

# Kids Speak Out: A student input project

**Wellness Alliance  
for Total Children's Health  
of Denton County**  
led by Cook Children's



Communities  
In Schools

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North Texas

“I need more one on one time.”

“I wish my parents knew that I want my mom to be more courageous and trust me.”

“I wish my parents knew that making friends is hard for me.”

“What I need from you is to give me some space, and to understand that I do love you but I can’t let you see my weakness.”

“I wish my parents knew that I want them home more.”

“I wish my parents knew that I do not like being involved in a bunch of different things. I enjoy solitude and alone time.”

“What I need from you is respect.  
I am slow sometimes and it is  
very difficult for me to build up  
courage for anything.”



“I wish my parents knew that I hate when they judge me and don’t let me be myself.”

“I wish my parents knew that sometimes I get made fun of. So, when I get mad I can’t control myself.”

“I need help feeling better  
about myself.”

“I wish my parents knew that I have been through so much with them, especially with my mom. It is hard for me to even tell her ‘I love you’. My heart is cold now because of everything we’ve been through.”

“I wish my parents knew that I am good at school.”

“What I need from you is to keep encouraging me even when I try to give up.”

“I wish my parents knew how much effort I put into school. They don’t understand it. Just because I’m in special education classes and not taking regular classes doesn’t mean I’m not smart or anything. I wish they knew that I was smart.”

“What I need from you is to come and check on me every day.”



“I wish I could tell my dad that I love him and feel something in return when he says it back to me. I wish that I could tell my mom that I am sorry for all the bad things I’ve done that have hurt her, made her cry, and caused pain.”

“What I need from you is  
someone to talk to when I  
need it.”

“I wish my parents knew that I’m not a very talkative person. Just because I don’t talk to them sometimes doesn’t mean that I’m upset with them or someone else.”

“What I need from you is  
patience, more love, and to  
understand me more.”

“I wish my parents knew that I am sad and that I’ve been getting into lots of fights.”

“I wish my parents knew how much I really love them.”

“What I need from you is to show more confidence in me and give me encouragement. I want her [mom] to create time to rest, don’t always think about work.”

“I wish my parents knew I am bisexual, and would be willing to accept me for who I am.”



“I wish my parents knew how much I love them and that no matter how many discussions or problems we have I will always love them and be there for them.”

“What I need from you is more talks of encouragement.”

“I wish my parents knew that we can live together and not fight. We can be happy. I want my dad to move back in with us.”

“I wish my parents knew that I am sometimes angry and I sometimes cannot control myself.”

“What I need from you is to be more supportive of me.”

“I wish my parents knew that I hate going from house to house.”

“I wish my parents knew that I don’t like it when my parents play me against each other.”

“What I need from you is for you to listen to what I need to say first. Think about it after. You need to give me support with what I do. You never say ‘try more’.”