

Avatar



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www.teenhelp.org

DISASTER STRIKES IN JAPAN

HOW TO TELL
IF YOUR
RELATIONSHIP
IS HEALTHY

QUICK
REVIEW



EDITORS' LETTER

HELLO, READERS, AND WELCOME TO ANOTHER ISSUE.

This month has been a little bit hectic on a global scale, and our News and Debates article on the Japan disaster aims to give you a little insight into just how bad the event was.

Over in Mind and Body you'll find an article on relationships, which highlights the fact that most people aim to have a happy relationship, without wondering if it's healthy as well. This piece will help you reevaluate your relationship, and see it in a new light. We also have our Dear Avatar section, with questions on a number of topics.

Down in Lifestyle, we have two reviews, so whether you're a bookworm or prefer television, you're sure to find something to please. As usual, we have our Fun and Games section, Horoscopes, and Self Expression, so pull up a chair, sit back, and enjoy the issue.

See you next month,
The Avatar Editors.

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FUN AND GAMES
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CONTENTS

NEWS & DEBATES

03 THE DISASTER IN JAPAN Casey (Casey.)
The earthquake that hit Japan, and shocked the world.

MIND & BODY

04 IS YOUR RELATIONSHIP HEALTHY Robin Ada (PSY) (you're beautiful)
Happiness and Health in a relationship... how to have both.

05 DEAR AVATAR Amy (ShimmeringFaerie)
Requests for advice from users like you!

LIFESTYLE

06 10 O'CLOCK LIVE Rob
What it is and what it does.

06 WITCHFINDER: DAWN OF THE DEMONTIDE Nat (Gymnophoria/Natsumi)
What it's about and why you should read it.

FUN & GAMES

08 FUN FOR THE MONTH Nat (Gymnophoria/Natsumi)
Everything you need for a day of fun and games.

09 MOTIVATION STATION Robin Chess (PSY) (Sidhe./x.Psychic Crisis.x)
Get up and get motivated this April.

MORE

10 SELF-EXPRESSION AND PHOTOGRAPHY
Expressing life through your fingertips.

13 ACKNOWLEDGEMENTS & WINDING DOWN

feature

ON **05**

DEAR AVATAR
BY AMY (SHIMMERINGFAERIE)

DEAR AVATAR

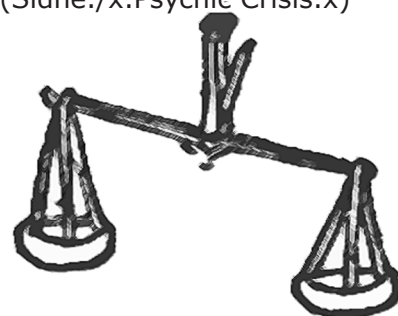
Answering your concerns and discussing issues.

ALSO IN THIS ISSUE

by Chess (Sidhe./x.Psychic Crisis.x)

11

HOROSCOPES



CONTACT US!

Are you a writer? Photographer? Artist? We need your submissions! Valuable contributions from readers like you are what make Avatar so unique and successful! Please consider emailing your submission to avatar@teenhelp.org or submit content online by visiting www.teen-help.org/avatar/submit.



THE DISASTER IN JAPAN

By Casey (Casey.)



On March 11th a massive earthquake struck Japan. The 8.9 magnitude was the largest earthquake to hit Japan in over 140 years. It caused multiple aftershocks and tsunami waves that struck several parts of Japan and the tsunami waves hit parts of Hawaii and other pacific islands too. The earthquake caused massive damage and the tsunami destroyed hundreds of homes, taking many lives with them.

The disaster in Japan was escalated by unstable nuclear reactors melting down. With the radiation from the reactors adding to the problem, Japan was falling to pieces. The reactors were eventually stabilized but not before causing some serious harm to the surrounding populations.

