



# We See

What We See  
Changes  
Who We Are

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Photographed by Teriq Mohammed

## WARNING!! WARNING!! BE CAUTIOUS

By WITNESS Youth Staff

She was gone too soon but not forgotten; I blamed myself for what happened, I remember it as if it were yesterday. It was a very hot but quiet Saturday. After a hard day's work during the week, Saturday became my relaxation day. Chores had to be done but I slept anyway, for today wasn't only relaxation day but it was also the day I got to go shopping with my friends Tia, Gwen, Candace and Keshanna. We would have so much fun visiting each store and checking out the latest fashion trend. I quickly got dressed and met them at our favourite shopping sites, we greeted, hugged and laughed because just seeing each other made us smile. We saw a colourful kaleidoscope of clothing whether cotton or polyester, now I remembered that before I left home my granddad asked me to get him a sim card for his new phone, so I told my friends and I quickly but cautiously ran across the busy street to purchase it. While exiting the store I saw something that was very disturbing: Tia had her green headphones

in her ears listening to music and bobbing her head while texting on her phone at the same time. Tia loved to listen to music but this was the day that she would regret doing it the most. I shouted and I screamed "Tia, Tia, Tia!!!" But she couldn't hear me. Now the traffic light just changed green and the heavy traffic was on its way, I tried my best to save her. I blamed myself for what happened. She didn't see it coming, she didn't know that a speeding car was coming out from nowhere and it hit her. I tried running to her rescue but failed. She bled to death. She died and I cried and I cried. Tia is gone. From that day on we took an oath to never text and to never listen to music while on the road. If we were going to listen to music we would turn the volume down low so we can hear what's going on in our surroundings. Please listen to me, don't be like Tia, don't text while walking and don't listen to music while walking. It is very dangerous and it can cost you your life just as it did for Tia. May Her Soul Rest In Peace.



Photo by Kwesi Archer

## My Strength

By WITNESS Youth Staff

My sister is one of the strongest persons I know. She can handle anything. Through the toughest situations and the hardest times, she shines right through.

My sister is emotionally and mentally strong. She has amazing self control, courage and confidence. To this day I still wonder how she got that way. She said it's all about perseverance and mind control. She grew up in a time where my parents lived in poor conditions. They couldn't afford many things and because of that she would get bullied a lot at school for wearing old clothes. But she taught herself how to resist the urge to fight back. Unknowingly, she really was fighting back... emotionally. Now she can overcome anything that life throws at her and still be in one piece.

I trained myself to have my sister's strength, even to be stronger. My strongest point is my self control. Self control is what keeps everything in place. Once you have it

then everything should fall into place. If you tell yourself that you're weak, then you are. If you tell yourself and train yourself to be strong then you're bound to become strong. You have to channel your emotions towards something. If you feel angry or sad then think about something or someone that makes you happy, maybe a personal experience you had before. If you keep on doing this, then you will have full self control over your emotions. It wouldn't happen immediately, of course, but slowly and surely it will. Self control takes time.

If you want to overcome having no confidence, courage, bravery or self respect, then teach yourself to just say "Who cares what people think of me? This is who I AM" and continue being you. Continue to improve your strength and self control and you'll be better and stronger than you are now.



Photo by Teriq Mohammed

## Do You Really Know The Domestic Violence Act?

By WITNESS Youth Staff

Every day in our duty of non- violence promotion, we hear about the Domestic Violence Act, but there isn't much we understand even though we know the facts about it. Understanding is the key concept to applying our knowledge. For many the Domestic Violence Act is a law that prevents persons from being abused. The Act protects victims from their abusers even to the smallest violent gestures.

The most important part of the Act is the protection it gives the victims from their abusers. The Act covers both physical and verbal abuse. Victims who experience abuse have a range of options open to them, including going to court and getting professional legal assistance. But most victims have two major

fears, payments and protection.

The courts can provide orders that will protect citizens and can provide legal aid and social workers. So find out and arm yourself with a new knowledge for your protection.

The biggest problem for the citizens of our country is the lack of our knowledge about our rights. The right for a life without violence is everybody's right; however this is not advertised or even portrayed to the public for an issue as pressing and important as this is. My fellow citizens I urge you to educate yourselves and become aware of your rights. Victims you are not alone, I was once there and so was my family, we got out of the environment and so can you. Do not be afraid! Abusers you will be stopped!

**“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.