

Dear high school Kiara,

High school students are so cruel. When you look in the mirror, and cry yourself because you weren't beautiful enough. You cry five times a week because students were bullied the way you looked. You start eating food for comfort, you keep on eating until you are satisfied. Then you always look at other pretty girls and wish that you. It kills you inside because you thought you were beautiful.

You started buying drugstore makeup to look beautiful. Every two weeks you send seventy dollars to do your nails. One time every month, you send three dollars to shape your eyebrows. Twice a week you buy a hundred dollars worth of clothes to be stylish. Fixing your hair into different styles to look pretty. You scroll on social media to see what can you buy to make yourself beautiful.

When you go to the doctor's office and your doctor is concerned about your health. The doctor tells you, that your cholesterol is high and depression. Are you at risk of high blood pressure or liver disease? You started to change the way you eat and exercise every day. You are not consistent with your eating habits. You seek out nutrition to help you but it doesn't last long because you like junk foods.

My advice to you is don't let anyone make you ugly inside. You are beautiful and strong. You know who you are as a person. People bully you because they feel ugly themselves. You don't have to spend a lot of money to look pretty. Live life for you, not nobody else.

Love, older Kiara