Although disaster has been averted, Japan is still picking itself out of the wreckage. With hundreds killed, thousands injured and sick, and several parts of Japan completely destroyed, the country is not doing well. Thousands are homeless and jobless, due to the destruction of businesses. A major staple in Japanese diet is rice, and rice paddies were swept away by the tsunami waters as well. Japan will be trying to fix and rebuild the country for years to come.

So what can you do to help? Well, you can always donate to the Red Cross, or other organizations that are currently helping Japan. You can hold a fundraiser to raise money to rebuild a school. Financial support, as well as food and medical support, is really what Japan

needs right now. Rebuilding the nation will take time, as will healing the lives that have been altered by this.

The tsunami waters did not just hit Japan, however. Some hit closer to home for many of us. Waves have hit Hawaii and Pacific islands; warnings were issued to South America, Canada, and coastal parts of North America. Some damage was done by these waves. You can also help your local communities by donating food, clothes, money, and blood to local organizations - and in turn improve the lives affected by this terrible disaster. ■



MIND AND BODY

RELATIONSHIPS | DEAR AVATAR



IS YOUR RELATIONSHIP HEALTHY?

By Ada (you'rebeautiful) and Robin (PSY)

There are many reasons for a person to seek out a romantic relationship. For the sake of both people involved, however, it is important to ensure that the relationship is a happy and healthy one. Many people fail to make a distinction between the two. For example, one can be happy with their relationship, but exhibit signs of co-dependence. Relationships can also be fun and passionate, but lack the necessary components for ensuring long-term success.

So what makes a romantic relationship "healthy"? A healthy relationship *generally* consists of the following:

Effective communication. There is communication, and then there is *effective* communication. Effective communication consists of bringing up concerns in a timely manner, in a direct and non-confrontational way. Both partners should be open to new ideas and constructive criticism, and should take turns listening and being listened to.

Mutual respect. You and your partner will always disagree about certain topics; however, despite those differences, it is important for both partners to respect each others' personal beliefs and boundaries. For example, if you or your partner are not ready for sexual activity, the other person should respect that decision.

Trust and honesty. You should be able to trust your partner, and vice versa. One should expect their partner to remain faithful regardless of the situation (ex. When attending clubs or hanging out with members of the opposite sex). There should not be doubts or feelings of insecurity on a regular basis. In order to trust each other, there should be an expectation of honesty. While the truth may hurt at times, the ability to be hon-

est with one's partner allows for growth in a relationship, which is an essential component for healthy relationships.

Equality. You should never feel like the relationship is one-sided, where one partner is always "giving" and the other is always "taking". Partners should be able to support one another equally over the course of the relationship. This doesn't mean partners should keep "score" or feel they "owe" each other, however. The give-and-take aspect of a relationship should come naturally and not feel like a burden or obligation for either partner.

Separate identities. Your relationship should not define your life. Instead, the things that define your life should be carried over into your relationship. While it is natural for couples to develop similar interests over time, it is also important that partners maintain separate identities.

Physical and emotional security. You should feel free to be yourself, discuss your relationship, and voice your opinions and concerns about anything you like, including being open with each other about your sexual history, needs, wants, etc. One should never fear physical or emotional punishment for disclosing information to a partner.

What about signs of an "unhealthy" relationship? This is by no means a comprehensive list; however, the following characteristics may suggest you and your partner are involved in an "unhealthy", or possibly even abusive, relationship:

Name-calling or swearing. We all get angry from time to time, and may say things that we do not mean during an argument. If you or your partner are frequently calling each other names or

swearing at one another, however, this may be a sign that you lack *effective communication* and *mutual respect* in your relationship.

Belittling and criticizing. To belittle means to make (someone or something) seem unimportant. One should never feel that their feelings or beliefs are unimportant in a relationship. In addition, criticizing one's partner or attacking a partner's self-esteem demonstrates a lack of *mutual respect* and *physical and emotional security*.

