

FIND YOUR VOICE, NOT VIOLENCE

Break The Silence

They hurt you with their words,
With every word said came the feeling of isolation.
Every word downpours rapidly through you,
Leaving nothing besides the drowning sensation.

They physically hurt you,
Every punch, kick, and shove leaving you with a scar.
Not just the bruise beneath your skin, but the one that sticks inside you
deep within.

Every day you fight this battle as you try to hide your scars.

But my dear, don't you think it would be a favourable thing for someone to
notice?

Why don't you try reaching out?
To find the voice you always had.

I assure you that if you speak up you will be glad.
Speak up, speak loud, but most of all speak clear.
Maybe your voice is the one we need to hear.

Violence is a crime, not a game people play.
You need to speak up, your time is today!

When you reach out, do not despair,
The world will show you that they truly care.

Brenda Flowers
Grade 10
Amos Comenius Memorial School