



We See

What We See
Changes
Who We Are

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Arts to a Dear Friend

By WITNESS Youth Staff

Stop letting people live your life for you! You are being controlled by them as a puppet with no life, no feelings and purpose other than what they give you. They pretend to have your best interest at heart but they don't, they just want to use you in their sick game of crystal web; you are 'supposed' to be some great plan of their intervention and purpose, not one of your own.

In the end it simply means that they don't respect you as an individual with great potential and uniqueness. They look at you but they don't see you; they try to comprehend you through their eyes, what you are and what you should be. It is their greatest illusion; looking through a crystal glass but yet they don't see you... they never do.

It's like you are suffocating in a place where you can't be yourself as if it is a crime... it's a feeling of being caged and chained up. Once they oppress you then they propel you to be someone else. Where is the freedom? You are living in a society where people judge you at every moment and every second of the day; your thoughts and especially your actions. They condemn you without giving you the chance to get to know you; it would seem that they don't have a sense of distinction between their dreams and yours, between their mind

and yours, between their likes and yours. What's worse is that the person you look up to criticizes you, shuns you, stonies and strips you naked for the world to see.

Go on, step out of your comfort zone and shine, flap your wings and sore like the great, intelligent, funny person you are. Only you can truly believe... in yourself that is, motivate yourself and don't wait for others to tell you because the truth is that it would probably never happen. You need to shine and fight for what you want and believe in, because people are out there who don't want you to succeed. But the fact is it's your life and you need to engage in your destiny, not for anyone but for yourself. The world isn't a nice place. Yes, you may have challenges, yes, but so what, Jesus did but did he give up? Hell no!

So I'm going to leave this with you, according to Marianne Williamson, "our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us.... As we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

If They Knew

By WITNESS Youth Staff

I have this friend whose boyfriend has had a lot of girlfriends before her. When they got together he left all of the other girls to only be with her. The problem is that he is very jealous and possessive. He can't bear to see her talking with other boys. One day on the corner he saw her talking to some other boys and got jealous and slapped her a couple of times in front of everyone. Another time we were at our Village Day having fun and she started dancing with some other guy. Her boyfriend then ran up, getting in her face and started choking her neck. After that people stopped him and he loosened her neck. She was standing in a corner with everyone looking at her, so I went to her to find out what the problem really was and she left to go home.

Now, my friend, like so many other victims of abuse are lost at this point asking themselves "what do I do?" "Where do I go?" "What can I do?" She probably didn't do anything since she "loves" him but what if he gets worse. The police aren't that effective, they'll just warn him or lock him up for two days and let him leave. Today I learnt of something everyone should know about. The Domestic Violence Act of 1996, which states that any person, adult or child who is

suffering from domestic abuse or is at risk of abuse can be protected. The act covers all the forms of domestic abuse including physical, verbal, emotional, etc. The victim can go to the court and file a protection order against the abuser. The protection order forbids the abuser from harming or harassing the victim or his/her children, and from being close to the victim's home, work or school, etc. If the abuser breaks any of the regulations placed in the protection order he/she will be arrested for a long period of time.

I believe a lot of victims would be alive today if they knew about this act and the different court orders that allow you to file for the protection of the victim and their children. I believe this because a protection order is a legal action, which is more powerful than just calling the police since they only arrest the abuser for a while. However, with the orders from this act the victim can be away from the abuser and the possible harm the abuser could inflict. These orders also allow the victim to have a home to live in without the abuser. If the abuser breaks any regulations set in the protection order the police will then have the right to arrest the abuser. Spread the word, save lives!



Photo by Teriq Mohammed

It Starts With Us

By WITNESS Youth Staff

Today I went out to my village and interviewed a thirty year old woman, Miss Sherry, on the topic of 'inappropriate music on the mini buses'. I have been writing about this topic for some time and now I wanted to hear from my fellow citizens what they think about the topic of inappropriate music being played in the mini buses. She stated, "Every day I am forced to use I mini bus cause I work a good distance from home". She said, "a few times I was lucky to get a bus that wasn't playing loud explicit music, how glad I does be to get them that bus". She continued by saying, "girl, I like me old songs my old souls, songs you probably never hear all your life".

Miss Sherry also shared one of her favourites of all times with me; a song done by the famous Micheal Bolton. "These days" she continued, "all them songs telling you to do is bad things, evil things, wicked things." She explained there are songs that she keeps hearing everywhere... One day she took a bus

and was forced to listen to one such song, "I took your virginity away..." blasted in the bus. She was very upset and full of rage at the words used in that song. "All the stupidity they singing for our young people!" She concluded that people are enjoying this totally inappropriate music in society today, and this is just impure.

She distastefully stated that it is because of this kind of music in the buses that she makes her son ride to her granddaughter's school and bring her home, just so that her granddaughter has less experience with those, songs and the rude behaviour of the drivers and conductors. She asked two questions that even I could not fully answer: "Why are they poisoning our future?" "Don't they have children and want them to be someone big in this life?"

With hope she concluded, "All isn't lost, we must make an effort to change this action in society today, but it starts with us adults!"



Photo by Devi Sankar

"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.