Lack of privacy. While partners should be able to trust each other, that trust should not be obtained by invading one's privacy. One should never view their partner's e-mails, phone logs, text messages, chat conversations, journals, day planners, financial information, etc. without their permission. You and your partner should always have an expectation of privacy, regardless of whether or not browser windows are left open, usernames and passwords are automatically saved, or phones and journals are left unattended and "in plain sight". Concerns about trust should be addressed through *effective communication* while continuing to maintain *separate identities*.

Monitoring activity. This issue is separate from lack of privacy, as it can involve actively following partners and keeping tabs on whom they spend time with, how they spend their time, and where they are at any given time. Exhibiting signs of jealousy and constantly wanting to know what a partner is doing demonstrates a lack of *trust and honesty* and respect for *separate identities*.

Unreasonable demands. Sometimes, it is necessary for one or both partners to make changes in order to ensure a

MIND AND BODY

relationship remains happy and healthy. There are times, however, when demands can be unreasonable. For example, asking a partner to lose weight out of concern for their health is reasonable, but threatening to leave a partner if they do not maintain a certain weight or dress a certain way suggests that there is a lack of *mutual respect*.

Blaming and guilt-tripping. You and your partner are bound to make mistakes during the course of your relationship, and it is important to accept blame and learn from one's mistakes. Once an issue has been resolved, however, partners should not continue to blame each other or cause one another to feel bad by guilt-tripping. Failing to resolve issues properly may suggest a relationship lacks *effective communication, mutual respect, equality, and physical and emotional security*.

Physical, emotional, and/or verbal punishment. Physical force, emotional manipulation, and/or verbal threats are never acceptable, regardless of what

a partner has said or done. One never "deserves" such treatment, and such actions may even be considered abusive. Abusive relationships lack *mutual respect* as well as *physical and/or emotional security*.

As stated previously, there are many more aspects to both "healthy" and "unhealthy" relationships than those that are listed here. There may also be "gray areas", where you or your partner are uncertain as to whether or not a particular instance is "healthy" or "unhealthy". If you or your partner are ever in doubt, use *effective communication* to improve your relationship!

If you believe you are the victim or perpetrator of abuse, or you believe someone you know may be involved in an abusive relationship, we encourage you

to seek help as soon as possible (remember, men and women can be the victims or perpetrators of abuse!).

Rape and Abuse Resources - <http://www.teenhelp.org/resources>

Rape and Abuse Hotlines - <http://www.teenhelp.org/hotlines>



DEAR AVATAR

By Amy (ShimmeringFaerie)

I've been told to stand my ground when dealing with bullies. I've been told to not show fear, and to stand up for myself. I can't do any of this. To be honest, I'm terrified of these bullies that I have to deal with. A "friend" of mine once said something, and I see things written about me in the bathroom stalls, and I hear people say mean things when I'm standing right by them. Why is this happening? I don't want to tell on them and I don't even know how I could tell a teacher, even though my school does have a zero-tolerance rule. The best I can hope right now is that a teacher catches someone bullying me. What do I do?

Firstly, I'm glad that you felt you could reach out to us. Hopefully my advice is of some use to you.

Secondly, I want you to know that it is not your fault that people are bullying you. It is definitely not because there is something wrong with you. In fact,

people usually become bullies because of problems in their own lives. Perhaps they were victims of bullying when they were younger and now bully other people to make themselves feel better. Perhaps they come from abusive families and bullying is the only way they know to deal with things. Or perhaps they are just nasty people. My point is that you need to know that they are the ones with the problems, not you.

Don't feel like you deserve to be bullied.

Now, I'm going to be honest: the very best way to stop people from bullying you is to tell someone, whether that be a teacher, an administrator, or a school counsellor. I was bullied in school as well and as soon as I told a teacher, they stopped. They knew that I wasn't going to put up with it anymore and they knew it wasn't worth bullying me and getting in more trouble. It's really good that your school has a zero-tolerance policy because it means that the teachers will really be willing to help you out.

