my junior year. The girl I went to junior prom with I asked into becoming my first girlfriend. It really was a structure. I always just assumed that some girl would just run up to me and be like, *let's date*, I'd be like, *awesome*. No, that doesn't happen with me, I'll tell you that. But it was really through that structure. We went together, we had a great time, we started seeing more of each other and eventually, we started dating. But had it not been for that? I don't know.

And it was mutual friends: some of my friends were going with some people in her crew and so it just sort of blended in. But without the structure, I don't know if I would have had the confidence just to walk up to someone or even to a female friend I had at the time and just say, *let's date*. It seems so awkward.

So your expectations didn't match like you thought (that people would come up to you and just say, let's date). For your case, it worked out. But suppose it didn't work out, that it wasn't good and it was completely not what you were expecting. How do you think it would have affected you?

You can look at any of the relationships I was in in high school and say they didn't work out because we're not together now. But you learn. If you look back at my high school relationships, some of them are embarrassing. I was so silly, I made such stupid moves, I can't believe I said and I can't believe I wrote that. But it's practice.

One of the reasons why I have the solid relationship with my wife that I do now is in part because I tried and failed with various things earlier. So it's as much as it was a goal at that time just kind of be with somebody and whatever, it was also just a learning experience and you learn something. One of the good things about rejection at that age is that it hurts but people move on very quickly. It's a lot better to be rejected before you get kids, get married, have divorces and things that have a lot more serious consequences. I've heard it being described that relationships are essentially like the minor leagues, that



you kind of work the kinks out of the equation early on and then it helps you later on. Of course, not everyone agrees with that. But for me, who made a colossal number of mistakes, it was very helpful. I'm glad I had the experiences of failure, for a lack of a better term, because it taught me some things about myself.

Going off how it impacted your relationship with your wife now, during your time at Lynbrook, how did your relationships impact the other parts of your life?

2. How has the romantic side of your high school life impacted the other parts of it?

One of the biggest areas that impacted me at the time was the balance of time. Early on in my first relationship especially, I devoted so much time to the relationship that my friendships were somewhat damaged. Not damaged but were neglected—neglected is a decent word because I was so into something new that I may not have prioritized my time where I should have. And again, that's kind of how you learn, but it definitely affected me because you learn about things that work for you. There's all these books written about love languages: the ways that people feel affirmed and ways that people feel nourished in a relationship. You don't really know where you fall until you've been in relationships and then it works out. Of course, everybody's different and people will change. But I do feel that those experiences helped give me a better understanding so I can be clear in my relationship now and understand and value my wife more because she fits me so much better as a partner than some of these other people would have—no insult on those people, it's just what that was...

Right it didn't work out

Yeah, we were meant for other people, but maybe at the time we were together for some reason, to teach each other something (or maybe they just took a desperate guy like me I don't know. I'm just kidding) It's interesting how all these relationships go back and we are fundamentally affected by all of our experiences in the past, even the small things. You learn a lot about the way that people perceive you and things that you say in the context of an intimate relationship that you might not have in a friendship. My friends and I, we can be very blunt with each other in a way that I wouldn't be with a significant other. I'd be like, "dude, you look terrible" and my buddy is going to be like, "whatever." I definitely think I'm a different person because of the relationship experiences I had and didn't have. There were a number of my friends that were dating in middle school or junior high. I'm sure they came out with very different things. I'm glad I didn't during that time because I just don't think I was ready. Some people are and some people aren't and I definitely wasn't one of those guys (I was playing NBA Jam and the Sega Genesis and all those things).

You said in the beginning that one of your first problems was time. What do you think was the reason you devoted so much time to your relationship? Was it because you cherished it that much? Or, for a few people, it can be fear because they didn't want to lose it. So what do you think are a few factors that impacted your decision to devote so much time to it?

Newness. I think that newness is something that is captivating sometimes. Just think about Spikeball. Right now, why are these people playing Spikeball so much now? When these things were just introduced so people are just excited about it. Will it be like this next year? Probably not. So I think the newness of the situation meant I wanted to explore it and it was very rewarding. I think that the challenge of the experience with relationships in high school is you don't want to prioritize relationships and miss other things. Decades after I left high school, I look back at students today and sometimes when I see students that are in relationships, I worry that they're too involved in their relationships and not taking advantage of the proximity to so many other wonderful relationships that are out there in terms of friendships. And, looking back, there's only so many years you have in your life where you're so day to day connected with so many friends. If I were to tell my former self on how to deal with my first relationship, I would say to spend half as much time in that relationship as you want to, because it'll make the time that you spend more valuable and it will also not rob you of other experiences. Is it only worth it if the relationship lasts? No. I think you can invest a lot of time in something that doesn't last if it's good for you in that season of life.

Mr. Bale photographed for Aletheia by Aletheia staff *Rajeev Thimmareddy* who conducted the interview as well.

The uncut audio version can be found on our website lhsaletheia.com or on FB [@lhsaletheia](https://www.facebook.com/lhsaletheia).

