



TeenHelp.org presents...

# Avatar

TeenHelp.org's eZine  
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## Letter from the Editors

Hello everyone, and thanks for reading this issue of Avatar! We were originally going to make this one Easter-themed, but we figured it was far too early for that, so for once we've got an unthemed issue for you!

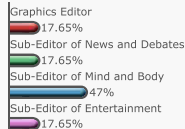
We would firstly like to thank everybody who took the time to apply for a position on our editorial team. We would also like to congratulate those who were successfully accepted into the positions. These are as follows: **Steve/21:11** (Graphics Editor), **Ryan/Vessol** (Sub-Editor of News and Debates), **Maria/Gidig** (Sub-Editor of Mind and Body), **Charlotte/Chazzz** (Sub-Editor of Entertainment). I'm sure we'll all look forward to see what they can all come up with for next month!

As for this month we, as always, have some great content lined up. Firstly we've got two articles by Mel, one about loving yourself and one for LGBT people who are struggling with coming out. Following this we've got an article by Charlotte to help you with all of your exam preparations! To finish off the articles we've got one about protecting the stuff on your computer! Then we'll round up, as usual, with some great poems and a horoscope. Enjoy!

Mel & Rob,  
The Avatar Editors.

*A poll on the views of TeenHelp members.*

### If I were offered a position on the Avatar editing team, I would like...



# Loving yourself

by .Infinity.

As we go through life, we all go through different things. We go through different experiences, different obstacles, different phases and so on. Many times, mostly every time, the things that happen during each situation can make a huge impact on how we see ourselves. May it have been something someone said, something you couldn't do or whatever, either negative thing can cause you to have negative thoughts or feelings about yourself. Having these feelings or thoughts certainly doesn't mean that they're true, but it can feel like they are at the time.

Depending on what goes on during your life, though you may be able to love others effortlessly, loving yourself can be quite a task. Here is a little something to help you work on loving the most important person there is - you.

## Positivity!

That's right! All things start with positivity. Here are some positive things that you should try doing if you feel bad about any certain aspect of yourself.

### A) Forgiveness.

Everything begins with forgiveness. Usually when you've done something wrong, you get upset with yourself. You may blame yourself for things, tell yourself that you can never do things right, repeat to yourself that you're a failure and so on. The first thing you have to do is to stop. You need to tell yourself that what you did was simply a mistake (if it was), that you did the best you could, and that you will try again some other time. You also need to tell yourself that it's okay, that everyone makes mistakes. No person is perfect.

*"Forgiveness is the fragrance the violet sheds on the heel that has crushed it." - Mark Twain.*

### B) Focus on your good qualities, not your faults.

The next thing you need to do is to look at the positive things you can do. Whether you can write well, do math, ski, paint, design things, sing, dance, organize things or help others, you need to remind yourself of all of the good things that you CAN do. If you tell yourself that you can't do anything good or right, you need to stop and think about it. Ask yourself what you did last that you did well, something that you had fun doing or anything else. There is always something good that you can do, even if it's just something small. Remember, even the small things count.

*"Love yourself unconditionally, just as you love those closest to you despite their faults." - Unknown.*

### C) Accept yourself.

The last thing, but certainly not the least important thing, is for you to find beauty in yourself. You need to try to accept yourself as you are, to see beauty from within. If you feel negative about who you are, try to find something good about yourself. If you're feeling negative about how you look or anything else, take some time to find things you like. Physically, whether it's the colour of your eyes, your hair or anything, try to find something you like. It doesn't have to be anything major, but just something you find good.

*"A man cannot be comfortable without his own approval." - Mark Twain.*

In the end of it all, all you have to do is to try to find the good things about yourself. We all have good parts to ourselves, even if it's hard to believe at times. Negative feelings are bound to bother us at one time or another, but you can feel good about yourself. Just remember that the key to it all is positivity. Be positive, be strong, and most importantly - always be yourself. There's no one else like you, so be good to yourself, too.

# Coming out

by .Infinity.

Growing up, discovering your sexual orientation may be one of the most difficult things you will go through. Not knowing how you feel can be quite confusing. As important as knowing your sexual orientation is, coming out to those close to you is also something that may be quite important to you. When you do know how you feel, however, coming out may be quite nerve wrecking. This article will give you a few "how to" tips.

