



The Knight's Table

★ Social Emotional Awareness Leadership ★

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Healthy Friendships:

Avoiding Toxic Relationships



Healthy friendships are important for our well-being and happiness. However, it's essential to recognize and avoid toxic relationships. Toxic friendships can make us feel unhappy, stressed, and even damage our self-esteem. One way to identify toxic friendships is to pay attention to how we feel when we're around certain people. If someone constantly puts us down, criticizes us, or makes us feel bad about ourselves, it's likely a toxic relationship.

In addition to paying attention to our feelings, it's also important to set boundaries in our friendships.

Boundaries are like personal rules that we establish to protect ourselves and maintain healthy relationships. For example, if a friend is always asking us to do things that make us uncomfortable or cross our boundaries, it's important to speak up and let them know how we feel. If they respect our boundaries, it's a sign of a healthy friendship. However, if they continue to disregard our feelings and boundaries, it may be time to reevaluate the relationship.

Finally, it's crucial to surround ourselves with friends who support us, uplift us, and encourage us to be our best selves. Healthy friendships are built on mutual respect, trust, and communication. We should feel comfortable being ourselves around our friends and know that they have our best interests at heart. By avoiding toxic relationships and cultivating healthy friendships, we can create a positive and supportive network of people who bring out the best in us.

-Venice Koek

"Friendship is the hardest thing in the world to explain. It's not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything." - Muhammad Ali



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As humans, we often have conflicts and disagreements with others throughout our lives. It's normal to feel hurt or wronged by someone. Feelings of resentment, anger, and sadness can come bubbling up. But forgiveness is important because it helps us let go of grudges and move on. Forgiving someone doesn't mean ignoring what they did; it means allowing ourselves to get away from the negative feelings that weigh us down.

When we hold onto grudges, we let other people's actions affect our feelings.

This can make us feel really negative and unhappy, which isn't good for our mental and emotional health. By choosing to forgive, we take control of our own feelings and free ourselves from the burden of anger. Forgiveness lets us move forward and get rid of the negative emotions that hold us back. It can be a long and tough process that needs patience and understanding, but it's definitely worth it.

Also, it's important to remember that forgiving someone doesn't mean we have to forget what happened or say that what they did was okay. It just means we're choosing to move on and let go of the things that were holding us back. By practicing forgiveness, we can free ourselves from grudges and open up to more meaningful and fulfilling relationships with others.

-Chloe Chen

"The weak can never forgive. Forgiveness is the attribute of the strong." – Mahatma Gandhi



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Healthy Screen Time: Finding Balance with Technology



In today's world, technology is a very important part of our lives. It changed the way we communicate, work, and entertain ourselves. While the benefits of technology are easily seen, it is needed to find a balance between tech and the real world. This essay explores the importance of finding a balance.

Technology has brought many advancements that have improved our lives in various ways. Technology allows more communication between people, information more accessible, and work can be done faster. In many areas, technology has revolutionized the way we work and learn. These benefits are undeniable, and technology is here to stay. While technology offers numerous advantages, using it too much can lead to severe consequences. Excessive use of smartphones, social media, and video games can result in addiction, reduced physical activity, and various effects on mental health. Finding a balance is essential to decrease these risks.

Technology should help, not replace, real-world interactions. Balancing tech usage allows us to build in-person relationships, which are essential for emotional well-being. Spending quality time with friends and family without digital distractions helps build deeper connections. Managing screen time is crucial for finding balance. Set limits on how much time you spend on devices, especially before bedtime, as excessive screen time can cause you to sleep less. Apps and features that track screen time and set usage limits can be valuable tools in this regard.

Practicing mindfulness with technology can help maintain balance. It involves being aware of how and why you use technology. Are you using it for productivity, learning, or entertainment? Or are you mindlessly scrolling through social media? By being intentional in your tech use, you can make it a positive force in your life. Taking periodic breaks from technology is essential. This is called a digital detox, where you temporarily disconnect from screens, allowing you to get your energy back and appreciate the physical world. Consider activities like hiking, reading, or simply spending time in nature to relax and lighten your mood. Understanding the potential effects of technology is crucial. Developing digital skills helps you navigate the digital world responsibly, distinguishing between reliable information and misinformation and understanding privacy and security concerns.