If you are worried about telling a teach-

er, take a friend or parent with you. You could even ask the teacher to keep your name out of it. If people are bullying you, I guarantee they are bullying someone else as well, so they won't know that it is you.

I wish you the best of luck! ■

I'm beginning to have doubts about being with my boyfriend. All he asks when he texts or talks to me on MSN is showing him my body. And it annoys me a lot. When I tell him no, he carries on and on about it and gets really annoyed. I've told him that if he doesn't stop wanting to look at my body then I would break up with him, but that doesn't stop him. I want to be with someone else who I can talk to about how I'm feeling. But I don't want to hurt his feelings because he's liked me for ages and he really does like me. What should I do?

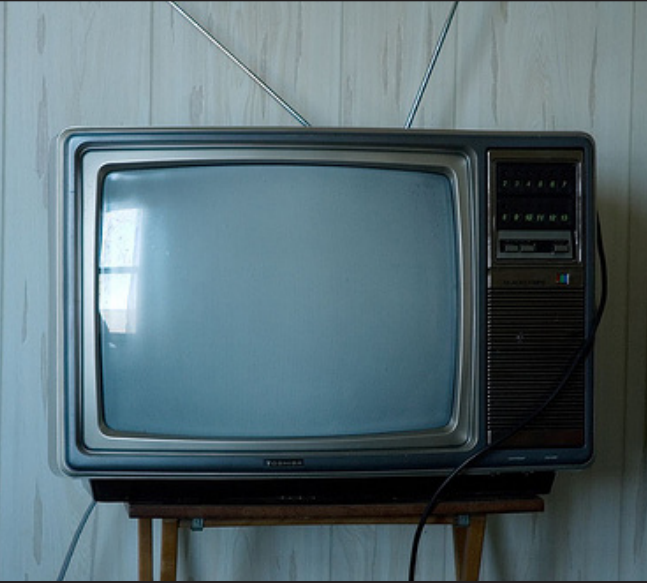
It sounds like a tough situation. It looks like you are really torn by loving your boyfriend, and wanting to be respected for who you are. If you have to make a decision like that, it's time to take a step back from the relationship and think about what is best for you. A relationship can have sex on the side, but it is NOT supposed to be all that the relationship is about. You are right to say that you want someone you can talk about your feelings with. That IS what a rela-

tionship is supposed to be built on first.

If he is still giving you strife for not wanting to show him your body, and he keeps harassing you about it, I think it's time to leave the relationship. You have given him multiple warnings, and he still has not stopped. You have the right to say no and be respected for that. If your boyfriend truly does love you, he will stop. I'm not saying that most guys will be happy right away to get turned down, but they should get over it within five minutes or so. Give it a few days to think this over first, without talking to him if you can. Think about what you want and if you can solve this without a breakup. If you want to talk to him about his behavior, be calm, short, and direct. Do not dance around the issue and be affirmative. Try to work out appropriate times and places and circumstances where maybe you two could have some fun if you are still willing to do it some of the time. Tell him how you feel about his actions and what you want him to do more or less of.

I think the best approach to an actual

breakup is to sit him down in a semi-private location (such as a quiet corner of a coffee shop or the like) and explain to him in person and exactly why you want to break up with him. This makes sure there are no loose ends, and that you can hopefully deter a big screaming fight. Take Care. I hope this helps you out. ■



