The arts are a powerful tool for encouraging young people to talk about their feelings. In 2015, we held an arts based residential weekend for young people from a range of Action for Children services from across the UK. This collection of poems demonstrates how they feel about themselves and the world around them. The poems were written and performed by the young people and are an important insight into the hearts and minds of young people today.
I used to crave a love so deep,
That the sea would hate me.
A borrowed poem to show my affection
And how we used to love ‘them’.
I say to them, because, because it was never a you and I.

I guess that’s why I call love a lie,
An oxymoron devoured our love.
It was always so bitter sweet,
Love then hate and love again.
No wonder it had to end.

I understand I played a part,
I was there but not my heart.
I regret ever falling out of love,
But for you ‘a thousand times over’.

Anon
SOMETIMES I LIKE HER,

Sometimes she’s shy and it’s hard to say why,
because often she’s not

People always think she’s in a bad mood,
she’s so misunderstood!

She’s got a great mind and she’s one of a kind
I just wish I could see that all of the time

Anon

SOMETIMES I DON’T
She looks in the mirror every morning
Telling herself she looks beautiful, even though she doesn’t believe it.

She gets ready for the day, not knowing what the day will bring
Because deep inside her heart is still broken.

She looks around the world and wonders where it all went wrong,
She doesn’t like letting people in because she learnt the hard way – when there was too many walls for people to break.

She let herself down because that’s all she thought she could do
Until the day came and she realised everything had changed.

Shamaila
THE STORY OF SHARI

Let me tell you a little story about this guy, a person who simultaneously makes you laugh and cry.

I really do not have a problem with him – though others might.

A humble and kind hearted teddy bear who’d never pick a fight.

Always putting others first and treating them well, wielding the ultimate weapon – which is his smile, I can tell.

Never quiet; loud, brash and would be the first to yell, sarcastically reassuring you, ‘it is okay’.

Surely, it rings a bell.

He is one with the ladies,

What does he have?

I can tell you one thing, he surely isn’t a chav.

This is all I can tell you about this guy Shari.

If you make friends with him, I promise you, you’ll not be sorry.

Shari
Aspiring to be who people aspire to be

You know that feeling, when you feel, ‘What is life to me? Is it to be loved, or is it to be seen?’ And consciously thinking, what if people do not see me for who I am, but for who I’m not? Then how will I inspire these whole lot.

But sometimes being yourself is better than giving false hopes to better people’s views of you.

She was once told: who have you met with the same personality and charisma – like yours? You’re one of a kind so don’t doubt yourself, hopes to better people’s views of you.

And sometimes being better is better than giving false hopes to worse people’s views of you.

Then how will I inspire these whole lot, me for who I am, but for who I’m not?

‘What is life to me? Is it to be loved, or is it to be seen?’

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself of being a vibrant reflection of the sea, you’re a vibrant reflection of yourself – so be who you are and not who you’re not.

Remember the sky is a vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.

And you’re the vibrant reflection of the sea, and you’re one of a kind so don’t doubt yourself.

You’re one of a kind so don’t doubt yourself.
He’s funny, he’s kind. Too kind to people at times.
To people who take his kindness for weakness,
he thinks: why waste my time?
He laughs, he giggles and is always on his line,
But after all the fun, it still doesn’t cure what’s inside.
Dark thoughts and black skies is all we get in London,
Because the weather will match his mood if he’s going into depression.
He says the struggle is so real and he doesn’t know how much more he can take.
But what drives him forward is that the struggle is what made him the man he is today.
He goes through so much trials and tribulations in his life
Sometimes he wants to run away, or simply take a break.
There’s people who want to help him and support him in his life,
But he just wants to be left alone because he’s simply hurting.
He thinks if he’s nice, something nice will happen back,
But it’s a very very cold world – and trust me, that’s a fact.
He used to be so kind, charming and sweet to everyone,
Now his heart’s turned cold and doesn’t care about anyone.
He has a closet so big that he doesn’t want to tell anyone,
But because it’s so dark he doesn’t trust nobody.

Leon
This girl is confused
I don’t understand
All these emotions, but she’s still bland.
Trying to please everyone,
When will she learn
That trying to do that, you’ll receive nothing in return
She doesn’t really like to expose this side
As it might make her cry
So she does a good job at keeping it inside.

Britany
Who am I? I'm not too sure
I'm searching, finding, experiencing and exploring.
I know who I was,
and where I want to be,
But this path in between, it's a journey.
A rollercoaster ride some might say?
It has its ups, but it's highly flawed.
I doubt, I scream
The voice inside, it pulls me back til I want to hide.
I surround myself with those around
And yet I'm alone.
But, I like being alone,
I'm in control.

Tamara
Dark skinned girl with a big nose
I have to love myself, I know.
But the cameras and the magazines
break this wall of self-esteem
I’m never happy, though I may joke around.
I’m forced to turn this around.
I don’t hate myself
I just, I don’t know to be honest.
Run and hide from the emptiness within,
buffers me like the wind
I guess it’s a love hate thing with me.
One day I’ll love myself
Yes, me. Marie.

Marie
YOU DON’T NEED TO PROVE YOURSELF TO OTHERS

You don’t need to prove yourself to others
You need to do your best for you.
If you feel bad right now, this will soon pass before you know.
Trust yourself and you can do anything.
Believe in yourself and you can do anything.
Only you can change your life
Only you can make up your mind.
Whether to go left or right,
Whether to do wrong or right.

I know it takes a while sometimes,
But I know you’ll feel alright again.
I know you find life hard sometimes,
But you will get through it every time.
I know other people find it hard to understand you,
I know you find it hard to understand yourself,
You still have time to figure yourself out
There are many years ahead of you,
try not to worry about that just yet.

Anon
Black Lives Matter too
Blood spilt and then shown on the news.
No, forget it.

All lives matter.
Black, white, Asian, Hispanic and all the others too.
I guess murder and death
Is ok when it’s not you.
We call them Police, pigs and cops.
Why can’t humanity help racism
drop to a pool of love?

No lives matter anymore.
Death and hate will prevail
and will be sent out like mail.
A monthly subscription to pain,
the average black lives taken
It has to stop.

Anon
Action for Children supports and protects the young and vulnerable, as they grow up. We make their lives better: now, tomorrow and every day.

actionforchildren.org.uk
actnforchildren
actionforchildren
actionforchildrenUK

Registered charity nos. 1097940/SC038092/company no. 4764232
Produced by Action for Children 02/2016. 15/16 0211