3. How was your relationship(s) compared to the relationships you've seen among students today?

What I worry about is that when people get so infatuated with the relationship, like I really feel that I was over interested, there is a price to pay—opportunity costs—with the time that you do and the interest you do in a time like high school, and even college, where there are so many opportunities available at every moment that won't necessarily bethere at a later point. So I think that timing is so difficult because especially when you have the first or second romance or hormones raging and you just want to embrace it. There's nothing wrong with embracing it, but to the extent that people do embrace it interms of time, I worry and, looking back, I regret. When people say they don't have regrets, I think that's ridiculous. I've tons of regrets about all sorts of things.

So this infatuation and this dedication and time, is this something you saw with your friends during then or any students you've talked to? What are a few things regarding romance and relationships that you see in common with your friends then and now?

History repeats itself. Because everybody's doing this for the first time, I see mistakes that I made being played out with my students. I see mistakes that I made also played out with my friends. I don't know if it's something you can teach though people can mentor and try to give good advice as best as possible. But to a certain extent, we all need to learn lessons for ourselves. So I see a lot of the mistakes that I made being repeated by my students—but maybe that's the point then, maybe that's the point that we go through and develop ourselves and learn through experiences that are more meaningful to us.

Because anytime you experiencing something, it's going to be a lot more powerful than if someone just tells you something. For example, learning about the war can be very powerful but being in a war? That is infinitely more powerful in terms of the experience that will have an effect on yourself.

Something's never changed. Sometimes I'll have students that will come talk to me and they'll say "I just broke up with my girlfriend or boyfriend and I'm super sad." I just try to try to be with them in that moment. You just say like, yeah, that is sad, because I can tell them, "Oh don't worry, you'll meet somebody else". I remember what that's like at the moment, especially when you don't have the advantage of hindsight. It hurts when your relationships break up, especially the first one. *Ah, the tragedy*. It's just sad and it's also sad for people that wanted to be in a relationship.

A lot of my friends and some of my students too wanted to date someone real bad, but we end up not doing it during that type of time period. Retrospectively, I look back and I'm like, that's cool. But at the time, without, again, the perspective of many, many years and knowing that things will be awesome in the end, as they generally are,

JEFFREY BALE

LHS STAFF

Jeffrey Bale teaches U.S. government and Economics at Lynbrook High where he has been a teacher since 2008. He is also an alumnus of the class of 2000.



it's hard to keep that in perspective. This is why I don't try to tell people a lot of cheap advice like "don't worry" or "the magic person will come along." Instead, I tell them, yeah, that sucks.

Every relationship is meaningful at the time that you're in it because there's a reason why you're in it, why you don't step out of it. There are incentives and you want to stay in it.

With all these relationships, most of the time you see something not working out the way you want and you don't want to turn away from it. But you do. What is it that gave you the motivation to face it and just move on?

There were relationships that were ended by me and there were relationships that I've been in that were ended by my partner. It's hard to tell which one's worse, because when a relationship is starting to go away and you want to end it, it's very difficult to rip the band-aid off. It's already painful as you slowly pull it off, but you just rip it off. Or should you not, and in many cases, I always felt some sense of dread and those feelings were getting overwhelming—that I need to just deal with the pain and build, move on, and getting back to what I wanted to do.

If it was a relationship that was ended on my part, I needed to embrace the situation. I need to be able to process that and get back to a point where I was back on my feet again. Those things are brutal emotional experiences. Some people are more mature, more resilient and thicker-skinned than me, so for them perhaps not as much. But for many people, those are really significant issues that people remember.

A lot of times when you talk to adults, they talked about very painful aspects of their life. They'll talk about relationships that broke up—of course, there are more impactful things like deaths in the family, tragedies in the house and things like that but relationships ending is a real thing. You go from being seen as friendship to some people to nothing. That's hard. It's a hard jump and it's not something you just say "oh, let's just scale back. We'll just become friends again." I don't have that capacity. Of course, some people do and that's fantastic. But it's hard to go from everything to nothing.

When you're getting together with somebody, it's often a warming-up, a slow incline to an official dating status (it might also be a pretty steep hill). But then when you break up, it's like jumping off a cliff: you suddenly go from high to low. Now those experiences can be helpful as well. When you try to process something very bad in the future, and it could be getting fired from a job, death of a family member—not emotionally comparable but there's a similarity in terms of being sky high and then nothing—you'll know how to deal with it. To an extent, you're practicing emotional reactions and that can be a beneficial thing of what otherwise would be seen as a disaster.

4. What would you like to share with the students regarding romantic relationships?

No one lists the highlights of their life being, "Oh, remember that time I got dumped? That was great" (Okay, unless they're just like a glutton for punishment) So going into my life now, I think that some of those early tragedies help me analyze things later on and keep things in perspective.

What would you say to students that are in a relationship now, whether they're going through a bad or good time?

There are two things I'd like to share. Number One: everything in moderation, relationships can be good. But if they're all-encompassing, look around and make sure there's nothing that you're missing. I don't speak for everybody. So I don't know what's right for everybody. But in my 37 years, more often than not, I've seen people that are all-encompassed usually have some wonderful things that they may be passing up on, which they could embrace through moderation.