L I F E



QUICK REVIEW 10 O'CLOCK LIVE

By Rob

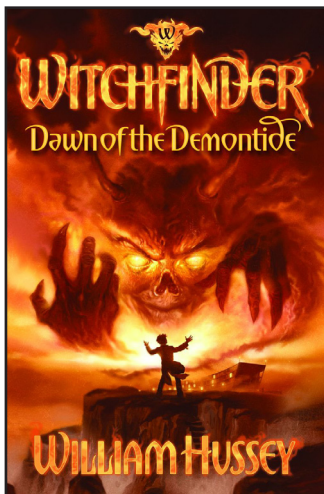
In late January the UK's Channel 4 launched a weekly news show based on the format of its widely popular "Alternative Election Night Live" (circa May 2010). The basic premise is to combine comedy with genuine current events, enabling it to be both entertaining and educational. Aimed predominantly at younger viewers, 10 O'Clock Live successfully makes news far more accessible to its target audience. Despite its value in

this regard, it is concerning for me that shows like this seem to be unwittingly tricking young people into learning about wider world events. Is it right that young people are only interested because it has been made fun for them? Perhaps not; I certainly feel that education should be for education's sake. But if it works, then I think it can only be a good thing that we have more young people who know about the world. ■



WITCHFINDER: DAWN OF THE DEMONTIDE

By Nat (Gymnomorphia/Natsumi)



Since the second in what is set to be a thrilling trilogy was released recently I thought everyone should get their teeth into the first of these amazing books; Witchfinder: Dawn of the Demontide. Jake Harker is a relatively normal teenage boy who knows everything there is to know about horror. You name it, he's memorised it; vampires, witches, werewolves, zombies, ghouls, everything. But what happens when his obsession becomes a reality and his life is on the line? Follow Jake as he runs from the dreaded Hobarron Institute who

plan to sacrifice him to stop the impending demontide. Can he track down the original Witchfinder and stop the door to the world of demons from opening thus surrendering the world to the will of the evil Demon Father before it's too late? Or will his life be the latest in a long line of 'necessary sacrifices' to save the world? Dawn of the Demontide is a really great book even if you're not into this kind of genre. It combines danger with horror, suspense, grief, loyalty and a fair amount of blood and gore. It's definitely well worth the read! ■



WORD OF THE MONTH

Fanfaronade: (noun) Swaggering; empty boasting; blustering manner or behaviour; ostentatious display. (dictionary.reference.com)

CAN YOU SAY...

Rabbit?

English – Rabbit
Albanian – Lepur
Croatian – Zec
Filipino – Kunehe
Indonesian – Kelinci
Maltese – Fenek
Portuguese – Coelho
Swahili – Sungura
Welsh – Cwningen

TRIVIA

Question: How many different primary Staff groups are there?
Hint: There is a colour for each group.
Challenge: Name all of the groups.

Answer: There are 7 Staff groups; Project Coordinator, Project Advisor, HelpLINK Mentor, Live Help Operator, Avatar Editor, Buddy, Staff On Leave.

APRIL MOVIES

- Hop
- Your Highness
- Arthur
- Born To Be Wild 3D (IMAX)
- African Cats
- Fast Five
- Prom

(<http://www.the-numbers.com/movies/release.php>)

RECIPES

Religious or not, we all know that Easter Sunday is a very popular holiday that this year falls on April 24th. Here are some fantastic Easter recipes that you can use to put your chocolate eggs to good use!

Easy Chocolate Fondue

Ingredients:

- 400g dark chocolate - roughly chopped
- 300ml double cream
- 100ml milk
- 25g unsalted butter

Method:

- Place all the ingredients in the slow cooker stoneware.
- Set to Low setting and leave for approximately 30 minutes, until the chocolate has melted, stir well to create a smooth glossy chocolate sauce.
- Serve the chocolate fondue on the warm setting. Dunk your favourite ingredients into the chocolate sauce and enjoy.

If by Easter Monday however, you feel you can't so much as look at another chocolate egg, then why not have a go at these hot cross buns?

