



Who Am I?

Celebrate your uniqueness and share it with others. Make understanding your identity part of your efforts to build self-esteem and self-confidence. Don't be afraid to show your differences, and explain them to friends, classmates, teachers, and others. At the same time, be open to the differences of others. Acceptance of others is an important part of the great diversity we enjoy in the U.S.



My Hispanic background has been a real benefit to me growing up. Many of my friends envy the strong ties I have with my culture—from being able to speak another language fluently to celebrating the holiday and traditions and just having close family bonds. I discovered recently that one of my grandfathers was Mayan, and that helped me to understand my personal history a little more.

- Rosa

I come from different countries. Both my parents are from Wales but I have English and Irish blood. I have been to all these countries and think the more countries I am connected to, the better.

- Nicciy

I have so much heritage; I'm Irish, German, Blackfeet Indian, Aleut, Canadian and Russian. Since I live in Alaska, I also get to see a lot of the Alaskan heritage of the Eskimo people here. Most people think that we live in igloos and have to hunt our food, but really, we live in houses and have skyscrapers and malls just like you do.

- Mackenzie

My family comes from Laos and Thailand. I am Hmong. It's not a very known culture but it's very fun!

- Melissa

I am German, Indian, and Irish. It's cool being Irish because I am an Irish Dancer. I'm more Indian than Irish though. My Great grandma was the daughter of the Chief in the Chalktaw tribe. I am also Cherokee Indian.

- Hailey

I am proud of my race/ethnicity because I enjoy being a mixed-blood person! I am part Irish, part Cuban, part French, part Scottish, part Isleno. I like having many different cultures in my background!

- Sasha

My favorite thing about my heritage is that I am Italian and that makes me proud because there aren't very many Italians in the U.S.

- Elizabeth

My ethnic identity is Mexican. I was born and raised there for 11 years. I'm proud to be a Latina because we are very optimistic and we like to work hard in order to get what we want. Every girl in the whole world is unique in their own way by their race, cultures, likes and dislikes, looks and qualities. But one thing that we all have in common is that we are all especial, no matter what.

- Adelina

For more information on staying healthy and feeling good about yourself, visit www.girlshealth.gov!



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