



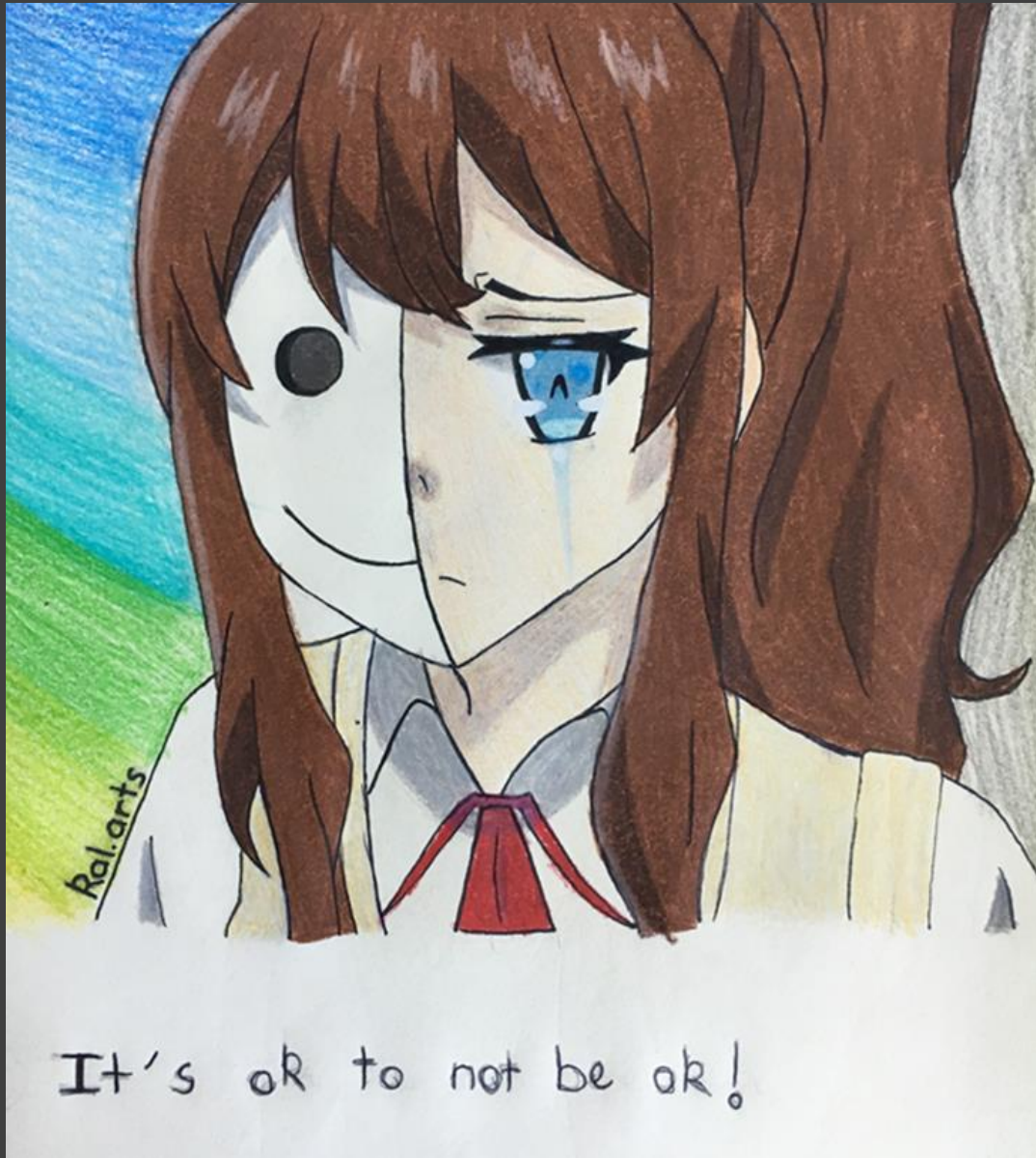
IT'S OK TO BE NOT OK SELF AWARENESS VISUAL ART COMPETITION

6^{ème} (Grade 6) - 3^{ème} (Grade 9)

Lycée Français De Kuala Lumpur

‘ IT’S OK TO BE NOT OK ’

- This competition took place during the 3rd MCO when the students did their learning online. Students were assigned to reflect their lives as teenagers. The most vital question was their primary goal; ‘ What is accepted and unaccepted in today’s life and how do you feel about it. They had to visualize it by being truthful to themselves.
- Many students came up with issues that we all know that troubles teenagers in this era.



