

**DO  
TELL  
SOMEONE!**

Inner Turmoils Surrounding  
Sexually Abused Victims

*Yvonnia Houston*



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# FOREWORD

Sexual abuse has been occurring for many years. No one is immune to it. Each incident has a devastating effect, leaving behind a wide variety of emotions. Fear, shame and anger are a few of the more common examples. It reduces self-esteem in such a way that even the most confident person can't escape its horrors. It can also cause confusion, depression, suicidal tendencies, insanity and emotional turmoil that can last for many years. Many victims, when left untreated become victims many times all over again. Some turn to prostitution, gigolos, mental institutions, residents of penal intuitions, residents to drug and alcohol abuse centers etc. These are the one you hear about most often and wonder why they chose to lead these type of life styles. These victims have these problems without consciously knowing it stems from their unfortunate past of having been sexually abused. Other victims that you don't hear or know so much about go on to become dysfunctional, possible abusive parents who perpetuate the same kind of behavior by allowing their own children to be victimized, or victimizing their children in the same manner. One way to deal with this problem is prevention. You can't ever start too early teaching your children to recognize potential harm. Teach them about "good touches". It may take a while for the child to gain the courage to reveal when a "bad touch" has occurred and when they do, intervention need to take place immediately.

There are many people in a trusted position to whom your child can fall victim. Some of whom are the father, stepfather, uncle, clergy, brother, mother, stepmother, grandfather, other distant relatives, friends of parents, their own friends, teachers, baby sitters, dates and neighbors just to name a few. There are others that are strangers, but more often the victim knows and trusts their assailant so be aware.

The best way to deal with this type of crime is to seek professional and legal help. In this manner the victim will be able to identify the problem and work on it before they get out of control.

Teach your child self-confidence and foster it regularly. Help them develop and maintain a healthy, strong self-esteem. If they fall victim to such tragedy in their life help them to restore that self-esteem.

**Loretta Leach, R. N.**

# THANKS!

To You **God** for blessing me with a piece of Your creativity to write this book in the manner that I have, and for Your Precious Son **Jesus Christ** who died for a wretch like me. To the entire staff at the **Civic Center Library in Marin County** for your endless help during my research and for your valuable hard work in the upkeep of resource materials. To mother **Verlean Houston** for keeping an open eye and ears on pertinent information that helped form this book and for *all* of your years of support. To **Jurlene Scruggs** for unlimited “typing patience”, loving guidance and words of wisdom over the years. To **Stennis Scruggs** for your enduring patience throughout computer lessons and for providing an extra boost of needed faith. To **Ruth Rockie Williams** for your burst of positive energy that assured “you can do it” To the one and only **Ann Landers** whose therapeutic column I shall always be grateful for. To **Kathy Robinson** for being supportive and a very dear friend. To all of my teacher from kindergarten through college for teaching me Especially **Mrs. Joan Cone** for making writing fun and for reading poetry aloud which inspired me to start writing in such a manner. Especially to **Mr. Bob Doer** who encouraged me to change my major to writing and for seeing the potential when I didn’t. To son **Jamie** for your patience which sometime meant neglect on my part during “writing hours” To **Michael** for your love, support and most of all your ears for listening.

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**To Jamie, Le Juan, Michael  
Jayda & Loyal**

**May God bless you always!**



**This book is dedicated to all**

**Survivors!!**



**Do Tell Someone!**

## **CRUEL**

**I Left Home Very Young Because, Things Just Weren't Right  
Instances Of Him In My Bed When You Were Sleep At Night  
I Did Tell But, "Oh No!" You Said, "That I Can't Believe"  
"My Husband Isn't Capable Of Such, From Here You Must Leave"**

**So Out I Went Into The World Not Knowing What Was For Me  
To Do At Such An Early Age But At Least I Was Free  
Little Did I Know That There Were Others Just As Cruel  
Who'd Take Advantage Of Me Too And Make Me Out Their Fool**

**More Hurt, Pain, And More Unhappiness I Came To Endure  
With This Little Heart Of Mine That Once Was Free And Pure  
Things Were So Bad I Did Not Know Which Way To Turn Or Go  
Or Even It There Was A Reason For My Existing So**

**Then One Day I Stumbled Into The Greatest Building On Earth  
And Discovered After All Love In The Universe  
As I Listened I Realized That God Is Very Kind  
He Has Truly Given Me Back My Peace Of Mind**

**Do Tell Someone!**

## **SEXUAL ABUSES**

**Mom Knew Dad Was Sleeping With Me  
She Just Turned Her Head  
She Didn't Do A Thing About  
Him Climbing In My Bed**

**"He Is A Drunk  
He Don't Know Better"  
Were Some Of The Excuses  
While My Precious Body Ached His Sexual Abuses**

**Mom Said She Didn't Want Bad Publicity  
Never Mind The Hell That He Was Causing Me  
Her Only Concern Was Our Neighbor's Thoughts  
She Didn't Even Try To Bring It To A Halt**

**After Several Years, No More Could I Take  
I Had To Go Away For My Sanity's Sake  
I Am Far Away From Both My Parents Now  
I Thank The Lord That I Made It Through Somehow**

**Do Tell Someone!**

## **KIDNAP RAPE**

**Pretending To Solicit  
Money For A Church Donation  
Instead He Kidnapped Me  
For Sexual Exploitation**

**I Was Told That My Parents  
No Longer Wanted Me  
He Said To Him They Had  
Relinquished Custody**

**For Seven Long Years  
I Was Sexually Abused  
He Said To Call Him Dad  
Mind Was So Confused**

**Mature, He Lost Interest In Me  
And Kidnapped More Young Prey  
When He Went To Work  
We Both Ran Away**

**I Didn't Want Him To  
Go Through What I Had  
Police Turned Us Back Over  
To Our Mom And Dad**

## **ARRANGED RAPE**

**My Mother Allowed Me To Be Abused  
By A Man That She Owed Drug Money To  
She Told Me To Pretend That I Was A Runaway  
What She'd Actually Done Was Arranged The Rape**

**In The Apartment Of A Convicted Rapist, She Left Me Alone  
He In Turn Raped Me While She Was Gone  
I Was Hysterical When She Finally Came Back  
Uncaring She Took Me Home And Left To Smoke More Crack**

**After Months Of Keeping It In, I Finally Told My Father  
He Called The Police Who Came And Arrested Her  
I Hate Her Guts And Hope To Never To See Her Again  
I Pray To God One Day That This Nightmare Will End**

## **RAPING DRUNK**

**Four Years Ago I Was Raped  
By My Aunt's Drunk Boyfriend  
That No Good Dirty Dog  
Has Struck Yet Again**

**He Raped My Little Cousin  
Who Is Only Ten Years Old  
But Our Family Did Not  
Believe Her When She Told**

**They Didn't Believe Me Either  
When I Told What He'd Did  
They Said I Wanted Attention  
And Was Being A Silly Kid**

**I Still Have Bad Nightmares  
Can't Stand The Sight Of Him  
I Feel Really Bad That My  
Cousin Is His Latest Victim**

**I Feel A Sense Of Duty  
To Let Someone Know  
Since Our Kin Won't Help  
Where Else Can I Go?**

**Do Tell Someone!**

## **DEGRADED**

**My Step-Dad Stopped  
Sleeping With Mom In Bed  
When She Went To Work  
He Slept With Me Instead**

**He Fondled All Over  
Me And My Baby Brother  
Said If I Told He'd Kill Us  
That Included Mother**

**Fondling Led To Rape  
Sodomy, Oral Copulation  
Inside I Felt  
Human Degradation**

**I Shot Him In His Back  
Real Good One Day  
Time Came To Press Charges  
Not One Word Would He Say**

## **PAINFUL SECRET**

**My Own Father Has Slept With Me In Bed  
"It Is Part Of Growing" Is All He Ever Said  
Seems He Never Wanted To Lie When Mom Was There  
He Said "It Was Our Secret And That She Wouldn't Care"**

**It Was Very Painful When He Laid Me Down  
"You Will Get Used To It" As He Sexed Me Like A Hound  
I Tried My Very Best To Hold Back The Cry  
But Inside It Felt As If I Were Going To Die**

**It Seemed From This Bondage I'd Never Be Free  
As Years Went By He Just Kept Prying Into Me  
I Finally Grew The Nerves To Say I'd Take No More  
No Longer Would I Be Treated As My Daddy's Whore**

**That Day "Our Secret" Came To A Stop  
It Was No Longer Possible To View Him As My Pop  
When I Go To Sleep, I Have Real Bad Dreams  
The Pain Will Always Be, That Is How It Seems**

**Do Tell Someone!**

## **INSANE RAPIST!**

**Committed At Seven To  
A Mental Institute  
Because Dad Treated Me  
Like A Prostitute**

**It Started When Mom  
Left Me In His Care  
In A Hotel Room  
He Made Me Strip Bare**

**He Tied Up My Arm  
Shot Drugs In My Vein  
Did Things To Me  
He Knew Were Insane**

**Reunited With Mom  
Two Years Later I Told  
I Had To Rid My Chest  
Of That Heavy Load**

**Do Tell Someone!**

## **ONLY THIRTEEN**

**I Was Only Thirteen  
When I Had My First Baby  
A Cousin Over Twice My Age  
Treated Me Like A Lady**

**To Our Relatives  
He Blatantly Denied  
She's His Spitting Image  
It's Obvious He Lied**

**My Sister Said He Should've Been  
Put Under The Jail To Rot  
My Daughter Is Beautiful  
And Everyone Loves Her A Lot**

## **FORCEFULLY ENTERED**

**Teacher Said Stay After School  
For Extra Work With My Study  
When Everyone Was Gone  
He Forcefully Entered My Body**

**No One Believed Me  
When I Told What He'd Done  
They Stayed Away From Me  
Our Friendship Was Disowned**

**His Wife, Bless Her Heart Came Forth  
Said He Was Guilty Indeed  
She Said He'd Raped Another In  
Town Where They'd Lived Previously**

## **MOLEST TEACHER**

**Molested By My Teacher  
When I Was In Grade Three  
I Told But Not A Single  
Soul Believed Me**

**I Lost Interest In School  
Drifted One Grade To The Next  
Eventually I Gave Up  
And Threw Away My Text**

**Years Later I Fell In Love With  
A Guy Who Said He'd Protect Me  
Only Thing He Did Was  
Put Me On The Street**

**My Self-Esteem Plunged  
To An All Time Low  
At Fifteen Years Of Age  
I Became A Hoe**

**Later I Found Out  
The Teacher Did Confess  
Too Bad They Didn't Listen  
When I Was At My Best**

**Do Tell Someone!**

## **SODOMIZED**

**"Be Aware" My Sisters  
Mom Always Warned  
I Her Son Was Not Told  
Of Perverts To Be Alarmed**

**Right Under Her Nose  
The Neighbor Sodomized Me  
He Said It Was A Secret  
Between Him And Me**

**One Day We Were Riding  
I Burst Into Tears  
And Told Mom How He'd Hurt Me  
Badly In My Rear**

**Do Tell Someone!**

## **SICK JOYS**

**Let Us Not Forget  
To Warn Our Little Boys  
About The Sex Maniacs  
Who Seek Them For Sick Joys**

## **FORCED OPEN**

**Mom Was Nice Enough  
To Take In Our Cousin  
A Nice Young Man Though  
He Definitely Wasn't**

**I Was In Fourth Grade When He  
Snuck In My Bed One Night  
And Forced Open My Womb  
With All Of His Might**

**I Was So Frightened  
To Tell What He Had Done  
He Said It Was Just  
A Little Game Of Fun**

**Thinking Of It Makes Me Feel  
Like A Two-Bit Slut  
Today Spaced Out On Drugs  
To Anybody I Give It Up**

**Do Tell Someone!**

## **BITTEN PEE**

**My Pee Pee He Used  
To Suck And Bite  
Somehow I Felt  
It Was Not Right**

**Nobody Paid Me  
Any Attention  
When I Decided  
It To Mention**

**Who Is To Protect  
The Little One?  
When This Foul  
Thing Is Done?**

**Do Tell Someone!**

## **DEADLY MOLEST**

**At Four Months Old  
I Was Laid To Rest  
Daddy Molestation  
Was My Cause Of Death**

**Molesting Me, He Pillowed My Face  
To Stifle My Cries  
Unable To Breathe  
I Shut My Eyes**

**If This Is But A Sampling  
The Life I Would Have Lived  
I'm Much Better In Heaven  
Father Please Forgive**

**Do Tell Someone!**

## **RAPE SALES**

**My Sister, I And Neighbor Kids  
Were Lined Up For Sex  
By Both Of Our Mothers  
So They Could Get A Fix**

**Raped And Molested Three Years  
Several Times A Week  
Johns Picked Among Us  
As If We Were Beef**

**While Being Raped  
Our Moms Just Sat And Looked  
Their Excuse For Doing This  
Is That They Were Hooked**

## **SEXUALLY MUTILATED**

**Lured Into The Woods  
By His Scare Tact Threats  
At Seven Years Old I Was  
Sexually Mutilated Near Death**

**Raped Anal And Orally  
My Penis Was Also Chopped  
Just Because On Him  
I Could Not Pee On Top**

**He Choked Me With A Cord  
Stabbed And Left Me To Die  
I Was Found Bloody Naked  
In The Mud Barely Alive**

**Practically Incoherent  
When Found After The Attack  
Unfortunately, Not Soon Enough To Have  
My Genitals Reattached**

