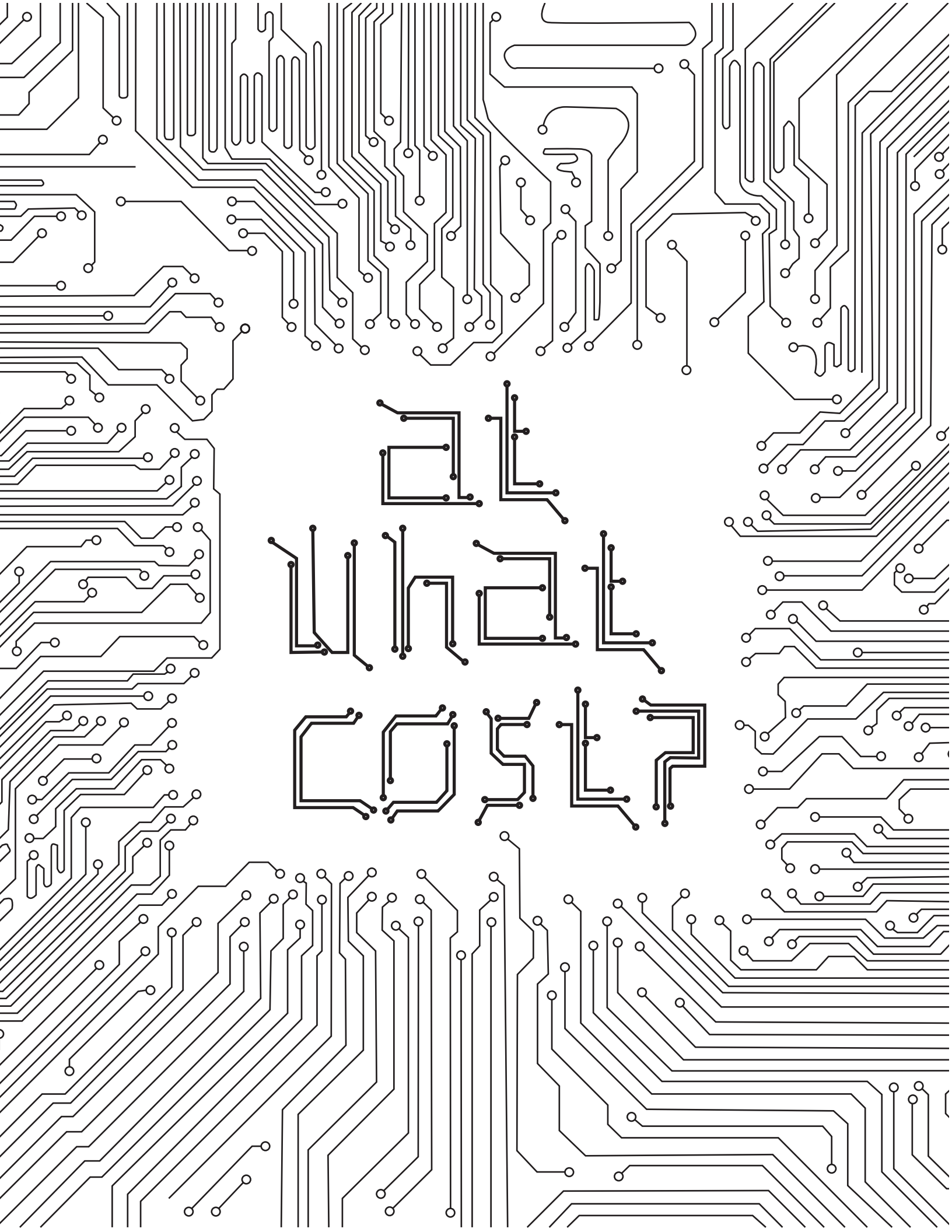