Traditional Hot Cross Buns

Ingredients:

- 675g (24oz) strong white bread flour
- 1tsp salt
- 75g (2 1/2oz) butter
- 1tsp ground cinnamon
- 1tsp ground mixed spice
- 1/4tsp grated nutmeg
- 50g (1 1/2oz) unrefined light muscovado sugar
- 200g (7oz) mixed dried fruit
- 25g (4/5oz) candied peel, chopped
- 1,7g sachet easy-blend yeast
- 325ml (2/3pt) warm milk
- 2 eggs
- 75g (2 1/2oz) plain flour (for the crosses)
- 4tbsp milk
- 2tbsp Unrefined golden caster sugar

Method:

- Sift the flour and salt into a large mixing bowl. Rub in the butter until the mixture resembles breadcrumbs.
- Stir in the spices, sugar, dried fruit, candied peel and yeast. Make a well in the centre.
- In another bowl, beat the milk and eggs together and pour into the flour.
- Mix well to a soft dough then turn out onto a floured surface and knead for about 10 mins until smooth and elastic.
- Place in an oiled bowl, cover with cling-film and leave in a warm place for about 45 mins to rise.
- Turn out the dough and knead again lightly for a few minutes to knock out any air bubbles.

-Divide into 14 pieces and shape into buns. Place well apart on greased baking sheets, cover loosely with clingfilm and leave in a warm place to prove for 45 mins or until doubled in size.
 -Cut a cross in the top of each bun with a sharp knife.
 -Mix the flour for the crosses with enough water to form a dough and roll out thinly and cut into strips. Dampen the pastry strips and lay them in crosses on top of each bun.
 -Bake for 15-20 mins at 200°C / 400°F / Gas 6 until golden.
 -Meanwhile heat the ingredients for the glaze in a small pan and simmer for 2 mins until syrupy.
 Remove the buns from the oven and brush with the glaze while still warm. Leave to cool on a wire rack.

(Both from www.goodtoknow.co.uk)

NAME THAT TUNE!

I hear the sound of the world where we played
 And the far too simple beauty
 Of the promises we made

If you ever need holding
 Call my name, I'll be there
 If you ever need holding
 And no holding back, I'll see you through
 Sky blue and black

Answer: Sky Blue and Black – Jackson Browne



FUN AND GAMES

RANDOM FACTS

-A Chinese checkerboard has 121 holes.
 -Kermit the Frog is left-handed.
 -It is forbidden for an aircraft to fly over the Taj Mahal.
 -What is called a "French Kiss" in the English speaking language is known as "English Kiss" in France.

-Months that begin on a Sunday will always have a Friday the 13th.
 -Human thigh bones are stronger than concrete.
 -Like fingerprints, everyone's tongue print is different.
 -Owls are the only birds that can see the colour blue
 -The placement of a donkey's eyes on it's head enable it to see all four feet at all times.
 -A man called Charles Osbourne had the hiccups for 69 years.

ONE LINERS

-A day without sunshine is like night.
 -On the other hand, you have different fingers.
 -42.7 percent of all statistics are made up on the spot.
 -The early bird may get the worm, but the second mouse gets the cheese in the trap.
 -Change is inevitable, except from vending machines.

-If you think nobody cares, try missing a couple of payments.
 -How many of you believe in psycho-kinesis? Raise my hand.
 -OK, so what's the speed of dark?
 -Just remember -- if the world didn't suck, we would all fall off.
 -Life isn't like a box of chocolates. It's more like a jar of jalapenos. What you do today, might burn your butt tomorrow.

MOTIVATION STATION

By Chess (Sidhe./x.Psychic Crisis.x) and Robin (PSY)

A quote to note: If we did all the things we are capable of, we would literally astound ourselves. - Thomas Edison

Reason for the Season: April showers don't have to put a damper on your mood – find your boots, grab an umbrella, and sing in the rain! Cloudy skies mean staying indoors and enjoying a hot beverage of your choosing while planning for Spring break. Save room for chocolate bunnies and whip out the egg-dyeing kit for some Easter fun!

Reveal the Real: My year at school is not what you'd call efficient, or particularly

productive. Yet we still manage to get everything done, and this is mostly due to one girl. She doesn't make a fuss of things, or bully people into helping. She just gets on with it, filling in wherever she can, doing what needs to be done, and making sure things run smoothly. She doesn't do it for praise, or recognition. She does it because it needs to be done, and to me, this is true selflessness.

