

When you think about teenagers, you probably come up with words like, lazy, selfish, and rude.

Those may be accurate on a general level; but there are teenagers like Autumn Meyer, and many other young members of the Turner Syndrome community, who are generous, motivated, and caring.

Diagnosed shortly after birth, as she grew up, Meyer began not minding she had Turner Syndrome. Until a school science fair project this year changed everything.

"I wasn't sure what to do on it, so I asked my mom for suggestions for it," said Meyer. "She came up with the idea of self-esteem and Turner Syndrome."

Through her project, Meyer was able to inform classmates and other guests about Turner Syndrome.

"When I started to set my board up, a girl said to me, "Hey! Your project seems cool!! Can you tell me more about it?" I started to explain to her about my project and told her what Turner Syndrome was. A couple other girls by me and came over and listened to me talk about it. They asked a lot of questions and they seemed so interested in it!!! They thought it was so neat that I did my project on Turner Syndrome and self-esteem," said Meyer.

The project earned Meyer silver at the state science fair – 2nd place out of about 1100 people-, but it also gave her something more important.

"I researched different online support groups for Turner Syndrome and I came upon Turner Syndrome Foundation, and many others," said Meyer. " This past year, my life has been changed so much by the love and encouragement I'm getting from the girls I met with Turner Syndrome. Every morning, I wake up smiling because of them!"

Meyer's story proves that teenagers do have a voice and the power to make a difference. A simple science fair project helped bring awareness to a condition where knowledge and early detection make all the difference.

"You don't have to be an adult to raise awareness or make a change in the world, said Meyer." "You can be any age and make a difference."