

The image features two stylized silhouettes of people's heads and shoulders, facing each other. The silhouette on the left is dark teal, and the one on the right is a lighter blue. Between them is a dark blue rectangular box with an orange border containing the word "SECRETS" in white, all-caps, serif font. The background is a collage of various text snippets in black and orange, including phrases like "I got a C in Algebra 2/Trig", "I've committed a crime", "I killed Harambe", "I'm gay", "I had sex", "cheater", "I a", "bisexual", "lia", "I'm", "incre", "insec", "My pare", "victim", "ma", "boyfri", "did", "I still che", "up on m", "ex-boyfr", "a victi", "roba", "n ge", "n like", "a", "commi", "for y", "nev", "actually", "3.98", "heroin", "I very much enjoy cheese puffs", "during free pe", "I hate Monta Vista", "I've never had feeli", "I'm addicted to", "ate", "a year older", "w I had one", "te every si", "Monta Vista. No", "tic! D", "ed, because I", "fatter", "a squas", "stuff", "Dated a", "I once got a 90% on a math test", "and The worst thing", "didn't eat for", "best friend", "I haven't", "days", "anyone s", "I am a dank memer", "Harambe was an inside jo", "girl", "Verdadera".

SECRETS

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Our Secrets

Editor-In-Chief's Note

Every Verdadera staff member has a secret: an old habit of holding hands with department store mannequins on family shopping excursions, a semi-traumatic encounter with an angry-butt-biting goose at a petting zoo, a midnight Maplestory addiction.

In fact, we all have our secrets: stories from the way-back-whens left in the yesterdays they came from, personal truths we don't speak aloud for fear they'd become far too real, everyday struggles we hide under brave faces and spirited resolve. But rarely do we share.

For our first issue of the 2016-2017 school year, we asked our readers to do just that, and were pleasantly surprised by the candid responses we received. In this issue, we explore not only readers' secrets, but the nature of secrets and the motivation for sharing, or not sharing, them. We hope that this issue's honesty represents Verdadera at its core: a voice for every single person who has opinions, feelings, and experiences that otherwise remain unheard, and a platform for instigating communication within our community.

It seems fitting that we begin our year with an exploration of truth; the word "Verdadera" itself translates to "truthfully". There's a lot more to truth than we know; there's a lot more to people than what we perceive. In a way, it is as if every Verdadera issue is compiled of secrets that ought to be shared.

Editor-In- Chiefs,
Maddie Park & Adriana Getman

SECRETS

“There is this boy I like but he is an year older than I am. I’ve had a crush on him for over an year and all of our friends know, but I’m not sure if he does. I’m not sure if this is the kind of secret youre looking for, but its a secret of mine. But we flirt a lot though, its kinda cute haha”

“I have this repeating dream of Monta Vista (with everyone stuck inside) burning down along with the extreme depression and stress this godforsaken school caused me.”

“I still check up on my ex-boyfriend, even though he’s just celebrated his second anniversary with his new girlfriend, and I haven’t dated anyone since.”

“I have severe depression and anxiety that stems from both my previous school and my family. To both of my close friends, when I told them, they were both extremely shocked because I seemed very optimistic and happy day to day. To them it may have seemed that way, but every day it seemed to me like I was tortured internally, constantly fighting with my inner demons that wanted me to just give up on everything, including my life. I am still suffering from effects of being overly stressed, but I am slowly recovering. That’s why I’d like to tell everyone to try to be nice even if you’re having a bad day. Just because you’re having a bad day doesn’t mean that you should affect others. People with depression and anxiety sometimes are easily affected by it and it may tip them over. Try to let your anger or sadness out appropriately.”

“I’m bisexual. It might not seem like much of a secret, but when your dad is a homophobic conservative, it’s kind of a big one.”



“I’m a Queer girl, and I’ve known it since I was in the 7th grade. I haven’t really done anything about it, hell, I’m too afraid to go to GSA meetings, because I’m afraid that someone there will say something, and the information will spread until it reaches my parents. My family raised me Catholic, and although the Pope is loosening his policy, they haven’t yet. Between the backhanded support, “I support gay people, but I’m so glad you’re straight, it is so much easier.” and the jokes about how a man with a higher voice = a homosexual, they aren’t exactly the rock I’d like them to be.

There’s another issue, Junior Prom. Part of me wants to just bow my head and go with a few friends (or stag), and another part of me wants to take a date. The issue is, I don’t know if I want that date to be a girl or a boy. Either way, I make a statement, and I’m just not ready for it.”

“I got a C in algebra 2/trig. And no one knows about it.

Look, it may seem like a blatant crime to the "Monta Vista" mentality, and it may not seem like such a big deal, but it is for me. I'm a part of the Asian community, in and out of school, which means I am constantly judged for just being a normal student in high school. I'm so afraid to tell my friends (my family obviously knows about it) and the other people who know me, because I'm afraid of what they will think. There's such a stigma against being a normal student and making mistakes, which makes me wary of what I do and how I act around others. “

“My secret is that I’m incredibly insecure. People don’t know this because I put up a strong face in public, and rarely let anyone see the vulnerable side of me. Because of this, a lot of people make fun of me. I know that they are light hearted jokes, but it really hurts. I often cry myself to sleep because of this. Only 2 or 3 people know this about me, and my family doesn’t know this either. I wasn’t going to send this to you, but I decided to send it anyways, because - if you decide to use this in your next issue - I want people to know that they should watch what they say around others, since it can have a drastic effect on their lives (regardless of how rude the comment actually is).”