**He Was Found Guilty  
In The First Degree  
I Don't Feel That I  
Will Ever Be Set Free**

## **SORTED RAPIST**

**I Had A Big Brother  
Who Played Lots Of Sports  
I Discovered He Also Liked  
Sex In Different Sorts**

**When Our Parents Were Gone  
He Slept With Sisters And Brothers  
Promised Us Cookies And Candy  
If We Didn't Tell Mother**

**I Started Having Problems  
Mom Begged Me "What's Wrong?"  
It Was Hard To Tell Her  
What He Did When She Was Gone**

**One Day She Sent Me  
To A Psychiatrist  
I Couldn't Tell Him Either  
Something As Awful As This**

**Years Went By, I Held In  
All Of The Disgust  
I Didn't Feel In Anyone  
I Could Ever Trust**

**Do Tell Someone!**

## **FRIGHTENED**

**Though It Was Beyond Dark  
Mom Told Me To Go Play In The Park  
While She And Her Friends Sat And Smoked  
    Something I Believe Referred To As Coke**

**This Guy Looked Me Up And Down  
Frightened, I Tried To Get Around  
He Forced Me Down In The Dirt  
    Pulled Down My Pants My Tee Tee Was Hurt**

**I Rushed Home And Told My Mother  
Who Still Did Not Wish To Be Bothered  
I Ran In My Room And Went To Bed  
    Not Another Word About It Was Said**

## **SCULPTURING RAPIST!**

Daddy Slept With Both  
My Two Sisters And I  
Mom Was Fully Aware  
But Chose To Let It Slide

Sculpturing Wood  
He Stayed Home All Day  
He'd Become Enraged If We  
Came Home A Minute Late

**"Be Nice And I Won't  
Meddle With Your Siblings"**  
He Raped Them Both Behind My Back  
Until They Were Trembling

When He Wanted Me  
He Sent Them To The Store  
He'd Be Finished When They  
Walked Back Through The Door

One Day There Was A Lecture  
At School About Sex Abuse  
Which Informed *To Tell*  
If We Were Being Used

We All Came Forth And  
Told What Was Going On  
Both Our Parents  
Quickly Left Our Home

## **TORE APART**

**I Was Very Smart And  
Made Good Grades In School  
Until Mind Cluttered Of  
Being Raped By That Fool**

**It Happened One Day  
When Mom Left Me Alone  
With Her Boyfriend In The  
Few Moments She Was Gone**

**As I Cleaned My Room  
He Came In And Said  
Come Let Me Help You  
Clean Up First Your Bed**

**He Snuck Up From Behind  
When I Threw Up The Cover  
Yanked Me Into Bed  
As If I Were His Lover**

**I Shouted, Kicked And Screamed  
He Said No One Will Hear  
Forced Down My Undies  
And Tore Apart My Rear**

**To Mother He Said He  
Really Meant A Lot  
And If I Cared For Her  
I'd Say A Thing Not**

# **TRICKED**

**At Twelve Years Old  
I Ran Away From Home  
Because Daddy Wouldn't  
Leave My Body Alone**

**Met At The Bus Station  
By A Real Nice Guy  
He Treated Me To Dinner  
And Some Cherry Pie**

**When We Finished Eating  
He Showed Me The Town  
I Was Very Happy  
As We Drove Around**

**One Week Later He Said  
"I Need Money Quick"  
To Keep Us Going  
I'd Have To Pull Some Tricks**

**Most Johns Said They  
Loved The Younger Girls  
Said It Was The Best  
Feeling In The World**

**If Daddy Had Kept His  
Filthy Hands Off Me  
I Wouldn't Be Out Here  
On These Ragged Streets**

**Do Tell Someone!**

## **DEVASTATED**

**My Date Said "Get Ready We're Going To The Drive-In"  
When We Turned The Corner, In Hopped His Two Friends  
Forced To Perform Sex On All Three Of The Scums  
Totally Devastated, They Were Just Having Fun**

**They All Laughed The Entire While  
I Couldn't Find A Thing About To Smile  
Original Date Asked "Well What's Wrong?"  
As He Kindly Drove Me Back To My Home**

**When Word Circulated I Felt So Filthy  
Despite Them Three Bastards Were The One Guilty  
I Was So Shamed That I Never Did Tell  
Just Suffered All Alone In My Own Hell**

**Do Tell Someone!**

## **DADDY'S GIRL**

**Me And Dad Are Parents  
Of A Newborn  
Though She Is Innocent  
Inside I Still Mourn**

**It's Got To Be The Hardest  
Thing In The Whole World  
For Any Daughter To Give Birth  
To Her *Own* Daddy's Girl**

**What Will I Tell Her  
When Grampa Question Comes?  
She'll Be So Confused  
When She Learns They Are One**

**How I Wish  
Things Were Different  
Between Daddy And Me**

**Oh How I Wish  
He Would Have  
Let My Body Be**

**Do Tell Someone!**

## **FATHER'S SIN**

**With Help From The Underground  
Me And My Son Are On The Run  
Because His Own Father Used To  
Pry Into His Small Rectum**

**We Tried To Get Help  
From The Judicial System  
They Said He Was Fantasizing  
And Did Not Believe Him**

**We Miss Our Home  
Friends And Family  
But My Main Concern  
Is For His Safety**

**It's So Nice To See Him  
Smiling Once Again  
I Hope One Day He's Able To  
Forget His Father's Sin**

## **VISIBLE RAPE**

**Four People Passed  
While I Was Being Raped  
On The Ground Near  
Oakland's Merritt Lake**

**Struck By A Man Who  
Appeared Out Of Thin Air  
He Drug Me Down A Slope  
And Tore Off My Underwear**

**Raped And Beat Ten Minutes  
While Joggers Continued To Run  
He Told Each One Of Them  
That He Had A Gun**

**After The Ordeal I Drove  
Back To My Berkeley Home  
Badly Bleeding And Swelling  
Police Were Telephoned**

**They Told Me That I Was  
Lucky To Be Alive  
That No One Called For Help  
They Couldn't Figure Out Why**

## **PERVERTS**

**I'm Three Years Old  
I've Contracted V.D.  
Mom And Her Boyfriend  
Both Laid Up With Me**

**She Took Me To The Doctor  
It Was He Who Realized  
That I'd Been Infected  
Police Were Notified**

**Mom Told Them She Was  
Trying Out Masturbation  
Her Boyfriend Said That He'd  
Performed Oral Copulation**

**I'm Too Young To Know  
Exactly Which Words To Use  
To Describe In Detail  
The Perverted Abuse**

## **FORCIBLY RAMMED**

One Day My Aunt Gave  
A Big Barbeque  
I Had To Use The Bathroom  
When We Were Through

My Teenage Cousin Said "I'll Show You  
The Way To The Bathroom"  
Once There He Threw Me Inside  
And Forced Off My Blooms

He Covered My Mouth  
With His Oversized Hands  
My Vagina Was Broken  
And Forcibly Rammed

**"Don't Ever Tell Anyone!"**  
That No Good Bastard Said  
"If You Do I Promise  
You Will End Up Dead"

He Went Back Outside  
As If Nothing Happened  
Joined In With Our  
Other Relatives Laughing

Painfully I Made  
My Way Back Out The Door  
Took Me A Long Time To Tell  
What Happened To Me At Four

**Do Tell Someone!**

## **DISGRACE**

**When I Was  
Six Years Of Age  
I Experienced  
A Violent Sex Rage**

**While We Were Visiting  
My Great Auntie  
My Decrepit Uncle  
Peed Inside Of Me**

**I Ran Out Of  
The Bathroom Really Quick  
Told Mom In Me  
He Had Put His Stick**

**She Held Me Tight  
Packed Us In The Car  
From These Relatives  
We've Stayed Far**

**The Incident Effected  
Me A Great Deal  
The Very Thought  
Of It Makes Me Ill**

**With Plenty Of Sex  
All Over The Place  
No One Nowhere  
Should Suffer This Disgrace**

**Do Tell Someone!**

## **SEXUALLY BLUDGEONED**

**Twenty Years Ago  
Dad Killed My Best Friend  
He Sexually Molested And  
Bludgeoned Her Head In**

**He Said If I Told  
He Would Kill Me Too  
"You'll Be Put Away  
And They Won't Believe You"**

**I Forgot About It  
After Such A Long Time  
One Day It Suddenly  
All Came Back To Mind**

**The Only Way I Could  
Set My Conscious Free  
Is By Telling What I Knew  
To The Authorities**

**My Dear Friend Who Was  
Only Eight Years Old  
Peace, Love And May Our  
Dear Lord Bless Her Soul**

## **STOLEN VIRGINITY**

**My Precious Little Baby  
Was Only Three  
When Her Daddy Stole Away  
Her Virginity**

**I Couldn't Handle It  
When I Found Out  
So I Took My Little Precious  
And We Both Got Out**

**Now We Are Fighting  
Whose Custody She Should Be In  
I Know He Just Want Her  
So He Can Do It All Again**

## **DATE RAPE**

**My First Sex Encounter Unfortunately Was Rape  
By A Friend Who Came For A Dinner Date  
In The Midst Of Eating He Said Come Lets Dance  
Abruptly He Threw Me And Tore Off My Pants**

**I Tried Everything I Could To Get Him To Stop  
He Ignored Me And Climbed Right On Top  
I Was Very Angry At Having Been Betrayed  
He Acted As If Everything Was O.K.**

**Causally He Said "Well How Was I?"  
This Despite Tears Coming Down My Eyes  
I Yelled At Him To Get Out Of My Home  
The Whole Rotten Experience Won't Leave Me Alone**