## What is "coming out"?

"Coming out" or "coming out of the closet" is better known as leaving others know your sexual orientation. Be it that you're gay, lesbian or anything at all, announcing it to your family, friends or the whole world best describes this action.

## Okay, but why is it important to tell?

Everyone has their own reasons as to why telling others is important to them, but telling others where you stand is mostly important because it will set your mind at ease. Feeling alone with these feelings, like you have to hide them and that no one would accept them can make everything quite difficult for you. Being happy in a relationship and having those close to you know and fully support it can make you feel a whole lot better about things.

## How should I tell them, though?

The best way to tell anyone is to take whoever you've chosen to tell aside. Explain to them that you have to tell them something that's difficult for you to say, if it is in fact, but that it's important to you and that you feel that it's important that they know it. Let them know that you want to be open and honest with them, and that you're telling them because you feel most comfortable telling them. And when you're ready, tell them.

After you have told them what you wanted to say, be calm with them. Be calm with them even if they seem shocked or upset. Remember, this person is your friend or family member after all. They may just need some time to adjust to it all.

## What are some tips on coming out?

Here are some tips on letting those close to you know about your preference.

### A) Figure out who you want to tell.

As you probably don't want the whole world knowing at once, decide who you do want knowing this. Ask yourself who you're most closest to, who you trust the most and who may be more open about it. Basically, chose to tell those who you feel most comfortable telling. Tell them all at once if you would like to, or to minimize the discomfort of all of the people at once, take only one or two people aside when you're ready to tell.

### B) Choose a time.

As with everything else in life, there's always a good and bad time to tell. Telling a person at a bad time can make a world of difference on the outcome of it. If the person you want to tell is angry about something, upset with you or anything negative at all, it's probably best if you wait for a while to tell them. Just wait until the moods are positive. This goes the same if it's even a family member such as your parents.

## Coming out

by .Infinity.

### C) Choose a place.

As there is a certain time for everything, there is also a certain place. The best idea is probably to say it somewhere private. In case things do not go how you hope for them to go, being in a public place can call for a disaster.

### D) Know what you're going to say!

Yes, even something like this needs planning. You need to know what you're going to tell them when you let them know, and you most definitely need to be prepared to answer whatever questions they may have for you. As this will be something new to them, they will more than likely ask you things such as: "Since when have you felt that way?", "Are you sure you feel this way?", "Have you been in a relationship yet?", and they may even ask the more difficult questions. So when you go to tell, make sure you're really ready.

Last, but certainly not least, stay calm! As said before, the people you tell are people who you're most closest to. They know you, they care about you and they may just need a little time to adjust to it. So if they seem a little shocked by it, try not to take it wrong. At the end of it all, only the people who really matter don't mind.

# Exam planning

by Chazzz

It's just that time of year when all of your examinations are flooding in and you've got a heap of work to get done. With little time to get it all done, things can get quite stressful. It's true; most of us procrastinate. We leave our work until the last minute, then have a mad rush to get it all together in time. This only results in stress and possibly suffering grades.

While work can begin to pile up extremely quickly, there are ways you can deal with it all efficiently within a timely manner. Here's your guide on how to cope with the work and stresses of school.

1. Account for all the work you have to do.
2. Timetable your work. (See the Avatar homepage to download this timetable.) Firstly, fill in all your necessities such as school/college, sleep and eating. Then continue to add in your work plan, breaking down all the work you have to do evenly leaving time for breaks and time to yourself.
3. Ensure you fully understand what is required for the project/report. If you are struggling to understand, make sure you ask your teacher within reasonable time. There's nothing worse than being stuck on one niggling thing on a Saturday morning. However, if this does occur, move on and forget about that section for the time being. Letting one section stop you for the rest of the weekend is wasting precious time.

Revising for your exams is extremely important! Some people take on the view that there is no need to revise if they've attended all classes, which is very untrue. All the information you're required to know will not have stuck and you do need to put time into revision to get those grades.