Send a Grin: It's easy to get upset over the little things – a sibling leaving the lid off the milk, a parent forgetting to iron your clothes, a friend missing your birthday. It's also really easy

to let these little things get you down, and ruin what would otherwise be a good day. To all those little things, I say – so what? Why let trivial things, which won't matter in another day, get in your way? This month, try and take a step back from your frustration, and learn to let go of the insignificant annoyances.

Dare to Share? Have you been inspired lately? Did you see something that just made you smile? Has a friend told you a piece of advice that really did change your life? Let us know, and get involved with the Motivation Station! ■

SELF EXPRESSION

A Nation Made of Poetry

We are the invisible ones,
Destiny was not for us.
Wishing for our promised
words,
To be heard throughout His-
tory.

From the Declaration of In-
dependence,
To the Raven.
We did unto others,
as they did unto us.
Yet the beautiful phrases,
were cast aside.
Our tombs may still be,
Although can you still read?
We fought for equality,
Leading simple lives, with
significant words.

Now as time goes on,
Revolution breaks out.
And eventually our forgot-
ten words,
Will shape your history and
Government. words,
Will shape your history and
Government.

By Jennifer
(CrimsonTippedPetals)

Waiting for the Stars

I wish this world was honest. I wish this world had honor. I wish for the people of it to stand up and be heard, each and every one. To say "this hurts" and to do something about it, not only for them- selves but for each other. I wish family meant some- thing. I wish friends wasn't a temporary patch for some- thing longing and deep. I wish words could cut so peo- ple would stop using them like knives. So everyone could see the result of actions and take it upon themselves to move. To do something about it. To stop the abuse and the pain.

ter word. I wish there was a word to describe true joy. I wish there was a way to hold that word when no one will hold you. I wish for warmth. I wish for sanity. I wish for peace and a sin- gle pillow to lay my head to rest on. I wish people could say what they mean. I wish the saying "life is too short" would hit people the way it hits me. That people would take up action and do what they would regret not doing later. I wish I didn't wait so long to realize this. I wish this will help you re- alize it before it's too late.

I wish love wasn't a four let- I wish.

By Gabriel (shingen)

Notice

faking the smile,
hiding the pain
when will you notice
i'm going insane?

all the time spent crying
and wishing for death,
all i want to do
is take my last breath.

when will you see
what you've put me
through?
when will you notice
that my hurt is true?

will you ever notice?

By anonymous

READ THE STARS

by Chess (Sidhe./x.Psychic Crisis.x)



ARIES

MARCH 20 - APRIL 20

Happy Birthday, Aries! This month, the key to success is overcoming your insecurity. If you work on building your confidence, you'll find you have more energy, and can put that to good use. April is a time of new beginnings, so it might be time to bring an end to all your self-esteem troubles and realise your potential.

Aries in love: You may find yourself particularly energetic this month, so why not direct some of that energy towards your romantic life? Whether it's putting effort into your current relationship or into forming a new one, let that energy flow.

Aries on the job: You may also be feeling mentally alert and physically strong this month, so now's a good time to put in extra shifts or extra work, to make up for the times when you're not feeling your best. If you don't have a job, now's a good time to add those finishing touches to your resume and send it off.

Aries, the individual: While a certain amount of conformity can be good in certain circumstances, this is a good time for you to be learning how to be yourself. Strive to understand yourself and to express that to others – you are who you are, so be proud!

AQUARIUS

JANUARY 20 - FEBRUARY 18

If you play your cards right, you'll find yourself sailing through April with minimal worries. Now's a great time to be working your way up social and professional ladders – with things in your personal life finally settling down, you can focus your attention on other things. Take the initiative and put some work in, whether it's an extra credit project at school or a new idea for your job, and see where it takes you.

