

2 **NEW AMERICAN TEENAGER**
"It became clear to me that, in some way, living in America is a gift"

6 **SHATTERING STEREOTYPES**
A senior student aims to change the image of the homeless through social media

11 **GHOSTING** Teens who rely on technology too much find themselves lacking proper communication skills

the MIRROR

NOVEMBER 2019 | Van Nuys High School | Van Nuys, California

SECTIONS
CURRENT EVENTS **3**
PERSPECTIVE **5**
PRO | CON **10**
ARTS & ENTERTAINMENT **13**
ATHLETICS **15**

THE MIRROR | KAYLA LEE & MHAR TENORIO



Physical perception

Today, whether it be children, teenagers or adults, many people suffer from the effects of poor self-esteem. As media continues to play a huge role in the rise of body image issues, people are pressured to conform to the standards that society has set for them. In addition, experiences with peers and others help shape how individuals with a negative body image are prone to depression and unhealthy eating habits. **PAGE 8**