1. Incorporate the timetable technique again, setting different sessions to revise different areas. Don't stay on one subject for too long, you'll find yourself growing weary and you won't be taking in the information fully.
2. Make sure you're in a good working environment. Some people like to work in a big room, a small room, outside, with music, in silence, with other people and so on. Find whatever works for you; it's a key aspect of keeping concentration during revising.
3. Make a series of 'prompt cards'. These are small pieces of paper/card with key points on the subjects you are revising. They're very good for learning formulas, equations, key quotes etc. Mnemonics are a very good way of remembering certain aspects such as 'Every Good Boy Deserves Football' = EGBDF, an easy way to remember how to read treble clef musical notation. Make your own up to suit your subjects, make them as funny and bizarre as you can; you're more likely to remember.
4. Don't just revise something once and move on. Try to cover each module/area at least twice to ensure you definitely understand all aspects of the subject.

When it comes to the actual exam day, the only thing you have to do is apply everything you revised to the questions in front of you. However much you revise, a lot of people still get worked up in the exam. Here are a few tips on how to get through the exam itself.

1. Before the exam, do a little bit of last minute revision with your prompt cards. Remember to especially focus on areas you struggled in.
2. Once you're sat at in the exam hall with the paper in front of you, before you even consider opening the paper, take a few deep breaths. Count to 8 breathing in, 11 breathing out. Do this a few times until you feel a little calmer, then proceed to opening the paper.
3. Always read through the exam booklet first. Make sure to read all the instructions for each question

## Exam planning

by Chazzz

3. Always read through the exam booklet first. Make sure to read all the instructions for each question thoroughly to ensure you're answering the question in the correct way.
4. Read over each question as you finish it looking for any little mistakes. If you have time at the end of the exam, read through the exam paper again checking your answers.
5. If you're stuck on one question, leave it and come back. There's no point spending a lot of time on one small question when there are 25 others after it. If you come back to it and really don't know, guess. Never leave anything blank! Guessing is far better than leaving something that you may have answered correctly!
6. Try to remain calm. If you find yourself getting anxious, do a few more breathing exercises. Ignore others around you, too. It's your exam and grade, watching what others are doing will only distract you. When you're taking that exam, be in your own world.

A good education is an essential asset to carry through the rest of your life, these few years of hard work are some of the most important of your lifetime. Don't waste them. Doing all of this work in the short term may seem like a real chore, but in the long run you will be grateful you bothered to put in those few extra hours instead of going to that party. Go out and have fun, its part of life, but so is education. You have to make allowances for that also!

# Why adware and spyware removal software is essential

by Isaiah G. Henry

At night, do you leave your window shades up so the neighbors can watch your television from across the street? Do you let strangers come in and rummage through your kitchen to see if you are purchasing items for a healthy well-balanced diet? Of course not! So, why do you let people tap into your computer, to determine what sites you visit regularly, how you spend your Internet dollars, and programs you have recently downloaded? Now you know why you need to remove all spyware.

So, why do you let people tap into your computer, be able to see what sites you visit frequently and regularly, what and when you have purchased on the net, which programs you have downloaded and when? Why allow anyone access to your personal, professional and financial data? Aren't these scary enough reasons to make you put in an effort to save your privacy through your computer?

Wikipedia lists Spyware as "computer software that is installed surreptitiously on a personal computer to intercept or take partial control over the user's interaction with the computer, without the user's informed consent". Simply put, spyware is just what its name says ? it is software designed to spy on your computer and internet usage.

Likewise, privacy-invasive software can monitor how you surf the Web in order to redirect you to certain sites, so they will be the beneficiary of your Internet dollars. You are completely clueless, but hackers are laughing all the way to the bank. You are totally unaware that your computer has been under someone else's control.

Not just sending you junk mail, spyware can do a lot of things. It can help the masters of the particular spyware your computer is infected with, to steal sensitive data from your computer. Your personal or financial data, files related to your work, your family pictures? There are a thousand things on almost every computer that a hacker looks for. They might even put your computer to use for their spamming, hacking, or other such activities. Spyware is actually an intrusion into your privacy.

Yes, such programs and activity are completely illegal. However, the internet being a large and complicated network of computers from all over the world, it is hard to monitor it completely and efficiently. The more vigilant authorities grow, the more devious the hackers get. Every day new spyware and other bad programs get released online.