PISCES

FEBRUARY 19 - MARCH 20

During April, you may find yourself experiencing some doubts. That's natural, but it may not be helpful at this time. It could take a bit of effort, but getting on top of these doubts and moving away from them could open up a whole new world for you. If you rise above these doubts, you'll find it easier to notice the beauty in life, in yourself, and in others. That's what this month is really about – enjoy it.

TAURUS

APRIL 20 - MAY 21

During April, negativity may threaten to weigh you down. You have to work through that in order to get to all the opportunities that will be arising this month. You may feel like you're not good enough for something, or that it's too much of a risk, or that you shouldn't even try, but this month, try and free yourself of those negative thoughts and take as many chances as you can – you never know when they'll pay off!

HOROSCOPES

GEMINI

MAY 21 - JUNE 21

Procrastination will reach a peak this month – if you let it. Now's the time to focus all your attention on being productive. Why put off until tomorrow, what you could do today? Less procrastination will mean more creativity, not to mention more time spent on more enjoyable things. If you stop putting things off, and use your time wisely, you may find you have more of it than you thought.

CANCER

JUNE 21 - JULY 22

April may be a trying time for you. Things may happen that are out of your control, and your first instinct will be to worry about them. In fact, the opposite may be the most helpful thing for you right now – less worrying, more relaxing. If you accept that some things are just out of your hands, and there's no use worrying about them, you may find yourself more relaxed, and better able to deal with those things you can control.

LEO

JULY 22 - AUGUST 23

This month you'll find yourself facing fewer obstacles than you have been recently. This will lead to a new burst of confidence. What you do with that confidence is up to you, but don't let it go to your head. With the right amount of confidence and modesty, you'll find your professional and personal lives becoming productive, and the possibilities of what you can do will seem endless.

VIRGO

AUGUST 23 - SEPTEMBER 21

While taking time out for yourself is well and good, be aware of the dangers of overindulgence. Sometimes being strict with yourself is the best thing you can do, and it will mean more productivity. Now's the time to be quietly saving your pennies for a rainy day, rather than going on a spending spree. It'll pay off in the long run.

LIBRA

SEPTEMBER 21 - OCTOBER 23

April can be a very productive month for you, but it poses some challenges. The most pressing of these will be, believe it or not, anger. Whether it's yours or someone else's, this anger could be the difference between a promotion and being fired, or between making a new friend and losing an old one. The trick to dealing with this is compromise – work things out between yourself and the other person, and don't take your anger out on each other. Now's the time for alternatives, distractions, and keeping your cool.

SCORPIO

OCTOBER 23 - NOVEMBER 22

This month, there may be a tendency toward aggression – whether on your side or another person's. This can prove to be not only dangerous, but an obstacle to be overcome. You need to find a balance in your life, between work and play, relaxation and reflection. There may be clashes at work, school, or home, and it's important you handle them in a mature and calm manner. You may have to be the bigger person here in order to minimise the damage.

SAGITTARIUS

NOVEMBER 22 - DECEMBER 22

This month, the main thing you'll be noticing is a lack of drama. This could be mistaken for a lack of activity, but it just means that, on the surface at least, people are working together and concentrating more on their professional projects than personal problems. Enjoy it while you can; – this lack of drama means a greater amount of cooperation, and more opportunities to work with people who'll speed up your creative process.

CAPRICORN

DECEMBER 22 - JANUARY 20

During April, you may be tempted to believe that you're right, everyone else is wrong, and that's the end of it. Be wary of taking this approach, because you might actually be limiting yourself. Remember that sometimes it's better to bend than risk breaking, and by going with the flow, you're maximising your enjoyment.

Thanks!

THANK YOU to the following TeenHelp users for contributing to this issue of Avatar:

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THE WIND DOWN

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All comments, questions, suggestions or criticisms should be directed towards the editorial team. Email us at **avatar@teenhelp.org**. We look forward to hearing from you, and hope you enjoy the next edition of Avatar!