

Veronica Parsons

SELF HARM WITH CYBER BULLYING

There's a girl. She doesn't know how to handle things. Everything's spiralling out of control
Sometimes she can convince herself she's not really alive
Maybe she's in a nightmare
.... and she just can't wake up?

SAVE ME FROM MYSELF

You would never guess her secret if you knew her ,she hides it so well ...
She seems so happy on the outside ... Do you want to know the secret?
She cuts herself.
She doesn't know why and she doesn't understand why she decided to do it in the first place.
But one thing she does know ... she can't stop. But why and how?
When she feels out of control, overwhelmed with emotion, and depressed.
Cutting helps her calm down and makes it easier to be able to think ... at the same time ... when
she feels so numb ... empty ... cutting helps her feel alive even for a minute. She knows she is a
real person her pain is real her thoughts are real . Yet no one really knows.

SOMEONE PLEASE SAVE ME FROM MYSELF

It all started on facebook. There were people she didn't know calling her names writing bad things
about her. Racist remarks that hurt her deeply. Sad feelings that don't go away. They make up lies
about the girl and make fun of her friends. Family and friends that she can talk to and who want to
help her. They say mean things about them as well. Her family and friends told her to ignore the
bad things but it keeps on going and going . It never seems to end.
She tried to stop the cyberbullying by talking to the police to try to get help. Teachers listened to
her but they couldn't do anything. She tried to talk to the mean people but they didn't listen and
they just kept writing more mean things.
In the end everyone started to listen when she tried to kill herself but failed