Money can be funneled from your bank account to other accounts before you can even become aware of it. It is not only your computer and financial safety which is put at risk. All your professional and other secure data is also on your computer. You need to make sure that it cannot be stolen by anyone.

Save yourself by securing your computer against spyware by getting a good spyware remover today. They are even available online, some for a small fee and some for free. Take action right now and remove all spyware from your computer. Lead a safer, more secure life.

## About the Author:

We are glad to have Isaiah Henry has our remove spyware geek at [RemoveSpywareandAdware.com](http://RemoveSpywareandAdware.com). Learn more about the best antispyware solutions for your PC.

Source: [www.articlesbase.com](http://www.articlesbase.com)



### Sorry

by .Infinity.

I wanted to say sorry,  
sorry for all the fights.  
Sorry for all of the wrongs,  
the wrongs I can't make right.

I know that we can't talk,  
too much went wrong.  
But not talking hurts so much,  
I wish we'd get along.

I miss the way we used to laugh,  
and the times that were so nice.  
Ever since we've grown apart,  
I've grown a heart of ice.

Shielding myself from hurt,  
from all that could be real.  
I've lost all sense of happiness,  
and everything I could feel.

### Friend

by Broken Inside

I know that she's hurting,  
I know it hurts inside.  
I want her to know,  
that in me she can confide.

I cant always be there,  
but I'm only a phonea call away.  
I would never hang-up,  
I would literally talk all day.

I would always listen to her,  
to any truths or fears.  
I know I owe it to her,  
as she's helped me all these years.

She never has opened up to me,  
but pushed my thoughts out.  
Sometimes I want to sit alone,  
and think what life's about!

I don't no how to repay her,  
I don't no what to do.  
Because she's the closest mate I've had,  
and I don't want to lose her, too!

### Of No Worth

by xomgxriissax3

For he occupies space but fills no void.  
His presense goes unnoticed,  
To all except myself.  
I watch his thoughts as they become words.  
A deeply incoherent pain,  
And no one else realizes, what it represents.  
Through his depths of despair and fits of pique.  
Thought dreams shattered and thoughts broke.  
Through inductive inspiration and false judgements.  
A path to self discovery.

# Horoscopes for January

## Pisces - February 19-March 20

March is an excellent month in which to launch new ventures and otherwise display your independence, dear Pisces. Your initiative is stronger than usual, and your taste for the new and untried is powerful. A partner is in your corner, perhaps even like putty in your hands! Romance is vigorous and active. Your powers of attraction skyrocket, so take advantage. Work is strong, and for those looking for a new job, this could be the month when new work finds you. Financial initiatives move forward, but your tendency towards speculation may need to be tamed.

### Zodiac information

Pisces, the fishes, the twelfth and last sign of the zodiac, seeks to understand and identify with the whole of creation and find ultimate redemption. It wishes to be part of all, but not to enclose itself. It seeks escape from the limits of form and this gives it the capacity to shirk responsibility and deceive itself and others. Pisces rules the feet.

Famous Pisceans include: Billy Crystal, Daniel Moynihan, Elizabeth Taylor, Ralph Nader, George Harrison, Frederic Chopin, Rex Harrison, L. Ron Hubbard, Ted Kennedy, George Washington, Albert Einstein, and William Jennings Bryan.

- \* Element: water
- \* Quality: mutable
- \* Ruling Planets: Neptune and Jupiter
- \* Key phrase: "I believe"

### More information...

#### Horoscope

[www.cafeastrology.com](http://www.cafeastrology.com)

#### Zodiac

[www.astrostarcharts.com](http://www.astrostarcharts.com)

## Thanks and Legal

### Thanks for reading!

Thank you for taking the time to read this issue of Avatar! Any comments, suggestions or criticisms can be directed towards the editors, Mel and Rob. You can also send any submissions you have for Avatar to us, which are a really important part of keeping Avatar alive. We appreciate any submissions that are made to us. We look forward to hearing from you, and hope you enjoy the next edition of Avatar!

Mel & Rob,  
The Avatar Editors.

Please visit us at the Avatar page, [www.teenhelp.org/avatar](http://www.teenhelp.org/avatar), or email us at [avatar@teenhelp.org](mailto:avatar@teenhelp.org).

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