**Do Tell Someone!**

## **STAR RAPIST**

**Because He Was The Star  
Of The School's Football Team  
I Was Urged "Not To Tell  
And Destroy His Dream"**

**"Think Of His Reputation"  
Along With Bad Publicity"  
They Didn't Even Address  
The Rotten Things He Did To Me**

**It Happened After We Came  
From A School Gathering  
He Asked If He Could Come In  
And Have Something To Drink**

**He Turned The Music On  
And Up Very Loud  
He Then Raped Me But  
No One Heard Me Shout**

**Do Tell Someone!**

## **TWO BIT RAPIST**

**Like Some Two Bit Junkie  
He Had To Have A Fix  
But Instead Of Drugs  
He Fiend Oral Sex**

**He Told My Brother And I  
Not To Tell Our Mom  
That He Made Us Lick Him  
When He Babysat In Our Home**

## **HELPLESS**

**Of Some Baby Sitters You Must Be Aware  
B-E-F-O-R-E Leaving Children In Their Care  
They May Not At All Be What They Appear  
It's Sometimes Normal Look Behind Doors That Turn Queer**

**By My Baby Sitter I Was Repeatedly Raped  
Afraid To Tell Mom There Seemed No Escape  
He Rammed Inside My Body As Though It Were A Toy  
I Felt Very Helpless As A Little Boy**

**He Told Me If I Ever Told Mom  
She Would Suffer Bodily Harm  
That's Why I Kept The Secret All Shut Up  
That's Why My Life As Been Very Corrupt**

## **TRAUMATIZED**

**Dressed As A Police He Forced Me In His Car  
While Another Drove Us Into The Woods Afar  
In All Were Six Uniformed White Men  
Who Raped And Sodomized Me Over And Over Again**

**This Pain And Torture Went On For Days  
My Mouth Is Where Their Semen Was Sprayed  
They Scribbled "KKK" On My Upper Torso  
Also "Nigger, Nigger" Was Written Just Below**

**In A Hefty Garbage Bag On The Ground I Lie  
That Is Where They Tossed Me Out To Die  
Found With Stinky Feces Smearred All Over Me  
I Was So Traumatized, I Could Hardly Speak**

**Inside The Hospital's Emergency Room  
I Was Only Treated For My Outer Wounds  
Family And Friends Who Love Me Very Much  
Felt This Horrid Crime Shouldn't Be Kept Hush**

**There Was Much Controversy Surrounding The Case  
Largely In Part Due To My Black Face  
In Months That Followed My Word Bloomed Full Doubt  
Judge Ruled Fabrication And Threw The Case Right Out**

**Rape Is Devastating Whether It Happens To A Black Or A White  
I Know Because I Lived It Four Days And Three Nights  
I Thank God For My Life And For Seeing Me Through  
He'll See Guilty Parties Get Justice Due**

## **RAPE LADY**

**I Was Kidnapped One Night  
While Walking The Street  
By Two Teen Aged Boys  
And A Rough Young Lady**

**Forced To Perform On Each  
An Oral Sex Act  
She Viciously Rammed My Vagina  
With A Wire Coat Rack**

**When They Finally Stopped  
Torturing Me  
She's The One Who Kicked Me  
Back Out On The Street**

**I Gave Police Their License Number  
That I'd Written Down  
Her Mom Thought She Could Do No Wrong  
And Hid Her Out Of Town**

**Just Because I Choose  
To Hook For A Living  
Does Not Mean That  
I Am Without Feeling**

**Do Tell Someone!**

## **POWERLESS**

**At Five I Was Molested By The School Bus Driver  
When I Told My Parents They Managed To Have Him Fired  
In All Outward Appearances I Appeared To Be Fine  
All The Hurt Was Buried In This Little Heart Of Mine**

**Three Years Ago At The Age Of Thirty-Three  
I Found Myself Acting Irrationally  
When My Pre-School Children Defied My Order  
I Spanked Them So Hard It Was Along Beating Border**

**PARENTS ANONYMOUS Helped Me Out With My Behavior  
From There I Went To Therapy Which Helped Even Greater  
Talking To The Therapist Made Me Realize  
That There Was Still Much Anger Buried Down Inside**

**I Now Know That My Rage Stemmed From Earlier Experiences  
Back To When I Was Young And Powerless  
Parents Take Care Of Your Children After Abuse Is Discovered  
Healing Need To Begin At Once So That They Can Recover**

## **ADOPTIVE RAPIST**

**Me And My Twin Were Adopted  
And Raped For Eleven Years  
Sexual Abuse Occurred Daily By The  
University Of California Teacher  
Forced To Have Sex With Him,  
Male Students, And Other Children  
There Were Many Pictures Taken  
Of The Sick Perversion**

**When Developing His Pictures In The University's Lab  
He'd Become So Aroused Right There He's Make Us Gap  
He Told Both My Sister And I "Do Not Tell"  
"If You Do Your Twin Will End Up Going To Jail"**

**On One Weekend Trip We Took Up To His Cabin  
He Took Five Girls And Made Us All Sleep Nude With Him  
When His Wife Found Out She Thought Of His Reputation  
She Kept Quiet, We Fell In A Spiral Of Self-Destruction**

**Abused Three More Years We Felt It Was Time  
With A Lawyer's Help We're Suing For Every Dime  
More Important Though Is To Make Everyone Aware  
This Can Happen To Anyone, Anytime, Anywhere**

**Do Tell Someone!**

## **SCARRED**

**Both Me And My Brother  
Were Put Up For Sale  
By Our Cocaine Addict Mother  
Who Informed Us "Not To Tell"**

**Most Of The Johns  
Were Great Grandpa Types  
Little Kids Are Who They  
Seemed To Best Like**

**She Traded Us  
For Some Stupid Dope  
Mentally It Scarred Us  
And Left Us Without Hope**

**Do Tell Someone!**

## **BURST OPEN**

**At Six Months Old Mom Held Open My Legs  
So Daddy Could Come Inside  
He Burst Me Wide Open  
I Laid There And Died**

**I'll Never Understand Why  
They Were So Cruel To Me  
I'll Never Understand Why  
They Couldn't Just Let Me Be**

**I Am Much Happier  
Up Here With My Lord  
Looking Down I See  
The Problem Have Gotten Worst**

**Do Tell Someone!**

## **TAMPERED**

**Rushed To The Hospital  
When I Was Two Weeks Old  
My Brother Rammed His Finger  
Into My Little Hole**

**When Mom Changed Me  
Blood Was In My Pamper  
That's When She Discovered  
My Vagina Had Been Tampered**

**I Hope In The Future  
She Keeps A Closer Watch  
Against His Strength  
I'm *No* Kind Of Match**

## **DAD'S SEX MATE**

**I Ran Away From My  
Neat Little Home  
Because My Daddy  
Wouldn't Leave Me Alone**

**I Tried Telling Mom  
What Was Going On  
She Thought With Me  
Something Was Wrong**

**So Out The Door  
I Headed Straight  
I Didn't Like Being  
My Dad Sex's Mate**

**Do Tell Someone!**

## **FILTHY RAPIST**

**We Lived In A Dark Filthy Apartment  
As Virtual Prisoners With Our Parents  
Raped, Sodomized And Beaten In Our Gloomy Room  
We Weren't Allowed Outside Not Even For School**

**For Us This Was The Only Way Of Life  
We May Have Had Other Siblings Who Didn't Survive  
Neighbors Who Cared Called The Authorities  
All Nine Of Us Were Taken Immediately**

**Three Months Later They Arrested Mom And Dad  
For Treating All Of Us So Very Bad  
We Thank God For Coming To Our Rescue  
And Are Looking Forward To Starting Life Anew**

**Do Tell Someone!**

## **ILL INCEST**

**Psychiatric Counseling I'm Now Undergoing  
My Own Daddy Inside Me Went Hoeing  
When Mother Learned Of The Ill Incest  
She Told His Army Superiors Who In Turn Made An Arrest**

**All Of His Pension Money Went Straight Out The Window  
They Didn't Like Father's Treating Daughters Like A Hoe  
He Was Discharged——Dishonorably  
Man Who Sleeps With His Daughter Is Nothing But A SLEAZE!**

**He Received Fifteen Years Behind Bars  
Surely This Will Teach Keep Hands From Me Far  
I Am Really Glad I Got It Off My Chest  
Now At Night When Sleep I Sincerely Rest**

**Do Tell Someone!**

## **SICK MOLEST**

**On The Front Room Couch  
My Cousin Felt All Over Me  
Said If I Ever Told  
He'd Kill My Family**

**"Don't Move Left Or Right!"  
He Threatened  
And Kept On  
Maliciously Petting**

**It Wasn't Until A Decade Later  
When I Relieved My Chest  
That's When I, No Longer Afraid  
Told Of The Sick Molest**

## **CHILD CARE RAPISTS**

**Today I Was Molested  
At My Child Care Facility  
By The People Who Were  
Taking Care Of Me**

**After Mom Picked Me Up  
I Was Very Quiet  
Later On That Night  
I Couldn't Hold In The Vomit**

**Afterwards I Told  
That I Had Been Hurt  
By A Bad Man Doctor  
And A Bad Lady Nurse**

**Do Tell Someone!**

## **ON CHILD CARE CENTERS**

**In Some Of Our Nation's Child Care Centers  
Is Where Some Of Our Kids Genitals Are First Entered  
So Unless You Feel You Really Can Trust  
At Home With Them Stay—That Is A Must**

## **GREAT SORROW**

**Unfortunately, Some Victims Do Not Survive  
Because They're Beaten And Raped So Badly They Die  
As Was The Case Of A Young Beautiful Girl  
Who Was Loved My All Who Knew Her In This World**

**Walking Home One Day From The Ice Cream Shop  
In The Church House She Decided A Brief Stop  
A Sunday School Teacher's Sex Advances She Rejected  
A Heartless Rape, Murder She Unfortunately Was Subjected**

**Her Loved Ones Noticed Her Missing Right Away  
Pinned Her Pictured Posters All Over The North Bay  
When In Some Garbage Bags Her Precious Body Was Found  
There Was Great Sorrow All Throughout The Town**

**How Could Something So Awful Happen To One So Neat?  
She Was So Young And Innocent With A Smile So Sweet  
We Know She's At Rest Up There In The Sky  
Happy With Our God In The Sweet By And By**

## **NEIGHBORLY RAPIST**

**Me And My Brother Were Invited To The Clubhouse  
By A Friendly Neighbor Who Turned Out To Be A Louse  
He Quickly Locked The Door Once We Were Inside  
We Had No Idea He Had Sex On His Mind**

**He Threatened Us Both Not To Make A Sound  
And Before We Knew It, His Pants And Shorts Were Down  
Helpless I Watched In Pain As He Hurt My Little Brother  
Forcefully He Humped Me Too, Said "Do Not Tell Your Mother!"**

**We Were Sore From Having Been Forced In Our Rear End  
We Never Told And We Never Went There Again  
Somehow We Knew What He Did Wasn't Right  
But Were Much Too Young To Put Up A Fight**

## **PORNOGRAPHY**

**Mom's Boyfriend Only Interest Was Getting To Me  
To Present Me To The World Of Pornography  
He Asked If I'd Like To Make Some Easy Money  
Said There Would Be Nothing To It At All Funny**

**Seemed An Easy Twenty Dollars Just To Dance  
But When I Got There He Forced Off My Pants  
Most Humiliating Were The Movie Cameras Going  
Capturing Dirty Sex To Me He Was Doing**

**I Was Too Afraid To Tell Mother What He'd Done  
So I Packed Up My Things And Ran Away From Home  
I Told My Father I Just Had To Get Away  
I Never Told Either Of Them That I Had Been Raped**

## **EXECUTIVE RAPIST**

**I Met A Bank Executive Through  
Big Brothers Organization  
Soon After We Became Friends  
He Engaged Me In Sexual Relations**

**At His Lake Tahoe Home  
He Was Obsessed With Me  
I Was Continuously Assaulted And  
Subjected To Pornography**

**"Sorry, Very Sorry" He Told  
The Judge For What He'd Done  
Seven Years Elapsed That  
I Endured This Wrong**

**Some Said The Conviction Destroyed  
His Twenty-Five Year Banking Career  
I Feel That */m* The One  
Who Was Destroyed Here**

