

# VULNERABILITY

Living in an immigrant family with parents not knowing a second language is challenging. It comes with hardships, especially for millennials who are born in the states after their parents move there. Since my sister is the only person who have lived in another country, moved, went to school and learned English, she's pretty much the only person who I can rely on. She can understand things that my parents cannot help me with, such as refiling taxes, going through the process of making new sports, and any adult tasks. Everything else, mostly the emotional communication I cannot express because I can't speak Chinese fluently; I was not able to talk to them about my mental health or why I'm feeling a certain way in different situations. All they know how to do is care for me, work hard for me, come to keep up my education, and basically what any parent would know how to do. As a result, everything comes down to being pressured to measure up to his standards. I must carry myself to become this adult who goes through all stages of life by myself. Parents always compare me to their eldest child or my oldest sister, and have these standards that they have envisioned for me. I think in Asian culture, they really do not know how to handle their loved ones who may have mental health issues. I wanted to highlight why my parents are the way they are so I wanted to highlight some research I found that will hopefully help you guys understand this dilemma.

DON'T END YOUR SENTENCE

FOR YOUR

PARENTS.

# BREAK THE MOLD

# BREAK THE ASIAN YOUTH STEREOTYPE.

# SUCCESS STORY

# COMES FROM UNCONDITIONAL UNDERSTANDING.

# IMMIGRATION COMES WITH HARDSHIPS.

# YOUR CHILD DEALS WITH NEW HARSHIPS.

# IS THEIR OWN STORY AND JOURNEY.

# PAVE WAY FOR FUTURE GENERATIONS.

# CHOOSE YOUR KIDS SPEAK UP!

# ALL THEY WORK SO HARD TO

# RESPECT THEM LIVES-- THEY JUST HAD DIFFERENT

# THINGS TO WORRY ABOUT. SO, THE COMMUNICATE TO THEM NONVERBALLY IS TO RESPECT

# THEIR WISHES AND WANT TO GIVE THEM PEACE IN MIND. I WANT TO PROVIDE FOR THEM LIKE THEY DID

for me. The problem is, that is also why I don't take care of myself and always have school on my mind and have no life, don't know how to make friends, and I am the way I am. But, I consider myself lucky that I have a big sister who knows what I am going through and I can turn to to vent about my problems. She has similar experiences and has gone through that pressure too. Though, she has her own life and is busy with her own family now that I am older, so she can't hold my hand anymore-- which is a bittersweet feeling!