



We See

What We See
Changes
Who We Are

WITNESS Project Youth Page is made possible by the Margaret Clemons Foundation and The Ministry of Education

Music in Today's Society

By WITNESS Youth Staff

Witness project has been trying to combat social issues by sparking conversations about them. As a young witness reporter, I've interviewed different people about what they thought about music and how music has influence their lives and the lives around them. One of the interviews that struck me was that of a school teacher.

Pat, a twenty six year old teacher describes music to be one of the best phenomena that rids stress, pain, depression and sadness. She emphasized that music is used in churches, parties and even conventions. This is due to that fact that it lifts peoples' hearts and makes them feel good inside. Unfortunately, Pat wishes she could say the same about the music being broadcasted in today's society. The young assertive teacher explained that music sounds so good but the lyrics are dreadful and mostly degrade women. "We use to shake and dance to the lovely melodies out there but now I'm ashamed, I'm ashamed of what music has been doing to our society. Everywhere I turn... In the buses, in the cars, in the streets and now even in the boats, they palpate this bad music" Pat explained. The young teacher went onto to say that these songs, especially dancehall and hip hop music increases a lot of social issues. Social issues like teenage

pregnancy, drug abuse, and prostitution. As a youth, I totally agree with Pat, because it's clear that teenagers find it amusing to have role models like Little Wayne, 50 Cent and the Famous Vybz Kartel. It is quite ironic that these Super Stars live a reckless life and the youths want to follow down the same path.

As a youth who is trying to make a positive impact, I feel that we need to stop the damage that music has been placing on our vulnerable friends and families. We need to challenge ourselves and fabricate ways in which we can stop the damage resulting from music. First we need to speak out about how bad music affects us. We can start conversations with other people around our environment and listen how they feel about it. Another idea is stop buying Cds and DVDs that are not inspiring you to do well as an individual. To add, as we sit in public transportation don't be afraid to speak out and ask the driver to shut off the violent music.

We need to stand up as youths and stop listening to things that will not benefit our lives. Music is one of the most influential things in society. It tends to mold and shape our personality. Youths... Stop the spread of degrading music because it's damaging our generation!



Photo by Teriq Mohammed

The Power of Music

By WITNESS Youth Staff

What music is an art form, using a melodious and harmonious combination of notes—written or printed. It is a pleasant sound but as we know what is pleasant for some is not pleasant for others. It is seen as a remedy for a person who is suffering from depression and other mental illnesses

However, the crazy thing is, is that music has this subconscious hold on your mind so that when you listen to it, it influences your psyche to act and to become a person you may not like. This could either do so positively or negatively due to the type of music you listen to.

Music is said to be a universal language, whereby no matter your culture and ethnic background, anyone can move to and relate to music.

Music has the power that can capture your spiritual core and have a profound impact on the individual you are and the individual you will become. It has the ability to persuade

your senses to be free, and to feel at peace. It is so intoxicating, like a drug that you can become addicted to it quite easily.

It has the power to shape your identity, hence the importance to play positive music that is morally uplifting to help you to not only be better but to act better.

The lyrics for some songs are known to be phenomenally revolting yet it moulds you after whatever the song aims to project. However, first you have to think it and gradually it will implant itself upon your soul. It's like a puppet master that makes you engage in anything that it instructs you to do. For example, a song about violence leads the individual who is listening to become violent; and a song about sensuality motivates you to become sexually involved. Music has an electrifying element that may use you as a vessel and automatically it will become the host.



Your Thought is the Manifestation of Your Life

By WITNESS Youth Staff

Do you ever think about why people steal or why people consider themselves a failure, a nobody, a good for nothing, a worthless being? Do you ever think why people are homeless, begging as if they don't have a future? Well I'm here to tell you that most of that has to do with how one thinks of oneself and the result of thinking negatively.

I have seen persons going around life without a care in the world as if they just give up the fight for life. Once I asked someone, "Why are you so upset?" Their reply was, "I'm a failure, I can't do anything right." So I said, "You need to try harder and have a little faith," but they continued to think that they can't, they speak it and then they act it. But after I invited that individual to a capacity class he or she was motivated and inspired by the stories of other persons who were worse off. This resulted in the individual believing that he or she was not a failure; speaking it manifests reality. He or she becomes better and successful at the task at hand.

If you think negative, then negative energy will come your way. A typical case is taking a test and during that test you may have a negative thought that you cannot do the test because you're not good enough or you're not smart enough, therefore resulting in you

thinking, "I will not be successful in this exam." As a result you're not successful at that exam, because you sent a negative command to your brain that you "can't". Because your brain is somewhat a genie in this context, it responds, "Your wish is my command."

The key to success, or I should say one of the keys to success, is to always think positive and believe in yourself that you can and you will. Of course becoming successful still requires your perseverance, hard work and determination. Just remember, what you think shapes who you are because after thinking is action and, furthermore, if you think negatively you will act negatively.

You should remember that anyone great, such as Oprah Winfrey, the guy that went to the moon, etc., didn't get that way because of thinking "I can't," they got to the top by thinking "yes I can". What we need is change, but to change is not the thoughtfulness of what we put in our mouth, rather what we put in our minds, in part because these choices in the end determine what we put into our mouth which leads to the manifestation of our actions. Furthermore, your mind is a powerful thing that you will need to train to be successful in life.



"What we see changes who we are." – JR

Are you a witness or victim of violence? You are not alone. Make your anonymous call to Help & Shelter today and speak with a live counselor on 227-3454 or 225-4731.