**Do Tell Someone!**

## **MOLESTED**

**Looking Through The Window I Saw  
My Oldest Sister And Brother  
Naked In Bed  
Having Sex With Each Other**

**I Was Very Shocked  
Couldn't Believe My Eyes  
When She Molested Me  
I Felt So Bad Inside**

**My Hatred For Women  
Lasted Very Long  
I Knew What She Had  
Did To Me Was Wrong**

**Grown Up I Asked Her  
Why Had She Bothered Me  
She Said Our Father Had  
Abused Her Sexually**

## **REBOUND MOLESTER**

**I Am A Victim  
Of Molestation  
I Am Also Guilty  
Of The Same Violation**

**I Did Some Awful Things  
Underneath The Covers  
To Each One  
Of My Younger Brothers**

**I Hope One Day They Can  
Forgive Their Big Sis  
Maybe If I'd Gotten Help  
It Wouldn't Have Come To This**

**Do Tell Someone!**

## **PROM RAPE**

**The First Time I Had Sex  
I Was Brutally Raped  
By The Guy Who Took Me  
On My Senior Prom Date**

**He Felt As Though I  
Owed Him My Body  
Said He Was Nice Enough  
To Have Taken Me**

**Despite He'd Given Me Bruises  
Broken Ribs And Two Black Eyes  
I Was Called "Strange, Stupid"  
For Not Giving In To The Guy**

**Not Once Was I  
Viewed As The Victim  
After All They Said  
It's Not Like I Didn't Know Him**

**I'm Afraid Of Sex And  
Have Opted For Celibacy  
Sometimes Get The Impression  
That Something's Wrong With Me**

**Do Tell Someone!**

## **TORMENTED**

**Raped, Robbed And Beaten I Felt  
Compelled To Leave My Home  
My Dog Was Nearly Killed  
I Can't Stand To Be Alone**

**I'm So Scared And Tormented  
Don't Know What To Do  
At Times I Feel Like Running, Running  
The Problem Is Where To?**

**No Matter What My Future  
Life Will Never Be The Same  
Already Unable To See  
Now I Feel Completely Lame**

**Do Tell Someone!**

## **SEX FIENDS**

**One Night We Went Joy Riding  
With Two Neighbor Friends  
When Suddenly They Stopped  
And Wanted To Come In**

**We Were So Scared  
And Knew Not What To Do  
Somehow We Got Away  
Were Two Fast Running Fools**

**In That Old Blue Truck  
They Searched Left And Right  
We Hid Behind A Bush  
Well Out Of Their Sight**

**Tired Of Looking  
They Finally Went On  
We Were Relieved And Walked  
All The Way Back Home**

**You Can't Trust Anyone  
This Just Goes To Show  
Not When They Are  
Fiening Down Below**

**Do Tell Someone!**

## **ILL RAPE**

**At A Campus Party  
He Said He Was ill  
Politely I Helped Him To His Dorm  
Where He Suddenly Healed**

**Before I Realized It  
He Was Raping Me  
I Was So Shocked That  
I Couldn't Even Scream**

**Do Tell Someone!**

## **RAPE DAD**

**Mom Knew Dad Was Having  
Sex With Me All Along  
More Important To Her Was That  
He Brought The Paycheck Home**

**When I Asked Her If  
She Would Make Him Stop  
She Accused Me Of  
Having Seduced My Pop**

**Do Tell Someone!**

## **RAPED OR MOLESTED?**

**If You've Been Raped Or Molested  
You Must Get Some Help  
Do Not For One Minute  
Blame It On Yourself**

**Regardless How Hard It May  
Seem To You At First  
It's Better To *Let It Out*  
Before The Pain Get Worst**

**If You Try To Cover It  
Later On Down The Road  
Life Will Be Conflicting  
And Heavier Will Be The Load**

**If You Care For Sanity  
One Thing You Must Do  
Get Some Counsel, Deal With It Now  
I Promise You Will Get Through**

**Do Tell Someone!**

## **MUST TELL**

**If You Have Been Raped  
You Must Tell Someone  
So That You Can Get The Help  
That You Need To Move On**

**Don't Think It'll Go Away  
And Just Let You Be  
You Really Have To Deal With It  
In Order To Be Free**

## **NO LONGER FREE**

**At An Early Age My  
Virtue Was Forced From Me  
I No Longer Felt Like A Child  
I No Longer Felt Free**

**He Said "Do Not Worry  
It Happens Every day"  
"And That Sooner Or Later  
It Was Bound To Come My Way"**

**For Years I Tried  
Not To Think About It  
But It Kept Coming Up  
No Matter How Hard I Fought It**

**When Finally Able To Talk Out  
The Anger, Hurt And Pain  
I Stopped Feeling  
So Terribly Ashamed**

**Now I Am At Peace  
And Happy Once Again  
I Know Now I *Wasn't* Responsible  
For His Awful Sin**

**Do Tell Someone!**

## **MUST TALK**

**Though It May Have Happened  
A Long, Long Time Ago  
It May Just Be Why  
Your Spirits Are Down Low**

**With Someone You Must  
Talk Out All The Hurt  
Only Then Will You Be Free  
And Able To Move Forth**

## **HURT**

**As A Young Girl  
When I Was Raped  
I Felt Lots Of Hurt**

**As A Young Girl  
When I Was Raped  
I Felt Just Like Dirt**

**As A Young Girl  
When I Was Raped  
I Felt Icky Inside**

**As A Young Girl  
When I Was Raped  
I Just Wanted To Die**

**Do Tell Someone!**

## **VIOLATED**

**I Once Knew Nothing About Sex  
That Is Until One Day  
My Person Was Violated Upon  
In An ill-Mannered Way**

**I Felt Really Low  
Dirty And Disgusted  
Culprit Was Someone I knew  
And Once Had Even Trusted**

**My Virtue He Just Took Away  
He Said "It Was No Big Deal"  
He Didn't Give A Dam  
How Bad It Made Me Feel**

**He Finished Up  
Then Just Went  
About His Merry Way**

**But For Me  
It Was The Beginning  
Of Many A Hellish Day**

**Do Tell Someone!**

## **NO RIGHT!**

**Cause Its Brother, Dad Or Any Other Kin  
Gives Them No Right To Commit The Sin  
Of Violating And Taking Away From You  
Your Virtue Which In My Point Of View**

**Is Yours To Part With When You're **D-A-M** Ready  
No One Has The Right To Force You To Beddy  
So Do Yourself A Favor If It Happens To You  
Tell All The World And His Mama Too!**

**Do Tell Someone!**

## **NEVER TOLD**

**After Being Raped  
For A Second Time  
I Never Told And Tried  
To Put It Out My Mind**

**I Couldn't Bear Twice  
Going Through The System  
Of The Courts Who Seemed To  
Care Less About The Victim**

**Over The Years My Heart  
Was Filled With So Much Hate  
I Never Realized It  
Stemmed Back To The Rapes**

**The More I Talked About It  
The Better I Began To Feel  
Getting It Out Is What I Needed  
For My Heart To Heal**

## **MISERY**

**I Had A Baby  
By My Own Father  
It's Still Hard To Accept  
Him Raping His Own Daughter**

**I Left The Child In  
The Hospital's Nursery  
I Couldn't Bear Being  
Reminded Of The Misery**

**In Spite Of What He Did  
Mom Stayed With Him  
I Don't Know If I'll Ever  
Forgive Either Of Them**

## **CAN'T TELL**

**I Have A Mouth That Can't Tell Anyone  
When He Molest Me Just For Fun  
I Have Feet But Can't Run Away  
When He Fondles Me And Think It Is O.K.**

**I Have Fingernails That  
Can't Scratch His Eyes  
When His Oversized P-Thing  
Tears Open My Insides**

***Who Am I?***

**A Newborn  
Unable  
To Protect Myself From Harm**

**I May Be Two Or Three  
Still Without Strength  
To Fight My Way Free**

**At The Age Of  
Four, Five Or Six  
Unable To Beat Him With A Stick**

**Seven, Eight, Nine Or Ten  
Frightened To Silence  
Raped Over Again**

**Eleven, Twelve Or Even Older  
Ashamed  
Walking With A Down Head  
Wishing I Was Dead**

**Do Tell Someone!**

## **ASSAULTED**

**At The Age Of Six I Was  
Raped By My Step Dad  
For Many Years I Thought  
I'd Done Something Bad**

**He'd Told Me That If I  
Ever Told Anyone  
The Police Would Come  
And Take Him From Our Home**

**Also Mom Would Lose Her Job  
And It Would Be All My Fault  
That's Why I Never Told  
Anyone About The Assault**

## **MY FAULT?**

**I Was A Young Victim  
Of Sexual Assault  
But I Was Made To Feel  
As If It Were My Fault**

**The Police Locked Me In A Room  
For A Real Long Time  
When They Finally Appeared  
Suggested I Was Lying**

**I Was Shocked Because  
I Knew Nothing Of Sex  
So How In Hell Could I've  
Concocted Such A Hoax?**

**It Was Worst In Court  
He Pleaded "Not Guilty"  
His Lawyer Did All He Could  
To Make Me Look Filthy**

**After A Little Time In Jail  
Judge Allowed Him To Go Home  
I'd Never Felt So Betrayed  
Or So All Alone**

**I Tried Hard To Forget  
The Hurting And The Pain  
But After Many Years Have Found  
Deep In It Has Remained**

## **SILENT TEARS**

**I Was So Happy  
Until That Day  
He Took Something  
So Precious Away**

**Softly I've Cried  
Through The Years  
Holding Back  
Pain And Tears**

**Emotions Fluctuate  
Up And Down  
One Minute A Smile  
The Next A Frown**

**I Have Tried To  
Keep It Out Mind  
But Seem It's Ever  
Deeply Engrained**

**Do Tell Someone!**

## **BETRAYED**

**When Children Are  
Sexually Abused  
They Feel Betrayed And  
Their Minds Are Confused**

**The Best Way To Help Them  
Through Such An Ordeal  
Is To Get Them Help So  
Their Little Hearts Can Heal**

**Ask God To  
Give Them Peace Within  
Instill They *Weren't* Responsible  
For The Rotten Sin**

**Do Tell Someone!**

## **SEX ABUSE**

**Unfortunately Sex Abuse  
Happens Everyday  
To People All Over The World**

**The Sad Thing Is  
It's Kept To A Hush  
Most Time When It Occurs**

**Do Tell Someone!**

## **MUST LISTEN**

**We Must Listen When  
Children Drop Us Hints  
Something By It Is  
Bound To Be Meant**

**Their Heavy Hearts Are Tangled  
In Shock And Disbelief  
From Us They Seek Comfort  
Understanding And Relief**

**Do Tell Someone!**

## **CONFUSED**

**Though I'm Away From Home  
I Do Not Feel Free  
I've Never Told Mom  
    What Daddy Did To Me**

**Should I Tell Or  
Should I Let It Go?  
I Am So Confused  
    Don't Know What To Do**

## **Do Tell Someone!**

# **TELL!**

**As A Young Girl I Was  
Forewarned By My Dear Mother  
To Come To Her And Tell  
If Ever I Was Bothered**

**Home From Kindergarten  
About To Take A Nap  
My Uncle Sat In A Chair  
Exposed With His Legs A Gap**

**He Asked If He Could Put  
That Awful Thing In Me  
As Loud As I Could  
I Began To Scream**

**Startled, He Turned His Head  
I Ran Like A Bat Out Of Hell  
Stayed Out Until My Sister Came  
And First Thing I Did Was Tell**

**Dad Told Him "Be Glad You Didn't  
Finish Up What You Started"  
"Right Now You'd Be Dead"  
With That He Quickly Parted**