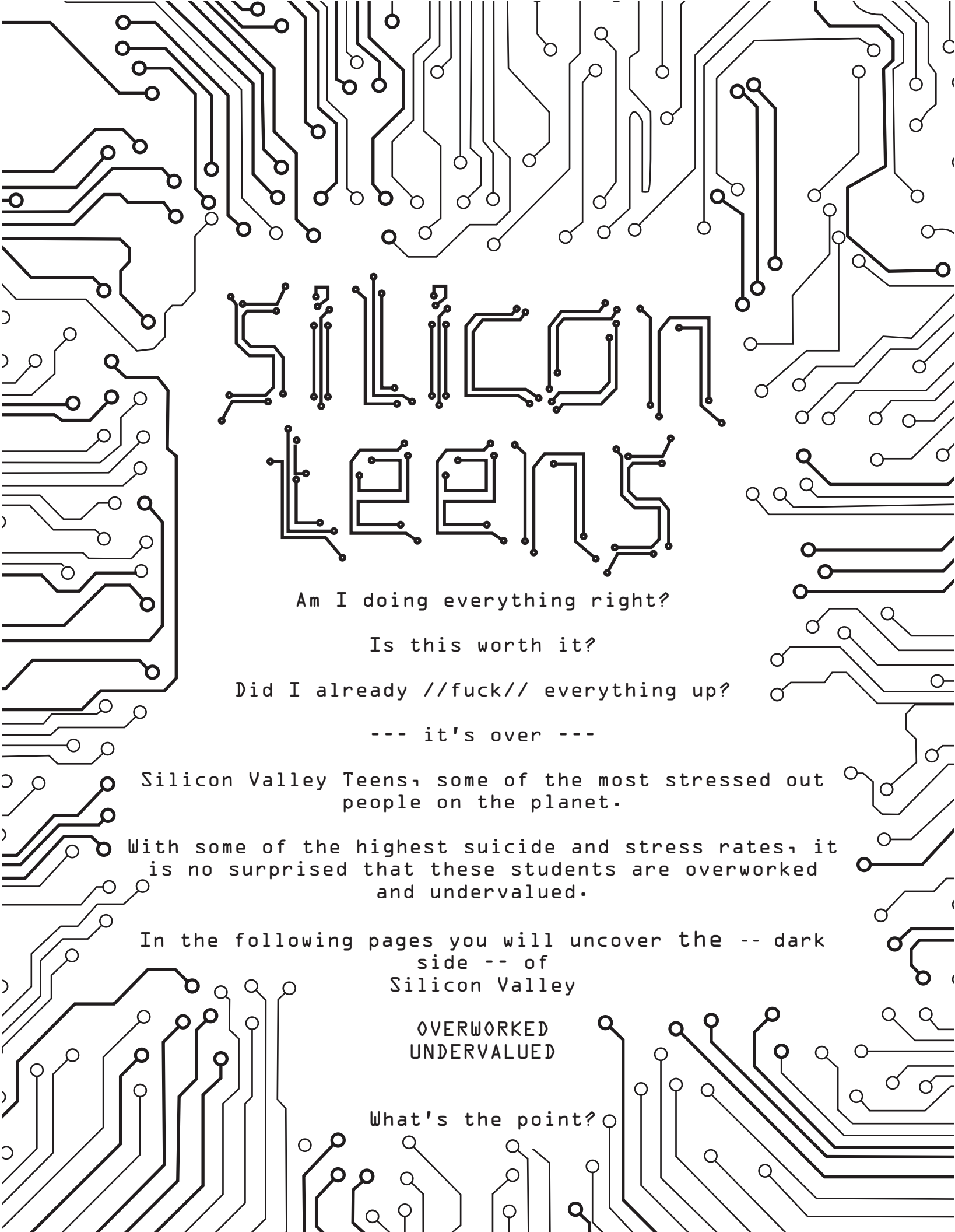