In a world where technology is everywhere, balance is very important. It lets us enjoy the benefits of technology without sacrificing our physical and mental well-being. By managing screen time, we can improve our real-world relationships. We can also practice mindful technology use, and occasionally disconnecting, and by doing this we can achieve a harmonious coexistence with technology. Ultimately, the goal is to use the power of technology to make our lives better while retaining our connection to the real world. Striking this balance will ensure a brighter, healthier, and more fulfilling future.

-Jason Zheng



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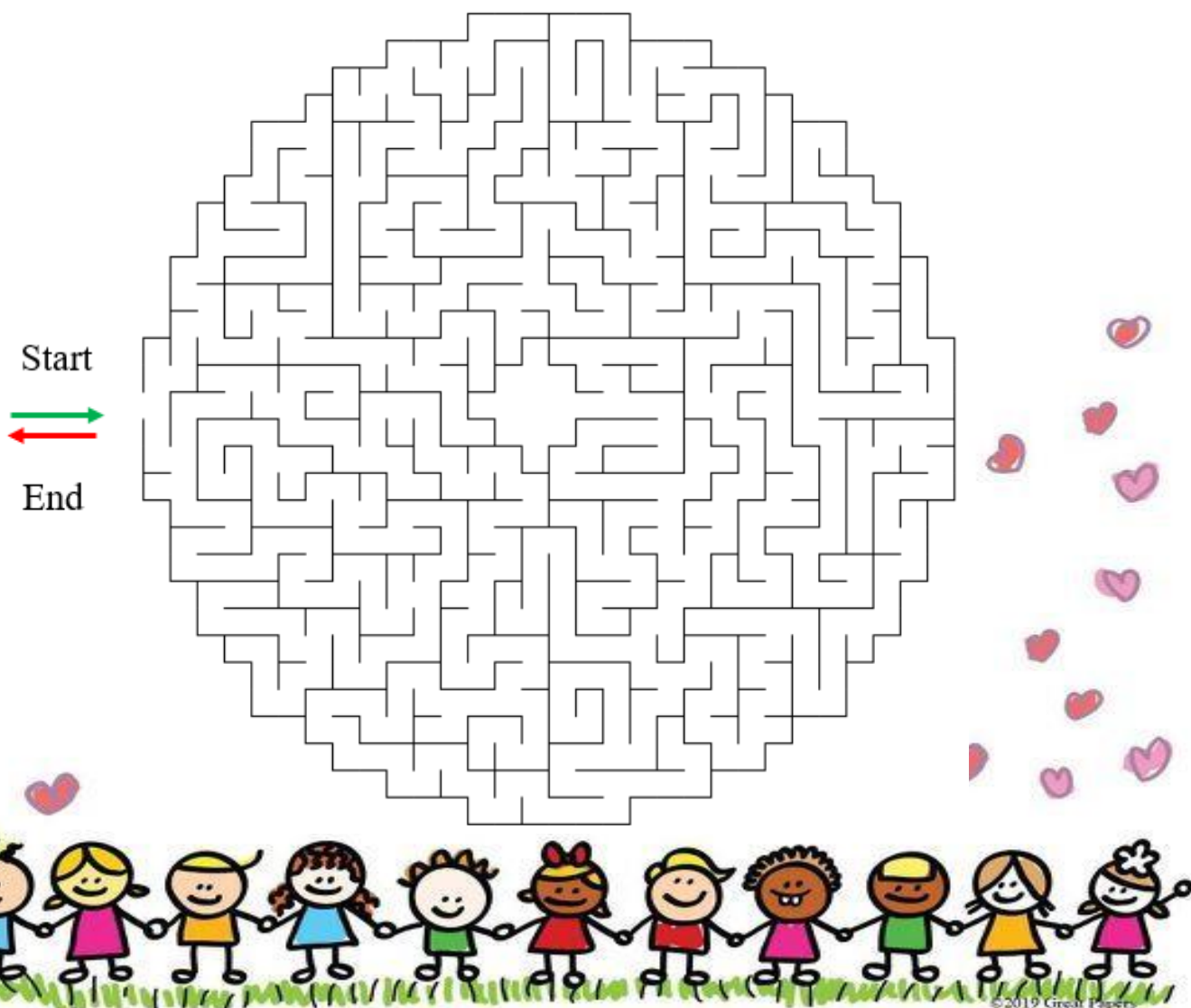


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True friendship is like navigating a maze; no matter how confusing or challenging the path becomes, a real friend is always there to guide you, support you, and help you find your way out together. In the end, it's the bonds you strengthen along the journey that truly matter.



Product of the **S.E.A.L.** Team

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