

CHILD ABUSE-Written by Zinhle Dlamini

Pain, Anger, Frustration, Defeat

Shame, Confusion and Guilt

Fear grips my heart.

Am I losing my mind?

It feels like a dream.

Too difficult to understand

Too hard to be put into words.

In fact you can't live with it

A day not even a second.

Help Help!

Pain and confusion embrace me.

Is this real?

Is this how life meant to be?

But why does this has to happen to me

I seem not to find an answer for all my questions

Innocent, pure but now polluted by this world.

Help Help!

Voices whispering in my ears

It's your fault

No! It can't be.

Guilt and shame gets hold of me.

Suddenly I found myself defeated

I am fighting a losing battle.

Help Help!

Shhhhhhhh!!!!

Don't tell anyone

Don't say even a single word

Until I am done with my business.

Dad is this you?

Are'nt you meant to provide

Security and love for me?

Silence

Tears gushing down my face

Can someone please Help?

I am hurting

But life's too dangerous even to say anything,

So I choose

Silence

Help Help!

Sunday It was my neighbor

Yesterday my uncle but

Tonight it my dad

My own dad

Mom help!

Mom thinks it's a little lie

Your dad can't do that.

Help Help Help Help!

A sound is going out , crying for Help

The whole nation is crying out for Help

Those voices go unheard, unnoticed, rejected

Bu they need me and you to stop and listen and

Stop this abuse.

STAND UP AND FIGHT FOR THEM