all
what
cost?



SILICON TEENS

Am I doing everything right?

Is this worth it?

Did I already //fuck// everything up?

--- it's over ---

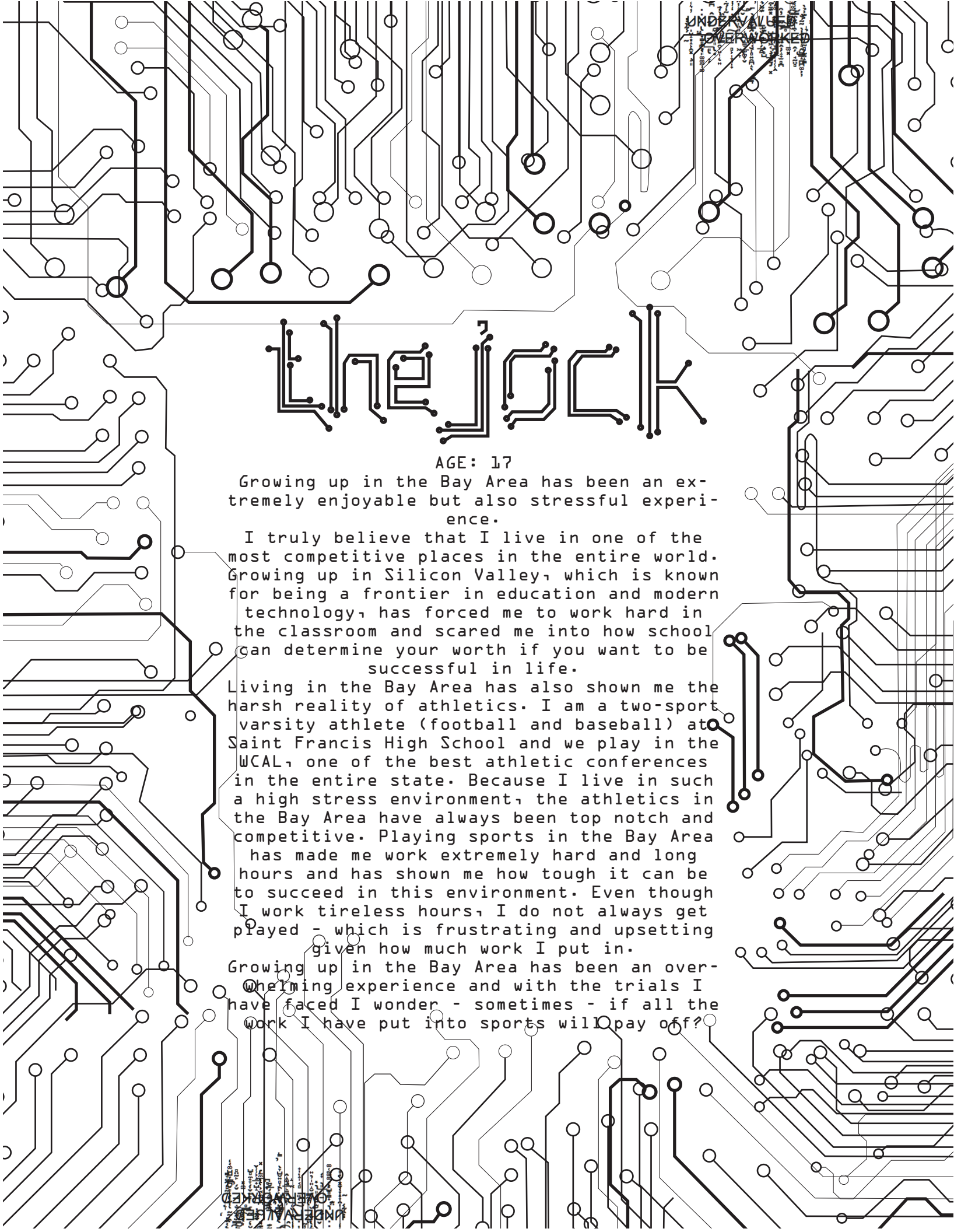
Silicon Valley Teens, some of the most stressed out
people on the planet.

With some of the highest suicide and stress rates, it
is no surprised that these students are overworked
and undervalued.

In the following pages you will uncover the -- dark
side -- of
Silicon Valley

OVERWORKED
UNDERVALUED

What's the point?



The Jock

AGE: 17

Growing up in the Bay Area has been an extremely enjoyable but also stressful experience.

I truly believe that I live in one of the most competitive places in the entire world. Growing up in Silicon Valley, which is known for being a frontier in education and modern technology, has forced me to work hard in the classroom and scared me into how school can determine your worth if you want to be successful in life.

Living in the Bay Area has also shown me the harsh reality of athletics. I am a two-sport varsity athlete (football and baseball) at Saint Francis High School and we play in the WCAL, one of the best athletic conferences in the entire state. Because I live in such a high stress environment, the athletics in the Bay Area have always been top notch and competitive. Playing sports in the Bay Area has made me work extremely hard and long hours and has shown me how tough it can be to succeed in this environment. Even though I work tireless hours, I do not always get played - which is frustrating and upsetting given how much work I put in.

Growing up in the Bay Area has been an overwhelming experience and with the trials I have faced I wonder - sometimes - if all the work I have put into sports will pay off?