Kalyani THEBAULT 1st Prize Winner (6^{ème} – Grade 6)

- I took the inspiration from anime because I like it very much.
- My artwork means that you shouldn't hide your feelings like hiding them under a mask.
- I just invented the drawing so I didn't really choose it. It just came to my mind and I just drew it.



Enoch Li

2nd Prize Winner

(6^{ème} – Grade 6)

I got the inspiration for the topic It's OK not to be OK from an anime called Tokyo Revengers. I drew a teenage boy that was a time leaper he tries to save his friends from dying but keeps on failing which leads to depression because he thinks he isn't good enough to do anything in life.

My artwork shows that he is a very happy student in his school but inside he is actually very sad because all his friends keep on dying with him not being able to help.

I chose to draw this character because I think his story matches with this topic quite well.

Rachel Cot

2nd Prize Winner

(6^{ème} – Grade 6)



- I chose to represent this drawing because for me, the title “It's OK to be not OKAY” meant for me that even if you are unhappy, sick or sad, you must always tell yourself that there are good things in life, beautiful landscapes and good people.
- My drawing shows a person in a wheelchair watching a beautiful sunset. This shows that this sick person can still be happy by observing beautiful landscapes.



Rémi Olmedo Panal
3rd Prize Winner
(6^{ème} – Grade 6)

- Well, my inspiration came from the people around the world who suffer from depression and suicidal thoughts, and I wanted to make an artwork about those people because, they are not spoken about enough
- My artwork means how Superman (depressed man) is hiding his "true identity" and by true identity I mean his thoughts: thoughts about death, drugs, depression, murder... And the broken glasses were meant to be how he would jump off a building and the glasses shattering.
- I chose Superman because I thought it would be the perfect example to show how no one is perfect. Like how Superman shows his outside figure as if he were happy and enjoying life whilst deep down he's depressed and thinking about ending it all...



Joyce Comas 1st Prize Winner (5^{ème} – Grade 7)


- I got my inspiration from the posters in the Paris subway and all the advertisement signs in the streets of Kuala Lumpur. There is a big contrast between the people's face in the streets and the faces of the people in the ads. It's as if there's two different worlds: on the ads, we are shown people who are successful and happy, but in real life it's difficult to be happy and successful all the time. You feel forced to smile like the people on the advertisements. All this becomes overwhelming and tiring.



- The drawing also expresses in its form what it's trying to say: all that is perfectly represented in my artwork are only images from Internet, and what is imperfectly drawn comes from me.



Sacha Texier
2nd Prize Winner
(5^{ème} – Grade 7)

I took my inspiration from the lockdown and the fact that we couldn't go to school.

It means that we need to go to school  even if there's the covid

I took pictures  of myself and my dad (he represents the covid) because it's easy to see  the emotions with a human face.

Margaryta Darmograi
3rd Prize Winner
(5^{ème} – Grade 7)



My inspiration:

- I was just thinking about some animated clips where children get bullied, insulted or body shamed but put a smile on and pretend like everything is fine so that nobody can notice what they are going through.

Meaning:

- To me the girl in my drawing tries to protect herself with a smiley face mask. But at some point, these insulting words will be too heavy for the mask to hold. It won't be able to keep all that weight. So, the ball of words will crush the girl emotionally and hurt her badly and deeply.

I was trying to show that you cannot protect yourself with a smile because sooner or later it won't be able to keep everything from falling on you anymore. So, it's better to deal with problems like this immediately, not to hold them inside.

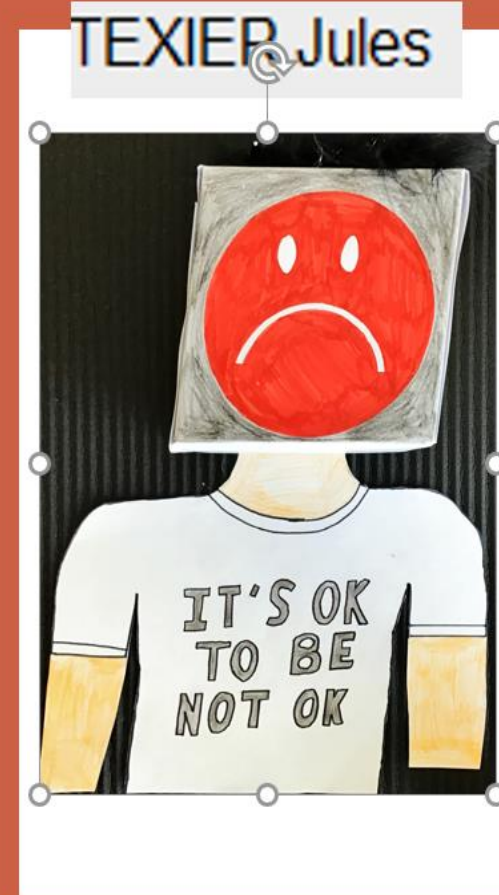
Why did I chose this image? :