“I had cancer when I was younger and I didnt tell anyone. Not even my closest friends know.”



“One of my biggest insecurities: I’m slowly getting fatter and fatter, and uglier and uglier, and lonelier and lonelier. I don’t have as many friends as I had when I was pretty.”

“My parents caught me making out with my boyfriend and they didn’t even know I had one.”

“I still wear underwear from when I was nine.”

“I’m addicted to soft core
“I’m gay.” pornography.”



“Dated a girl to get another
“I sat in a car full of heroin girl salty.”
addicts during a free period.”

“I’m in love with
my best friend.”

“I’m an attention whore
and I crave affection.” “I am bisexual.”

don't tell me everything

How did finding out about a secret affect you?

“I was shocked and saddened, mostly, due to the fact that I felt like I couldn’t be trusted or important enough to keep the said secret.”



“It surprised me, in a good way. Like a satisfying static shock.”

‘I understood, but still felt a little sad that they didn’t think they could trust me.’

“that guy was a bitch for not telling me”

“This secret was just mostly about drama in some way, shape, or form. I remember my friend being stressed out about it, so I left her alone and tried to stay out of it. At some point, she told me about everything that was going on, and how I was involved.

Little did I know, this drama (in which somehow I was involved) had been going on for essentially the entire year, and I had just come to know about it as the year ended.

I was honestly furious, because I didn’t know how to react to the fact that my friend was not even telling me about this. If she had let me know ahead of time, I probably could’ve done something about it.”

Is it ever appropriate to disclose secrets without permission? If so, when?

“I think it is appropriate even though it’s not morally correct. Letting your best friend know, or someone who you trust tremendously, about a secret that you are shared with but keeping it anonymous is totally fine!”

Unless it’s a life or death situation, no. If someone tells you their secret, they obviously took a long time to a) figure out whether or not to tell you and b) how to tell you, so you should respect that and support them instead of telling others.

“According to my morals, if it is a life-threatening secret, then it needs to be disclosed.”

I only find it appropriate to do so when the secret is beneficial to someone else/other people involved. It wouldn’t be fair to that person/people if they didn’t know about what was going on, and if I (someone who wasn’t involved), did.

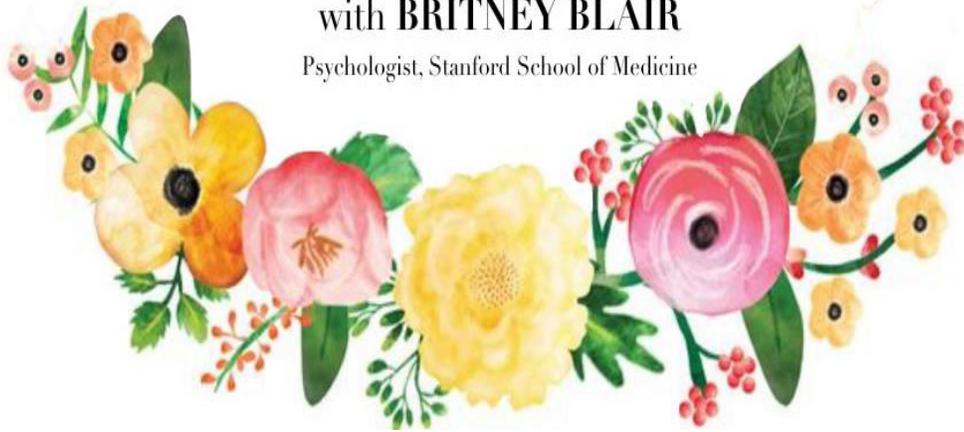
I don’t think it is appropriate without the person’s consent. No matter what, it is up to them whether or not they want to disclose the secret and all you can do is try to help them by being there for them and being patient.



Q & A

with **BRITNEY BLAIR**

Psychologist, Stanford School of Medicine



Q: Are secrets important in a healthy relationship between friends? What about between spouses?

Blair: I do not think secrets are necessary between friends or between partners. I think it is important to differentiate between privacy and secrets. I think privacy is important for every individual and every healthy relationship. So how do we know the difference between privacy and secrets? I think the important thing to think about here is WHY you're keeping the information/experience to yourself (e.g., why is it a secret or private?)? If the why is in an attempt to hide something from your friend and partner, that may be a damaging secret. If the why is to reduce your feelings of shame or vulnerability, it may be a damaging secret. If the why is because it feels like a private and special thing to keep to yourself, then that feels like healthy privacy. So, I think the most important thing to consider is are you being honest with yourself and understanding the motivation behind what you are choosing to tell or not to tell.

Q: In your opinion, why do you think people tell secrets?

Blair: I think one of the main reasons people tell secrets is to create an immediate but fake connection with the person they are telling the secret to... We call this "false intimacy." If you tell someone a secret that someone has entrusted you with, you may be violating their privacy in order to attempt a connection with the person you're sharing with. The problem is they then know you are not capable of keeping a secret and will not trust you enough to share the vulnerable parts of themselves which is how we have real connection with friends and loved ones.

“I lock myself in my room,
lay on the ground,
and pretend that I am a squash.”

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