

They're Adults.

They're adults, aren't they supposed to protect me?
I'm a child, surely they shouldn't neglect me?
I shouldn't suffer from their evil abuse,
They shouldn't hurt me, there can be no excuse.
They push me to my very limit,
To try and break my feeble spirit,
They don't give me a chance or choice,
Because I haven't got an adult's voice.
I'm young, I'm vulnerable and weak,
They pay no attention to me when I speak,
My body's there for them to use,
To violate and to abuse.
They've bruised my flesh and made me bleed,
They've used me to fulfil their greed,
They've locked me up and called me names,
I've dressed as a whore to play their games.
They used me, one after the other,
My father knew, so did my mother,
They laughed at me, they thought it funny,
I amused their friends, I made them money.
I felt so worthless and so cheap,
The hurt and pain ran very deep,
But what was I but their commodity?
A filthy and peculiar oddity.
When you're continually told you're dirt,
Eventually you cease to hurt,
You play their games and take your chances,
Accept abuse and their vile advances.
But when you eventually stop being frightened,
You start to grow up and you become more enlightened,
You start to be strong and begin to fight,
Because sooner or later you see the light.
Now they can't hurt me with their words or their fists,
I've come into the sun and out of the mist,
They're the ones who are sick and obscene,

My new life will be bright and clean.
I'll always feel sad when I remember the years,
My childhood of torment, torture and fears,
No father to praise me, and no mother's embrace,
I look in the mirror and study my face,
I see a woman who's strong, who's vibrant, alive,
A woman who's learnt how to fight and survive.
I don't have to forget or smile and forgive,
Just take life in both hands and go forward and live.
Don't let your past stop you from succeeding,
It can be good, the life that you're leading,
Mourn for that child, then lay her to rest,
And always remember that you are the best.

Yvonne Fisher.