**After That We  
Never Saw Him Again  
It's Too Bad You Can't  
Even Trust Your Kin**

**Do Tell Someone!**

## **MUCH BETTER!**

**I Feel So Much Better  
Now That It's All Out  
Gone Is All That Pain  
And All Of That Self-Doubt**

**If You Too  
Are A Silent Victim  
Please Get Help  
Now Is The Time**

**Do Tell Someone!**

## **SUFFERING**

**To Innocent Young Children  
It Really Is Not Fair  
To Cause Them Pain And Suffering  
Their Hearts Just Cannot Bear**

**Before You Think A Thought  
Of Hurting A Little One  
Think Of All The Sorrow  
To Them That Will Be Done**

**Do Tell Someone!**

## **LOW DOWN**

**Such A Low Down Dirty  
Rotten Selfish Deed  
To Force Yourself Upon One  
To Fulfill Your Needs**

**Why Bother One So Young  
Or To You Not Willing?  
When There Are Many Others  
Who Can Tend Your Feeling**

**It's Really Not Worth The Long  
Suffering Caused By Your Action  
For A Few Lousy Seconds  
Of Your Sextisfaction**

**Do Tell Someone!**

**SCUM!**

No Good  
Lowdown  
Dirty  
Rotten  
Scummy  
Incestuous  
Cock Robbing  
Sodomizing  
**BASTARD YOU!**  
You Have  
No Right  
To Force  
Your  
Slimy  
Icky  
Stinky  
Maggoty Self  
Into A Place  
You Know  
You  
Are Not  
Wanted  
.....**Bastard You!**

**Do Tell Someone!**

## **PRIVATE PARTS**

**Children With Their Smiles So Bright  
Please Don't Turn Their Day To Night  
By Hurting Their Little Private Parts  
Saddening Their Precious Little Hearts**

## **AFTERWARDS**

**Afterwards I Didn't Want  
Anything To Do With Men  
I Even Found It Hard  
To Talk To Any Of Them**

**Emotions Started Surfacing  
About One Month Later  
Talking Out The Pain  
Has Made Me Feel Much Better**

**It Was Very Helpful  
Knowing I Wasn't Alone  
Other Victims Put It Behind  
Find Happiness And Move On**

# **ATTACKED**

**My First Night At School  
I Was Attacked  
I Froze And As Best  
I Could Relaxed**

**Off Guard I Kicked And  
Hurt Him Down Below  
Free I Ran  
As Fast As I Could Go**

**Though He Didn't Get  
To Finish Up The Job  
I Still Feel Betrayed  
My Virtue Was Nearly Robed**

**Not Until The Next Morning  
Did It Really Hit  
That's When I Raged  
Into A Mad Fit**

**My Religious Beliefs Is  
What Has Helped Me Through  
Without Dear Lord Jesus  
Don't Know What I'd Do**

## **TERRIFIED**

**Terrified To Tell Anyone  
What Was Happening To Me  
Scared To Disobey Him  
After All He Was My Daddy**

**As I Grew Into My Teens  
It Started Getting Worst  
But I Understood Things Better  
Than I Did At First**

**Nevertheless I Felt Dirty  
Worthless And Cheap  
Hatred For Men Inside Me  
Was Implanted Very Deep**

**I Have Always Felt  
That It Was My Fault  
Worse Than The Actual  
Molesting Is The Guilt**

## **ASHAMED**

**I Didn't Know Having Sex  
With My Dad Was Wrong  
Ever Since I Was A Child  
It Has Been Going On**

**I Felt No Control Over  
My Body Or Emotions  
He Bought Me Special Gifts  
And Paid Me Lots Of Attention**

**When I Learned It Wasn't Right  
I Tried Getting Him To Stop  
He Didn't Agree  
And Said That He Would Not**

**I Was Ashamed To Have  
Strangers Know My Secret  
But My Friend Convinced Me  
It Was For The Best**

**Do Tell Someone!**

## **DESTROYED**

**At Ten Years Old  
I Attempted Suicide  
Due To An Incestuous Childhood  
That Began When I Was Five**

**It Took Ten Long Years  
And Lots Of Help From My Mate  
To Come To Terms With It  
And Freely Talk Out The Hate**

**My Older Sister Thinks Sex Is  
The Dirtiest Thing In The World  
My Younger Sister Doesn't Care And Is  
A Hooker As A Young Girl**

**Our Father Was Wrong  
For Having Hurt Us All  
We Were Destroyed While He Was  
Having Himself A Ball**

**Do Tell Someone!**

## **NASTY THINGS**

**Sexually Aggressive  
At Seven Years Old  
What I Learned At Home  
Has Made Me This Bold**

**With Other Kids, When I  
Try Letting Off The Steam  
They Think I'm Weird  
For Doing Nasty Things**

## **ROTTEN ORDEAL**

**Cause We Can't Use Big Words  
To Describe What Was Did  
No One Wants To Believe Us  
Innocent Young Kids**

**On The Witness Stand  
Lawyers Make Us Feel  
As If We're Responsible  
For The Rotten Ordeal**

**We Don't Know Why  
Everyone Rather Blame Us  
We're Too Young To Know About  
Any Of This Disgust**

**Do Tell Someone!**

## **WRONGED**

**My Uncle Used To Give Me A Quarter  
To Sit Upon His Lap  
All The While He'd Run His Hand  
Right Between My Gap**

**At The Time  
I Didn't Know It Was Wrong  
Mom Said She Would Have Killed Him  
If Only She Had Known**

**I Have Told  
My Precious Daughter  
To Tell If Anyone Touches Her  
That Includes Her Father**

## **EMBARRASSED**

**I Began Using Drugs  
Soon After I Was Raped  
I Was So Embarrassed  
And Thought I Was Gay**

**When My Coach Asked If I'd  
Like To Go For A Ride  
I Had No Idea He Would  
Tear Open My Behind**

**When He Dropped Me Off  
He Said "Do Not Tell"  
Every Since That Day  
I Have Not Been Well**

**Do Tell Someone!**

## **DAMAGED**

**Raped By My Big Brother When I Was Just A Kid  
He Have No Idea The Internal Damage It Has Did  
I Never Told Mom, Dad Wasn't Alive To Tell  
It's Been Twenty Years That I've Lived With This Hell**

**I Didn't Want Anyone To Know That This Happened To Me  
Having Another Male Inside Made Me Feel Like A Freak  
When I Start Unloading To A Counselor  
The Heavy Burden Was Finally Lifted From My Shoulder**

**As A Man I Feel Much Better About Myself  
I Am Glad That I Finally Sought Help  
If As A Boy You Too Were Sodomized  
Get Help Today Because You'll Feel Much Better Inside**

**Do Tell Someone!**

## **NIGHTMARE**

**I'm Forty-Two And Still Recovering From A Nightmare  
Raped From Seven To Twelve By My Dad Who Didn't Care  
The Sexual Abuse Caused Me Severe Health Problems  
Also Troubled In School, Employment And Social Relations**

**I Felt Crazy But Couldn't Figure Out Why  
Strange As It Seems The Connection Was Realize  
Survivors Often Have No Memory Of The Crime  
I Spent Twenty-Five Years Blocking It Out Of My Mind**

**With Psychologist's Help, Support Groups And Loving Husband  
I'm Beginning To Feel Like A Normal Person Once Again  
Incestuous Families Have "No Talk" Rule That Keeps Incest Going  
It's Imperative The Awful Secret Be Brought Out Into Opening**

## **INTOLERABLE**

**As A Grown Up I Kept  
Having Recurring Nightmares  
Couldn't Put My Finger On It But  
I Always Woke Up Scared**

**It Took Three Long Years Of  
Extensive Therapy  
Before I Remembered As A Child  
Being Abused Sexually**

**The Violence Was So Intolerable  
I'd Totally Blanked It Out  
It Was Responsible For  
A Lot Of My Self-Doubt**

**Now That It's All Out  
Into The Opening  
I Function Much Better  
As A Human Being**

## **PAINFUL**

**Mom's Boyfriend Raped Me  
When I Was Eight Years Old  
He Threatened To Kill My Brother  
If Ever I Told**

**I Must Have Slipped Unconscious  
While He Was Raping Me  
When I Awoke He Was  
Washing Off My Body**

**I Put On My Clothes  
And Hurried Outside  
There Was Painful Burning  
Between My Small Thighs**

**I Stayed In Bed  
After Returning Home  
I Felt Really Bad  
And Wanted To Be Left Alone**

**When Mom Found  
Bloodstains In My Panties  
I Will Still Afraid To Tell  
Who'd Did That To Me**

**When My Brother Convinced Me  
That He Would Not Die  
I Went Ahead And Told  
As We Both Sat There And Cried**

## **SKI MASK RAPIST**

**I Am A Tiny Fragile  
Eighty-Four-Year-Old  
Raped At Gunpoint In  
The Church Confessional**

**Asked To Pull Up My Blouse  
And Told To Do A Sex Act  
He Put A Gun To My Head  
When I Said I Can't**

**"I've Killed Other People  
And Will Kill You Too"  
That's What He Said To Me  
Before The Abuse**

**When He Was Caught I Couldn't  
Positively Identify  
He Raped Many Women  
In A Ski Mask Disguise**

**His Wife Was Also  
Indicted Along With Him  
For Receiving Property  
He Stole From His Victims**

**Do Tell Someone!**

## **STRIP SEARCH RAPISTS**

**I Was Paid Fifty Thousand Dollars  
In An Out Of Court Settlement  
After I Was Raped By  
Three Deputies Sheriff Men**

**Stopped For A Drunk Driving  
Test In Which I Fail  
I Was Arrested, Beaten  
Fondled And Thrown In Jail**

**Stripped, Searched And Raped  
Later On That Night  
By All Three Who Supposedly  
Work For What Is Right**

## **PAINFULLY ENTERED**

**Raped By My Counselor  
When I Was Very Young  
I Was Too Afraid To Tell  
Anyone What He'd Done**

**Out Of All The Boys  
I Was His Pick  
Every Time He Touched Me  
Inside I Felt Sick**

**I Was All Confused About  
My Sexuality  
Feelings Of Being A Homosexual  
I Repeatedly Washed My Body**

**One Day He Pretended  
We Were Going To Dinner  
He Drove To His House Instead  
From Behind I Was Painfully Entered**

**Thirty-Five Years Passed  
Before I Told My Dad  
The Rotten Things He Did To Me  
When I Was A Lad**

## **SLEAZE**

**I Was Raped But  
Never Told Anyone  
I Pack Some Of My Things  
And Ran Away From Home**

**I Thought If I Left  
Dad Would Be O.K.  
A Few Months Later  
My Little Sister Ran Away**

**Living On The Streets  
Haven't Been Very Easy  
But It's Better Than Living With  
A Dad Who Is Sleazy**

## **AX RAPIST**

**Raped And Left With Two Chopped Off Arms  
By A Man Who I Accepted A Ride From  
He Stopped To Release Himself On The Road  
Hit Me Across My Back As I Squat To Unload**

**He Tied Up My Hands And Raped Me In His Van  
Made Me Drink Liquor, Raped Me Over, Over Again  
I Was Very Weak, From The Alcohol I Passed Out  
When I Finally Came To He Ordered Me To "Get Out!"**

**"You Want To Be Free?" He Asked  
Chopped Off Both Arms With An Ax  
Shoved Down An Embank Stuffed In Concrete Pipe  
I Walked Three Miles In Tears I Could Not Wipe**

**Next Morning I Was Found Dressed Only In My Skin  
Holding Arms And Muscles Trying To Keep Blood In  
Prospective Hitchhikes Please Be Forewarned  
You Might Suffer Sexual And Physical Harm**

## **SUBURB RAPE**

**Raped And Sodomized By  
Affluent Sports Stars  
Despite My Condition Of  
Being Mildly Retard**

**Lured From The Park  
To Their Cushy Suburb  
Eight Of Them Looked On  
As I Was Raped By Others**

**I Was Raped With Harsh Objects  
And Forced To Perform Sex Acts  
Among Objects Were A Broomstick  
And Miniature Baseball Bat**