OVERWORKED

never good enough

AGE: 20

I felt like everyone was one step ahead of me. Always falling behind. Whether it be in waterpolo, academics or social life I was always one step behind.

Everyone in my school was getting above 3.8 - me? 3.3

Below Average I was called by counselor and peers.

The second I got home at 5pm after a 3 hour waterpolo practice, I would do homework until midnight - taking 2 hours on an assignment that should have taken 30 mins. I was determined to get an A. To prove to myself that I AM SMART.

To prove to my family and my peers - HEY IM NOT A FAILURE. But according to statics online I was average, once I got to college my friends from different states told me I was average and even ABOVE? How? In a place where the environment is so competitive - one can never add up.

But I always felt my best was never good enough always one step behind while everyone was always one step ahead. Growing up in Silicon Valley was a real life hunger games - always trying to be the best in everything, but the pressure is too immense and now I live with anxiety worrying still that my best is never good enough even though I am 4.0 student.

How did I go from below average in my hometown to above average in college?

I guess that's the magic of Silicon Valley - you sign away your mental sanity for unbelievable grades and opportunities. All for what? So you can live up to your parents' legacy?

UNDERVALUED
OVERWORKED

Air Force

Age: 22

The tiny peninsula of success known as Silicon Valley. The Bay Area is diverse but the living wages are very high; some of the highest in the state and the amount of well-educated people is substantial. Almost all parents are successful technology entrepreneurs. When these parents decided to raise their children in this competitive area, the expectations for their children to do well are extremely high.

The pressure can be extreme for many students including myself. My experience growing up was that everyone had to go to college and good one at that - not going you were considered a fuck up. The stress was overwhelming and the amount of homework and studying I had to do seemed to never end. It wasn't until I moved out of the Bay Area that I realized that this wasn't the norm. The culture I grew up in was that everyone was smart and had A LOT of money.

Even with the amount of work, failure was not an option. With a high amount of stress built into a success driven culture it was not uncommon for me to run into many kids who self diagnosed themselves with depression. At the time I was in high school there were over eight suicides in the four years that I was there.

After I left high school I myself even dealt with depression and suicidal thoughts as a result. Learning to grow up in this area made it hard for me to value myself - even as a senior I was given shit for taking an art class; being told that I was not pushing myself. Due to this I was worried I wasn't going to get into college - that I would be that one kid that had to settle for community college. The pressure to succeed was overwhelming.

I still feel this pressure now outside of high school and college to get a job and I feel bad that I am still sitting on my parent's couch waiting to leave for the Air Force. With Silicon Valley good is never enough; average people like me always feel undervalued.

competition

Age:21
Competition.

That's what growing up in Silicon Valley is like.
Not just the typical
Shoes,
Clothes,
Money,

Cell phone competition that everyone else had, but also
Where did your parents work?
My dad works for HP.
Oh, really? Mine works for Google.
Where was your house, exactly?
How big was it?

Nearly everyone had a car.

I distinctly remember the BMW crossovers being popular for the A-list crowd.
For high schoolers.

Growing up in Silicon Valley is stressful because you're worried you won't be able to
afford the rent to live near your family when you're older.

At St. Francis, a 3.0 was practically dumb. A 3.5 was average. You got judged on your
SAT score and how many APs you took.

Not only did you have to achieve the 4.0 GPA, you had to look like you stepped off the
front cover of a magazine while doing so.

But don't be too dedicated to school, because no one likes a loser.

UGGs, iPhones, Lululemon yoga pants or leggings, and a North Face jacket was practically
a uniform.

Do you have any idea how much that costs?

You're constantly competing in every aspect of your life.

It's incredibly stressful.

I took way too many mental health days because I couldn't take the stress.
Your best friends are also your enemies, because you could be competing for a spot at
the same college.

Some kids are taking spring break trips to Costa Rica, while others have never been to
Disneyland.

Don't even think about getting sick, because it takes forever to catch up.

And you only get a certain number of sick days before the unimaginable happens:

Your
Grade
Drops.

Growing up in Silicon Valley and going to an upscale private school is the feeling of
constantly looking over your shoulder.

It's not being able to enjoy the Super Bowl,

Halloween,
Thanksgiving.

Because you have so much homework it's coming out your ears.

Growing up in Silicon Valley, you have it all.

No one could say otherwise.

But at what cost?



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OVERWORLD UNDER

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