

You're More Than Their Labels

You Don't Imagine the Hurt

It's not "just in your head." That teacher's side-eye, the way you're called "articulate" like it's a surprise, the textbooks that erase your story, the pressure to be twice as good just to be seen. It's real. It hurts. If you're tired of code-switching, proving, or pretending like it doesn't get to you, this is your reminder: you are not alone. Your experience is valid. And it matters.



Your Story Deserves Space

You shouldn't have to shrink yourself to succeed. But too often, school feels like a place where BIPOC students have to work harder just to belong. Maybe you've felt like the only one in your class, the punchline to "jokes," or the student expected to represent your whole race. That weight is real. And exhausting. But your voice is powerful. Whether you share your truth in a journal, with a friend, through art, or at the front of a protest, it is all valid. You have the right to speak up and to step back when you need peace. You are not too sensitive. You are surviving a system not built with you in mind. But you still show up. Still rise. And in telling your story, you remind others that they can too.

Validation is Mental Health Care

Mental health doesn't look the same for everyone. What feels supportive in one culture might feel dismissive in another. Research shows that BIPOC students often face misdiagnosis or are overlooked in school-based mental health systems because of cultural misunderstandings. Understanding your background and how it impacts your experience is not only valid; it's essential.