Second, relationships are not imperative for success or happiness. For the truly healthy person to be in a relationship, they need to first be at peace with themselves. I'm very happy to be married at this point in my life but I would be in danger if I was ever trying to get my spouse to be something for me. I think you always need to be a fully lit light bulb: if you expect somebody else to light up your life, you put them in a dangerous position.

We don't want to treat people as crutches. And, for you, the right person may not have come along in middle school or high school or college or even early adulthood or maybe even never and that doesn't mean that people should be judged on those things. He or she who dates the most people doesn't win a prize. It's ultimately about the individual.

Relationships can be wonderful for some people some of the time and they're not for everybody all the time. It's something I wish I had more perspective of earlier on because I definitely had a feeling in high school that relationships were markings of success and maybe I pushed myself into a couple of the relationships that I was in just because I thought that was what you needed to obtain. I didn't really think "Hey, what do I want to in life? How do I want to enjoy it?" and let me just be my own arbiter of success. If the right person is out there for you, they'll come along. And you may be surprised when they do. You know?

PROFESSIONAL ARTICLE

RUNJHUN PANDIT

Romance...as easy this word is, it is so easily tossed around in our lives. It is disguised as love, affection and the more we try to explain the meaning, harder it gets to understand it. Romance as per the Merriam Dictionary “ prose narrative treating imaginary characters involved in events remote in time or place and usually heroic, adventurous, or mysterious; a love story in the form of a novel.” The authors have captured the essence of that feeling so well. Romance is a feeling, a strong connection/ pull towards another individual, attraction, sense of belonging. While love is something we share towards many things like “i love this book or a specific food.” Romance on the other hand is the excitement, exhilaration which is difficult to be shared. And i guess what makes romantic relationships hard/ difficult is the shared level of attraction towards eachother. Even if both the individuals feel that attraction, the intensity might differ; explained in a single submission that stuck with me “Romance is easy, relationships are not.”

In an article published in Psychology today, author has attempted to explain the importance of these relationships in high school. In the past, high school dating was a way of mate selection. While today, it is an introduction to different types of gender roles, norms and intimacy. Additionally, helping adolescents to develop interpersonal skills, social skills to help navigate through the adult life and a social status among peers. Hence, recall the first crush as pre-teen versus as an adolescence. As we grow old, especially during our teenage years, we develop more adult-like romantic relationships. Romantic relationship help teens to define our self separate from our parents and define our own gender roles. And romantic relations help us to develop our way of dealing with difficulties like fights in every relationship or as simple as time management. For instance, the simple art of learning to appologise after a fight and keeping an open mind to obtain constructive criticism or making sure to categorize time for school work and the loved one.

Like every coin has two sides, romantic love which is exclusive and serious very early in life can be harmful. Taking time away not only from school work essential for a career but also psycho-social development as it takes time away from spending it with other friends and learning their perspective of viewing things. It can hinder a well rounded development of an individuals personality.

For an adult, while sitting through the submissions, it was heart warming to see the different perspectives towards romantic relationships. It was an instant reminder that it must be scary for some and thrilling for others to be vulnerable, show their true self to another person while also determining their sexual orientation. And yet, took the bold step of sharing your experience, hoping to find an answer or reaching out to other adolescents sailing in the same boat.

To the youth, be bold and try not to let the past devoid you of the beautiful future. But let it drive you to be a better individual. Let a break up be a time off for healthy introspection, about your priorities, how you would want to be loved and treated; not for self hate. Because end of every relationship, is the beginning of a new you. Allow yourself to make mistakes, because only you can give that permission to yourself. Thank you for sharing your experiences and allowing me to be a part of your world.

ABOUT THE AUTHOR

Runjhun Pandit is an Associate Professional Clinical Counselor working at Campbell Teen and Family Therapy located in Campbell. She graduated from University of Mumbai with a Masters in Applied Clinical Psychology, and completed her graduate work obtaining a Master Degree in Clinical Psychology from Loyola University Maryland. Runjhun is bilingual and bicultural and has experience working in Mumbai, Maryland, and California and has worked in various non-profit organisations and inpatient psychiatric hospitals.

Her diversity and cultural awareness allows her to easily connect with people from many different backgrounds. Runjhun's variety of skills allows her to effectively treat Anxiety, Learning Disabilities, Eating Disorders, Depression, ADHD, Autism Spectrum Disorder, and Impulse Control.

Runjhun is trained in DBT, CBT, FBT and Group Therapy and is skilled at developing a treatment plan designed to meet the needs of the individual and their family.

REFERENCES AND RESOURCES

Site:

<https://www.psychologytoday.com/us/blog/how-parent-teen/201512/teen-love-dating-in-today-s-new-world>

Book:

The Angst of Adolescence by Sarah Villanueva Ph.D.

Additional resources:

Domestic violence: <https://www.thehotline.org>

Dating violence: <https://www.womenshealth.gov/relationships-and-safety/other-types/dating-violence-and-abuse>

Family planning clinic: <https://opa-fpclinicdb.hhs.gov>