**When I Told My Teachers  
What They Did To Me  
Police Weren't Notified  
For Another Three Weeks**

**One Of The Onlookers Was A  
Police Lieutenant's Son  
When Asked About The Case  
Replied "She Wanted It Done"**

**There Were Five Arrests Including  
Brothers Who Co-Captained The Team  
How Could They Be So Callous To Me  
Retarded And Seventeen?**

## **CAMPUS RAPE**

As I Brought In My  
Groceries From The Store  
He Emerged As I Was  
About To Shut The Door

Smiling He Flashed  
A Large Pocket Knife  
Right Before My Eyes  
Went My Precious Life

I Told Him To Take Anything  
He Yelled, "**Shut Up Bitch!**"  
He Kicked My Belly And  
Left Side Of My Face Was Nitched

He Took Off His Pants  
Forced Me To My Knees  
**"Do It Now!"**  
He Screamed At Me

He Seemed To Enjoy  
The Terror In My Eyes  
Made Me Put On His Condom  
And Rammed My Insides

Looked At Me And Laughed  
When He Was Finally Through  
From Campus The Next Day  
Me And My Roommate Moved

## **CALLOUS ABUSER**

**Whenever Mom Refused  
Daddy In Her Bed  
He Slept With Me  
And My Sister Instead**

**Fondled, Raped And Sodomized  
For Fourteen Long Years  
He Callously Abused Us  
Despite Our Tears**

**He'd Threatened Our Youngest Sister  
If We Didn't Comply  
We Continued Giving In  
So She Wouldn't Have To Cry**

**He Moved Out When I Reported  
To A Counselor At School  
We're Suing Him For Compensation  
For Years Of Being Treated So Cruel**

## **PASTOR RAPE**

**I Was Sexually Abused  
In A Florida Hotel  
By A Man Who Preach  
About Heaven And Hell**

**He Invited Me To A  
P.T.L. Telethon  
Once We Were There  
I Was Forced Upon**

**I Had Planned On Staying  
A Virgin For My Husband  
To Keep It Quiet He Paid Me  
Two Hundred Sixty-Five Grand**

**I Hid The Story For  
Seven L-O-N-G Years  
Came Close To Suicide  
There Were Many Tears**

**To A Different Pastor  
And Businessman I Confided  
Literally Tore Apart  
I Could No Longer Hide It**

**Do Tell Someone!**

## **HELL THREAT RAPE**

**"You Might Go To Hell If  
You Don't Have Sex With Me"  
That's What The Minister Told  
Members Of Our Church Assembly**

**He Raped And Sodomized  
Me And My Little Sister  
He's Also Guilty Of Raping  
Another Parishioner**

**In All Outward Appearances  
He Was A Model Citizen  
However, There Existed A Dark Side  
That Betrayed And Violated Women**

**"A Wolf In Sheep's Clothing"  
Is How Some Described Him  
He Was Sentence Twenty-One Years  
For His Awful Crime**

**Do Tell Someone!**

## **BUSH RAPED**

**I Was Out For An  
Early Morning Run  
Out Of Nowhere  
    He Accosted With A Gun**

**Dragged Behind A Bush  
By The Rotten Man  
Who Raped Me Over  
    And Over Again**

**Didn't Want Family Told  
After I Called The Police  
    I Preferred Their Minds  
To Remain At Peace**

**I Was Totally Calm  
Until The Exam Room  
I Went All To Pieces When  
    The Doctor Touched My Womb**

**Counselor From A Rape Crisis Center  
God Bless Her Little Heart  
Was There To Hold My Hand And  
    Help Keep Me From Coming Apart**

**It's Too Bad There's No  
Respect For Elderly  
You'd Think With Being Old  
    That They'd Let Us Be**

## **DERANGED RAPIST**

**During A Routine  
Dental Examination  
I Was Put Under  
Heavy Medication**

**Somewhat Conscious But  
Unable To Get Up  
I Was Raped For Hours  
By The Deranged Nut**

**After Court He Lost His License  
And Moved To Another State  
I Hear He's Practicing Again  
Both Dentistry And Rape**

## **RAPE COP**

**Sitting In My Car  
Chatting With A Friend  
An On Duty Police Walked Up  
And Order Me To Go With Him**

**He Drove To A Nearby  
Auto Body Shop  
Let Me To A Storage Room  
Where He Retrieved A Cot**

**I Was Raped And Forced  
To Oral Copulate  
His Partner Stood Outside  
By That Door To Wait**

**During The Lawsuit  
I Was Arrested Unlawfully  
Rape Charges Were Dropped  
After He Plead Guilty**

**He Got Off With Two Years  
Probation And A Misdemeanor  
Ordered To Resign His Post  
And Scolded For Keeping Me Prisoner**

**Do Tell Someone!**

## **BLIND RAPE**

**Not One Single Thing  
Can I See  
He Still Had  
    No Mercy On Me**

**He Held His Hands  
Tight Over My Mouth  
Then Raped Me  
    Before Running Out**

**I Used My Sense  
Of Touch And Smell  
To Identify Scum  
    Who Put Me Through Hell**

**Now They Don't Know  
If Court Can Receive  
My Only Form  
    Of Identity**

**"It's Not Enough To Stand  
In A Court Of Law"  
Always Getting Away With  
    Some Technical Flaw**

## **RETARDED RAPIST**

**I'm Severally Retarded  
But That Didn't Stop Him  
From Adding Me To The  
Statistics Of Rape Victims**

**Not Only Was I Raped  
In The Care Group Home  
He Left Behind  
A Baby In My Womb**

**The Case Is Too Difficult  
To Go Through Litigation  
Due To My  
Limited Communication**

**Do Tell Someone!**

## **HUMILIATED**

**Jogging The Wooded Path  
At The University  
Zipping Up His Pants  
He Jumped From Behind A Tree**

**I Ran Faster  
Trying To Get Away  
He Was Determined And  
Also Picked Up Pace**

**He Drug Me Down A Slope With  
His Hands Over My Mouth  
Raped Me On The Ground  
And Warned Me Not To Shout**

**Humiliation Dominates  
Despite Therapy  
I'm Still Very Shaken  
It Won't Let Me Be**

**I Decided To  
Go On And Finish School  
To This Day I Haven't Told  
My Parents The Awful News**

**Do Tell Someone!**

## **BLOOD RAPE**

**I'm Confined To A  
Bed On Wheels  
He Raped Me  
Despite My Being Ill**

**He Came Into My Room  
As Soon As Everyone Left  
Took Off My Clothes And  
Forcefully Helped Himself**

**My Blood Brother Did  
This Awful Thing To Me  
Thanks I Get For Allowing  
Him To Stay Here Free**

**Do Tell Someone!**

## **VAIN ABUSE**

**Home At State Hospital  
For The Mentally Ill  
We Were Made To Have  
Sex Against Our Will**

**Given Illicit Drugs By  
The Psychiatric Technician  
To Weaken Us Further  
Right Before He Dug In**

**He Also Used Excess Force  
And Unlawful Restraints  
When He Molested And  
Abused Us In Vain**

**Boldly He Raped At  
Four In The Afternoon  
Right Inside The Girl's  
Dormitory Room**

**Already Fragile To  
Physical And Sex Abuse  
We Came Here For Help  
Not For Further Use**

**Do Tell Someone!**

## **KIDDIE PORN**

**A Normal Childhood  
I Missed Out On  
My Parents Made Me Star  
In Kiddie Porn**

**I've Always Felt  
Dirty And Low  
Even When I Wanted  
I Couldn't Say No**

**A Prostitute  
Is What I Am Today  
Really, I Don't Know  
Any Other Way**

## **DRUNK RAPIST**

**Beaten And Raped By My Drunk Husband  
Over A Period Of Time  
Each Time I Called Police They'd Say  
"He's Guilty Of No Crime"**

**When I Got A Gun And Shot  
The Shit Out His Ass  
This Time When They Came  
They Made An Arrest At Last**

**"Now Crime Has Been Committed"  
They Locked Me Up And Said  
The Only Regret I Have  
Is That He Isn't Dead**

## **CONDO RAPE**

**National Football Player  
Who Wouldn't Accept No  
Raped Me Inside Of His  
Atlantic Condo**

**Forced To Perform Sex  
I Was Also Sodomized  
With A Wine Bottle  
He Threatened My Life**

**Once Upon A Time  
We Were Mutual Friends  
Should've Gotten A Willing Person  
At His Other End**

## **ALCOHOLIC RAPIST**

**My Alcoholic Father Began  
Raping Me At Five  
When I Found Courage To Tell  
Mom Called Me Troublemaker And Lie**

**For Several Weeks I Cried, Pleaded  
Threw Up And Had Nightmares  
Mom Walked Around As Though  
She Didn't Even Care**

**Then One Day She Said  
"I'll Leave It Up To You"  
Added "Police Would Take Him To Jail,  
We'll Starve And Might Die Too"**

**Being An Insecure, Emotionally  
And Troubled Ten-Year-Old  
The Sex Abuse Went On  
I Could Not Bear That Load**

**About One Year Later  
He Finally Left Me Alone  
Began Abusing Two Younger Cousins  
Who Live In Our Home**

**Do Tell Someone!**

## **CORRUPT**

**I Had A Child  
Many Years Ago  
After Being Raped By  
A Guy I Used To Know**

**I Held It Once  
After It Was Born  
Felt Nothing But Contempt  
As I Held It In My Arm**

**I Have No Regrets  
That I Gave It Up  
I Felt It Would Have  
Made My Life Corrupt**

**Do Tell Someone!**

## **OCCUPATIONAL RAPIST**

**Sick At Home One Day  
When A Bogus Delivery Man  
Came To My Door With  
A Package In His Hand**

**When I Opened The Door  
He Threatened My Life  
Then Raped Me While  
Brandishing A Knife**

**Beverly Hills Policeman  
Was Once His Occupation  
He Watched Me At The Playground  
Before Committing The Violation**

**Do Tell Someone!**

## **CHILD RAPIST**

**My Uncle Raped Six Kids  
In Our Family  
Our Kin Took Him To Court  
Where He Was Found Guilty**

**With A Smart Lawyer  
He Appealed The Verdict  
He's Walking Free Though  
It's Known He's Pedophilic**

**With Enough Money You Can Get Away  
With Anything These Days  
That Includes A Crime  
As Horrible As Child Rape**

## **INCEST**

**Some Days It Was  
More Than Three  
When Dad Came Home  
To Rape Me**

**Though I Tired  
Of The Incest  
Not One Day  
He Gave Me Rest**

**The Only Thing  
That Made Him Stop  
Is When I  
Reported Him To The Cop**

## **UNBEARABLE**

**I Paid A Thousand Dollars  
To Have My Father Killed  
Because He Began Raping Me  
After Mom Took ill**

**He'd Order Me To Watch TV  
In Him And Mommy's Room  
That Is Where He Would  
Tear Apart My Womb**

**When I Asked Him  
"Why Are You Doing This?"  
He Simply Replied  
"There's Nothing Wrong With It"**

**He Raped Me More And More  
After Mom Was Dead  
I Couldn't Bear To Look At Him  
And Covered Up My Head**

**When He Began Looking  
At My Baby Sister  
I Couldn't Bear  
The Thought Of Her In Tears**

## **PETTED**

**Each Night After Dinner  
Sitting On Daddy's Lap  
He Petted All Over Me While  
Drunk Mom Pretended To Nap**

**This Happen From Age  
Three Until Twelve  
He Didn't Seemed The Least  
Ashamed Of Himself**

**When My Friends Told Me This  
*Didn't* Happen With Their Dad  
That's When I Realized  
He Was Doing Something Bad**

**He Became Angry When  
I Started Saying No  
He Also Became  
Verbally Abusive And Cold**

**Grown Up I Sought Help  
For This Past ill  
Parents Refused Joint Counseling  
Cut Me Out Of Their Will**

## **UGLY RAPIST**

**I Was Fast Asleep In My  
Safe Security Building  
When Suddenly I Woke  
To A Bangy Feeling**

**When He First Struck  
I Thought I Was Dreaming  
When He Struck Me Again  
That's When I Began Screaming**

**He Secured A Blindfold  
Tight Over My Eyelids  
Said The Reason For It Was  
To Keep His Ugliness Hid**

**I Was Repeatedly Beaten  
Raped And Sodomized  
When He Said He Always Killed  
I Stopped Fighting And Complied**

**He Left With Twenty Dollars  
I Had To Untie Myself  
I Called Up My Parents  
Who Rushed Over To Help**

**My Neighbor Above Who'd Heard Said  
She Thought Something Wasn't Right  
But Didn't Want To Get Involved  
And Turn Off Her Light**

