

Introduction:

Our roles in life change from the time we are born until the day we die. We are born in to a family and culture which help determine our values and beliefs. As we get older we choose friends who can affect us negatively or positively in determining the person we are becoming. Discovering who I am has been a very challenging journey.

Body:

Family and culture play a large role in who I am.

- I am a twin. My brother, _____ and I are the youngest children.
I have a sister five years older. As a twin, I have a very strong and unique connection with my brother. He has been and will always be my 'other half', but we are definitely our own person. I have always been caring, talkative, outgoing, independent, courageous and energetic.
- Dad took us out hunting, fishing and hiking. I have always been treated equally with my brother.
- Culture – values & beliefs: Tsimshian. Respect. I have been taught to respect everyone and everything.

Friends play a role in discovering who I am.

- When I was young most of my friends were family. When I entered Kindergarten I had a wider variety of friends. Throughout school, I have had nice friends and mean friends and every friend has taught me something about myself. I have learned that if I put my pride aside I can handle conflict more maturely. I know that I don't want to be around negative friends who are mean to other people. I want to be respectful of others and treat people the way I want to be treated.
- I want to be easy to talk to. Someone others can open up to.

- Adolescence has been challenging. Some friends have made bad decisions and are involved in drugs. Because I have respect for my body and myself I had to stop hanging out with those friends and stop doing drugs. I felt strong and determined. It was hard to drop those friends, but I had to do what I had to do. They were not doing good things for me and I was not doing good things for myself.
- My good friends involve me in healthy activities which make me more positive and outgoing.
- I aspire to be a good friend, student, daughter and sister.

Other influences on discovering who I am

- Peer pressure – I had a group of friends who were always nice to each other, but weren't nice to others. I didn't like the way they treated other people and no matter how much I stood up for other people and myself I couldn't change them, so I stopped being friends with them and made new friends. I have the courage to stand up for what is right and I accepted what I couldn't change. I know I am an independent and caring person.
- Media – for the longest time ever, I felt that I needed to look a certain way; the way the media portrayed young women – small, skinny, perfect, flawless. But then I realized that after all the negative thoughts and dieting, I realized that no one actually looks like the models in the media. I had to realize that my body is just my body, it is not who I am. It is not what I look like that matters, it is what is on the inside that matters.

Conclusion:

Discovering who I am has not been an easy journey. Going through all these experiences has taught me lessons and has shaped me in to who I am today and will shape my future. I know that I will keep learning more about myself as I grow older and wiser. I will be discovering who I am until the day I die.