- I chose the stairs because it was easy to demonstrate everything on them, the girl is a teenager who gets bullied, the smiling face behind her is the mask that she protects herself with and the ball behind the mask is the accumulation of words which she has been insulted with.



Jules Texier 1st Prize Winner (4^{ème} – Grade 8)

- I got my inspiration from the Buddha's with four heads in Thailand, because before living in KL I was in Thailand.
- My artwork mean's that you can always choose how you want to be.
- I chose the smiley face because I think that the smiley is easy to understand.



Elia Elkhlifi 2nd Prize Winner (4^{ème} – Grade 8)

I chose to do a collage instead of a drawing because I thought that it was original. I then had a lot of ideas of how it will look and how I could add my own personality. My inspiration usually comes from my friends and my family but for this art piece my inspiration came from the people that are in this situation (IT'S OK TO NOT BE OK) and how they face the others and their lives. I also like to help the others and I thought that this might be a way to make people understood the problem.

My artwork means different things:

If you are in this situation, don't be afraid to talk and don't hide behind the problem you're facing.

- Be courageous and positive.
- Don't let other's remarks get to you.
- Believe in yourself and have fun!!

I've tried to put a sad side and a happy side in my collage to show the contrast between the two. I chose those images because I liked their meanings and how they could look good together. I tried to not leave a blank space and to put pictures that could "fit" someone in this situation.



Marie Tissier 3rd Prize Winner (4^{ème} – Grade 8)

- My drawing was inspired by a lot of images I found on the internet. I decided to draw a combination of the ideas I liked. They were all inspired by the fact that emotions are usually caved in.
- My artwork shows that every single one of us can go through a phase of our lives where we don't feel ok. But there will always be a light there to guide you.
- The grey drops of water represents the tears of someone crying and the sadness.
- The masks and quotes shows the toxic positivity.
- The girl in the glass cage really represents the image we have in our head of someone sad or even depressed. She is trying to fade into herself and not face society. It also captivates the idea of emotions we keep inside of us.
- The yellow background which represents happiness reminds us that there is light in every situation.



Lavinia Des Courtils
1st Prize Winner
(3^{ème} - Grade 9)

- For the 'It's ok to not be ok' art competition, I chose to do a digital drawing.
- What I want to say with my drawing is that everyone has a dark side or a sad side in their lives. I divided my drawing into 2 colors, pink that represents what everyone sees of you and the dark side, the part that everyone is hiding.
- In the middle I put a sad girl, and we can still see that her head is specifically in the dark side to show that the dark side is imposing.
- And there is also a shadow behind her to show that there is still a human being besides the dark side.
- My personal feelings about sadness, my experience and my friend's testimonies inspired me to realize that it is ok to not be ok.

It'ok to



not be ok

Elise Letoile

2nd Prize Winner (3^{ème} – Grade 9)

My inspiration came from a friend who suffered from depression. She struggled a lot and sometimes couldn't get out of bed. The shadow represents the demotivation and the sadness of the person that keeps them stuck in bed all day, while the room looks "normal". It shows that depression really comes from the person's brain and that it's not attention seeking. I chose this image because I think that it represents mental illness well and how destructive it can be if you don't get help.



it's ok to be not okay



Elvira Jimenez Alvarez 3rd Prize Winner (3^{ème} – Grade 9)

- For this drawing, I had two main sources of inspiration. The first one being other artwork shown in class, made by famous artists. And the second one being a song by Alec Benjamin called "Must have been the wind", that talks about supporting people – human kindness. In the song, he sings of hearing a woman crying, and when he goes to the second floor to check on her, she denies the accusation and says "... It must've been the wind."
- This artwork symbolizes how people could look happy, and joyful in the outside, but be sorrowful and cheerless.
- These characters could represent any human person during their everyday life who prefers not to share their emotions and keeps their feelings for themselves.