## **SHOCKED**

**My Teacher Showed A Special Interest In Me  
Took Me Home One Day To Show Me Something Neat  
She Couldn't Find It Once We Were There  
And Returned To The Room Naked As A Bear**

**Frozen There I Stood In A State Of Shock  
I Was Hardly Able To Keep On My Sock  
She Moved Closer To Assure All Was O.K.  
Next Thing I Knew We Were Rolling In The Hay**

**Only Thing She Wanted To Show Me Unique  
Was Her Overgrown Naked Physique  
The Real Reason I Was Her Special Boy  
Was So She Could Use Me For Her Sexual Joy**

## **MANSION RAPE**

**In The Governor's Executive Mansion  
Our Sixteen-Year-Old Was Raped  
By Four Teen Aged Boys  
While Their Parents Were Away**

**Though Three Unnamed Were Minors  
Everyone Think They Know  
All Involved In Treating  
Our Daughter Like A Hoe**

**18-Year-Old Pled Guilty  
To Under Age Drinking  
I Can't See What Anyone  
Of Those Scums Were Thinking**

## **FONDLED**

**He Followed Me Into The Lobby  
Of My Apartment Building  
Then Inside The Elevator  
Where He Began Fondling**

**When He Got Off  
I Went Up Another Floor  
Rushed In And Told My Dad  
What Had Just Occurred**

**Dad Looked Out The Window  
Spotted Him On The Sidewalk  
Chased Him To The Subway Station  
Where He Was Then Caught**

**Police Think He's The Exhibitionist  
Who Stalked Other Children  
I Am Glad That  
They Finally Caught Him**

**Do Tell Someone!**

## **DISGUSTING RAPISTS**

**I Was Kidnapped At Two Years Old  
They Raped My Body, They Raped My Soul  
By Forcing Their Great Big Selves Into Me  
With Those Things That They Use To Pee**

**They Kept Me Cooped Up In A Dirty Van  
Did Things To Me I Didn't Understand  
They Had Also Kidnapped Another  
Who Watched Over Me Like A Brother**

**One Day We Snuck From That Awful Place  
To The Police We Quickly Raced  
They Went To Arrest Those Disgusting Creeps  
Who For A Long Time Made Us Weep**

**Do Tell Someone!**

## **GANG RAPED**

**I Was Gang Raped  
By Three Young Men  
One Of Whom Left  
A Baby Within**

**Don't Know Which One  
Of Them Fathered Her  
Don't Know What To Tell  
My Beautiful Daughter**

## **NURSERY MOLESTER**

**On A Sunday Morning  
In The Church's Nursery  
Instead Of Babysitting  
He Was Molesting Me**

**In Treatment He Was  
Urged To Disclose The Names  
Of Other Kids Who He'd  
Also Did This Shame**

**Sixty-Three Children Aged  
One And A Half To Four  
This Dreadful Thing  
Also Had Occurred**

**How Would He Know How To  
Carry On This Way At Ten?  
What Are We Teaching  
Our Young Gentleman?**

## **INFANTILE RAPES**

**Year After Year I Was  
Slept With By My Father  
Mom Knew But It Didn't  
Seem To Bother Her**

**I Was An Emotional Crippled Mute  
From The Infantile Rapes  
Remnants Of That Legacy  
I Never Escaped**

**I've Never Been Able  
To Trust In Any Man  
Nor Form A Genuine Friendship  
With Anyone Woman**

**I Am Old Now  
And Have Suffered Long  
For Terrifying Me, Dad  
-And Mom-Were Wrong**

# **MANIAC**

**“I Just Fucked Your Sister”  
Rapist Said To His Girlfriend  
She Stayed With Him  
Despite His Awful Sin**

**I Did All  
I Could To Forget  
When They Had A Child  
She Asked Me To Babysit**

**When He Began Looking  
Like That Maniac  
It Kept Reminding Me  
Of The Rape Attack**

**Subconsciously  
I Was Angry At Him  
Later Realized It Was  
Because Of His Father's Crime**

## **RAPED**

Home Alone One Afternoon As I Lay In My Bed  
My Sister's Naughty Boyfriend Came In And Said  
**"I Raped And Killed A Girl In Detroit, Michigan"**  
**"Will Do The Same To You If You Don't Give In"**

He Asked **"What Position Would You Like To Try?"**  
I'd Never Been With A Man **"None"** I Replied  
He Ripped Off My Clothes And Tore Into Me  
Over And Over Again He Screamed **"Spread Apart Your Feet!"**

He Gave Me A Dollar And Said **"Go By Ice Cream At The Store"**  
Reminded Me **"Do Not Tell"** Again, Then Ran Out The Door  
With Towel And Hot Water Crying In The Bathroom  
I Tried Wiping All Of His Filth From My Womb

My Aunt Came I Told, She Called Police, He Showed Up Again  
She Asked **Why**, He Looked Through Me As If I Had Sinned  
In Separate Cars We Were Taken To The Station  
I Was Treated As If I Committed The Violation

When The Chief Finished Interrogating Me  
My Eyes Were So Teary, I Could Hardly See  
When It Got To Court The Maniac Kept Saying  
**"I Am Innocent Of The Alleged Laying"**

My Sister Helped None She Was On His Side  
**"Judge He Did Not"** On The Witness Stand She *LIED*  
He Was Freed And I Tried Burying The Hurt  
I Wanted To Forget Having Been Treated As Dirt

## **ADMINISTRATIVE RAPIST**

**Former Chief Administrative Officer  
Ex-Mayor Candidate Of San Francisco  
Was Caught Raping Teenagers In A  
Mission District Bordello**

**I Knew I'd Seen His Picture  
On A Campaign Billboard  
But Wasn't Sure At First Cause  
H Said His Name Was "George"**

**47 Counts Of Rape  
He Was Found Guilty  
But On His Sentencing  
They Went Light And Easy**

**They Said He Was Embarrassed  
By The Situation Enough  
He Was Fined One-Hundred Thousand Dollars  
And Told To Sweep Streets Up**

## **SHAMED**

**I Was Raped  
After A Baseball Game  
Didn't Tell Because  
I Was So Ashamed**

**I Delivered A Son  
Nine Months Later  
My Love For Him  
Couldn't Be Any Greater**

**His Dad I Don't  
Think Much Of  
Blessed Am I  
From The Man Above**

## **FORCED INTO**

**When My Parents Died, I Went To Live  
With My Uncle And Aunt  
Whenever Left Alone With Him  
He Forced Into My Pants**

**"Won't Do Any Good To Tell  
No One Will Believe You"  
That's What He'd Tell Me  
Each Time He Was Through**

**I'm Grateful To My Aunt For  
Providing A Home For Me  
But Felt I Had No Choice  
Other Than To Leave**

## **CAMPUS ABDUCTION**

**On The Way Back  
To My Dormitory  
I Was Abducted As I Walked  
From The Campus Library**

**Blindfolded, Tied Up  
And Driven To The Woods  
There I Was Beaten And Raped  
By Two Thugs In Hoods**

**After Several Hours  
They Finally Let Me Go  
I Had To Find My Way Back  
From The Deserted Road**

**Mom Thinks I'm Wrong  
For Carrying A Gun  
I'll Do What's Necessary  
For My Protection**

**Do Tell Someone!**

## **NASTY SEX**

**After Watching A Nasty  
Sex Scene On T.V.  
My Twelve-Year-Old Stepbrother  
Tried It On Me**

**First In The Morning  
Then Again That Afternoon  
When I Went To Use It  
The Pee Stung My Womb**

**My Mom Rushed Me To  
The Hospital's Emergency  
There Doctors Told Her  
I'd Been Entered Forcefully**

**He Was Charged With Rape, Incest  
And Lewd And Lascivious Acts  
At Five Years Old I Was Not  
Ready For Life's Facts**

## **RAPE COUSIN**

**Left In My Cousin's Care  
When I Was Nine Years Old  
He Raped Me But  
I Never Told**

**The Next Morning  
He Took Me To The Zoo  
To Keep Me Quiet  
He Bought Me Ice Cream Too**

**I Knew It Was Wrong But, Didn't  
Realize It Wasn't My Fault  
Finger Of Blame Would Point To Me  
Is What I Thought**

**Later When I Found Out  
How Babies Were Made  
I Thought That I Was  
Pregnant From The Rape**

**Whenever My Stomach Hurt  
I'd Rush To The Bathroom  
So Nobody Would See  
The Infant Leave My Womb**

**It Didn't Occur Until Years Later  
That I'd Been Sexually Abused  
I Was Quite Surprised To Learn  
It Happened To Others To**

## **PINSTRIPE RAPIST**

**I Was Raped By A Man  
Clothed In His Pinstripe Best  
While I Sat In My Car One Morning  
Studying For A Test**

**Shoved To The Passenger Side  
As He Reclined The Seat  
He Covered My Face With My Jacket  
And Screamed "Don't Look At Me!"**

**Forced To Oral Copulate Him  
After He Drove To Another Area  
He Attempted Sodomy Then  
Painfully Tore In My Vagina**

**Finished, He Pulled Up His Pants  
And Covered My Face Again  
Before Leaving He Stole  
My Wedding Ring And Band**

**Collected, I Drove To The Hospital  
Screamed "I've Just Been Raped!"  
A Nurse Came Quickly  
And Whisked Me Away**

## **RETALIATORY RAPE**

**As I Walked Near Nevin  
And Macdonald Avenue  
I Was Kidnapped And Raped In Retaliation  
For Something I Didn't Do**

**Pointing A Gun  
He Ordered Me To Get In  
He Said He Was Almost Killed  
By One Of My Friends**

**Drove To An Unknown Locale  
I Was Raped And Tied Up  
He Repeatedly Stabbed My Neck  
And Left Me Bleeding In The Tub**

**After A Couple Of Hours  
He Put A Towel Around My Neck  
Wrapped Me In A Shower Curtain  
And Threw Me In The Trunk**

**He Dumped Me In A Parking Lot  
Near The Nimitz Freeway  
There I Was Found By A Police  
Around Ten O'clock That Day**

## **AWFUL RAPIST**

**When I Spent Weekends Over Daddy's House  
He Fondled Me Under My Pants And Blouse  
At His House We Bathed Together In The Tub  
Playing With Himself He'd Tell Me To Rub**

**One Day He Stuck His "Man Thing" Inside  
It Hurt Me So Bad I Sat There And Cried  
I Told Mommy He Hurt Me Bad Down There  
And Was Doing Things To Me I Couldn't Bear**

**With Daddy I Really Did Not Want To Lay  
Judge Said I Had To Go With Him Anyway  
Mom Decided She Would Rather Go To Jail  
And Sent Me Away From That Awful Hell**

**I Know It's Hard To Be Away From Her Little Girl  
But She Loves Me More Than Anything In This World  
Each Night When I Go To Bed I Pray  
Lord May This Nightmare Be Over For Me Someday?**

## **SCARED**

**At Two She Graphically Described  
Oral Sex With Her Father  
Judge Granted "Probable But Not Proved"  
He Was Doing This To Our Daughter**

**She'd Come Home From Her Visits  
Hysterically Crying And Screaming  
Her Hymenal Ring Was Enlarged  
And There Was Fibrous Scarring**

**He Claimed It Was Caused From  
"Bike Riding And Straddled Chairs"  
If That Was Really The Case  
Why Is She So Scared?**

## **PROMINENT MOLESTER**

**Prominent Lawyer Is Now  
The Subject Of Litigation  
For Sexual Battery  
And Child Molestation**

**I Was At A Bus Stop  
Waiting At Two A.M.  
When He Drove Up And Asked Me  
To Do Sexual Favors For Him**

**After Declining  
I Telephoned The Cops  
Who Found Another Young Man  
With Him Down A Few Blocks**

**Young Man Told Officers  
He'd Offered Him A Ride  
And Fondled Him Sexually  
While He Was Inside**

**He Was Arrested  
Booked And Thrown In Jail  
Unfortunately, Was Released  
After He Posted Bail**

## **ROTTEN THINGS**

**My Father Used To  
Mean The World To Me  
Until He Forced Away  
My Virginity**

**Shortly Afterwards  
I Left Home  
Couldn't Bring Myself  
To Even Talk To Mom**

**This All Happened  
Over 10 Years Ago  
But I Still Find That  
It Bothers Me So**

**How Can Any Father  
Do This To His Own Son?  
I Can't Seem To Stop Thinking  
About Rotten Things He Done**

**Do Tell Someone!**

## **SENSELESS**

**Shame One Can't Jog Safely In The Park  
Just Because It's After Dark  
Beaten By A Gang Of Thugs  
Who Raped And Left Me To Die In My Blood**

**For No Apparent Reason They Attacked  
Raped, Beat And Tossed Me Forth And Back  
When They Finished There, I Lie  
Miraculously I Didn't Die**

**My Health Will Never Be The Same  
This Senseless Crime Has Left Me Lame  
Shame One Can't Jog Safely In The Park  
Just Because It's After Dark**

### **Update**

**(This story was/is still true but *innocent* Men were fully exonerated and the true suspect was finally captured)**

## **SEXUAL TRANSGRESSOR**

**When I Remarried  
I Had No Idea  
My Husband's Only Interest  
Was My Daughter's Vagina**

**I Came Home From Work One Day  
And Found Him Humping Inside  
My Nine-Year-Old Baby  
Telling Her "Do Not Cry"**

**Arrested And Imprisoned  
For His Bold Transgression  
I Pray To God She'll Be O.K.  
After Therapy Sessions**

## **SEVERELY ABUSED**

**I Was Mentally And Sexually Abused  
By My Stepfather And Mother Beginning At Age Two  
As A Result, I Have Ninety-Two Personalities  
Each Persona Carry A Different Memory**

**One Of Us Remember Being Hung Down A Well  
Terrified When Snakes Came Swarming Down Like Hail  
Another Recall Him Trying To Make Us Touch His Thing  
As Well As The Cat's  
When We Refused To Do Either He Became Very Mad**

**One Day We Saw Him Having Sex With A Cow  
Though We Ran Fast, He Caught Us Anyhow  
We Screamed, He Tore Our Pants And Held Us In Front  
Bare Naked Up To The Cow's Pink Caterpillar Tongue**

**Whenever The Mother Discovered Stepfather's Cruel Sex Games  
If She Couldn't Get Through To Him, We Suffered Her Vengeful Pain  
On Occasion When He Wanted A Change Of Pace  
He'd Sit Us On The Table And Ejaculate In Our Face**

**He Started On Me Again The Night I Came From My Prom  
The Mother Stepped In With A Gun, Told Him To Leave Our Home  
After Fourteen Years The Damage Had Already Settled In  
Soon After We Left Home And Have Survived As Best We Can**

**Tired Of Hiding, We Take Three Baths A Day  
We Still Feel Dirty, It Doesn't Go Away  
When We Began Therapy We Insisted He Videotape  
Each Of The Sessions To Help Others Who've Been Rape**



# **VICTIM'S PRAYER**

**If I Am A Victim Of Sexual Assault  
Help Make Me Realize It Wasn't My Fault**

**If I Am A Victim Of Molestation  
Heal Me Of Mental Devastation**

**If I Am A Victim Of Incest  
Help My Family Realize Non-Kin Is Best**

**If I Am A Victim Of Who's Just A Kid  
Help Me To Best Describe What Was Did**

**If I Have Turned In The Blame  
Help Me To Stop Feeling Ashamed**

**If I Am Stagnant From The Hurt  
Help Me To Utilized All My Self-Worth**

**If I Was Transmitted A Sexual Disease  
Curable One I Pray, So Mind Can Ease**

**If I Haven't Told Anyone Yet  
Help Me To Get It Off My Chest**

**Father These Things I Ask Each Day  
In Jesus Christ Your Beloved Son I Pray**

**Amen**



**Sexual  
Abuse  
Information**

# MYTHS AND FACTS ABOUT RAPE

**Myth:** "Rapists are strange men in dark alleys."

*Fact:* Over 1/3 of the rape victims are "friends" of the rapist. About 1/3 of the assaults occur in the victim's home.

**Myth:** "Rape is the result of uncontrollable passion."

*Fact:* Most victims and place where the rape occur are premeditated.

**Myth:** "Women ask for rape by dressing proactively."

*Fact:* Rapists plan their targets and are not looking for women dressed in any particular way.

**Myth:** "Women want to be raped."

*Fact:* Women do not enjoy being the victim of this violent and humiliating crime.

**Myth:** "Only young women are raped"

*Fact:* Victims range in age from two months to ninety-two years. Males---children, teenagers and sometimes, men-----are also victims.

**Myth:** "You can spot a rapist anywhere."

*Fact:* Sex offenders are "normal looking" people from all walks of life.

# **FACTS ABOUT RAPE**

Rape is a violent sexual crime which causes fear, injury, humiliation and psychological trauma. It is a crime of violence, not passion. Sexual assault is used to express anger, power, control and dominance.

All women are potential rape victims regardless of age, race, class, religion, occupation or physical description. Sometimes even males are the victim of rape.

Rape can occur anywhere at anytime, in public or in your home, day or night. A rapist will rape again and again, generally, in the same area and in the same manner.

Rapists are not necessarily strangers. In fact, in over 1/3 of reported cases, the rapist is an acquaintance, neighbor, friend or relative of the victim.

Most rapists appear to be normal. They come in all races, color and economic backgrounds.

Most rapists carry a weapon or threaten the victim with violence or death. Forcible rape is increasing in this country more than any other violent crime.

Rape is one of the most under-reported crimes. The majority of rapists continue until caught. Report any kind of sexual assault!

# **IF YOU ARE RAPED**

***GO TO A SAFE PLACE IMMEDIATELY!***

***DO NOT*** shower, bathe, wash your hands, brush your teeth or use toilet (you may destroy important evidence needed in court).

***DO NOT*** clean up in any way until you've talked to the police.

***CALL THE POLICE*** as soon as you can. The sooner you make the report the greater the chances the attacker will be caught.

**Get medical attention as soon as possible.**

Contact a friend or family member you can trust, call the Rape Crisis Center for support and information.

***REMEMBER***, you are the victim. You have nothing to feel guilty or ashamed about. You may want to contact a treatment or crisis center to help you deal with the consequences of the assault.

# HELP FOR VICTIMS

## Rape Crisis Centers

Rape Crisis Centers provide direct assistance to victims of sexual assault. Such as:

1. Crisis intervention.
2. In person counseling.
3. Follow-up counseling.
4. Accompaniment to hospitals, criminal justice agencies and social service agencies.
5. Information and referral.
6. Community and school prevention programs.
7. Self defense programs.
8. Training for law enforcement, medical, mental health and social service professionals.

If you have trouble locating a Rape Crisis Center in your local phone book, please call the

**NATIONAL ABUSE HOT LINE AT**  
**1-800-656-HOPE (4673)**

*\*These centers provide 24-hour support and all services are confidential and free\**

# **CHILD SEXUAL ASSAULT**

## **Facts About Child Sexual Assault**

Sexual abuse of children within the family is the most hidden, least publicized form of child abuse. In spite of its taboo nature and the difficulty of detection, some researchers believe such abuse may be even more common than physical abuse. In the discussing sexual abuse, "incest" means sexual activity between persons who are blood related; "intrafamilial" refers to sexual activity between family members not related by blood (step-parents, boyfriends, etc.)

A person with no prior history of sexual problems can be tempted to sexually abuse a child in the intimacy of family life, especially at times of stress or when adult relationships are poor. A person who chooses to involve a child in sexual activity can easily make the child believe that sex is a special game or a normal and necessary part of being loved and accepted. The child then fears disgrace, hatred or blame for breaking up the family if the secret is revealed.

# **CHILD SEXUAL ASSAULT**

## **Facts About Child Sexual Assault**

Although some adults may believe their conduct is blameless, the harm done to the child remains the same whenever sexual abuse is committed. The abuser may convince himself that he has a duty to "show the child the facts of life". He may believe he is more loving and caring than outsiders who might "spoil" or mistreat the child. He may feel so neglected and needy himself that he feels compelled to exploit the only loving relationship he can find. He may enter the child's bedroom at night and take down bed covers to expose the child's body or to explore it with hands or mouth. Confused and fearful of this strange, recurring behavior, the child usually pretends sleep. Sometimes, the abuser's approach is more direct. The child is courted and seduced into mutual arousal or forced to masturbate or fellatio the abuser. Vaginal intercourse also occurs even with quite young children, as well as with older children.

Sexual abuse is followed by guilt-provoking demands for secrecy and/or threats of terrible harm if the secret is revealed. Regardless of how gentle or forceful or how trivial or coincidental the first experience may have been, sexual coercion tends to be repeated and escalated over a period of years. Often the child eventually accepts the blame for attempting and provoking the abuser.

# **CHILD SEXUAL ASSAULT**

## **Facts About Child Sexual Assault**

In most reported cases of sexual abuse, the father or another man acting as the parent is the initiator. While girls are the most frequent victims, boys are victims of abuse much more often than previously believed. The embarrassment and shame used to deter girls from reporting such abuse has an even greater affect on boys since the abuse is most often homosexual.

The initial sexual abuse may occur at any age, from infancy through adolescence. However, the largest number of cases involve females under the age of 11 years. The sexual activity is usually repetitive and progressive. There is no escape for the victim until he/she is old enough to realize that sexual abuse is not a common occurrence and he/she is strong enough to obtain help outside the family.

The mother, who normally would be expected to protect the child may purposely try to stay isolated from a problem of sexual abuse. Sometimes she is distant and uncommunicative, or so disapproving of sexual matters that children are afraid to speak up. Sometimes, she is so insecure at the potential loss of her husband or partner and the fear of scandal is so threatening that she cannot allow herself to believe or even to suspect that her child is or could be at risk. She may have been victim herself of child abuse and rejection and may not trust her judgment or her right to challenge the male authority. Some mothers actually know of sexual abuse; but, for whatever reason, they look the other way.

# **CHILD SEXUAL ASSAULT**

## **Facts About Child Sexual Assault**

Sometimes a child who does seek help is accused of making up stories, since many people cannot believe that the apparently "well adjusted" person involved could be capable of sexual abuse. When the matter does come to the attention of authorities, the child may give in to pressure from parents/caretakers and deny that any sexual abuse has occurred. Even if public attention is gained, the child may feel guilty about "turning in" the abuser or breaking up the family and, consequently, withdraw the complaint. This process leads many to be skeptical of the child's complaint of sexual abuse and leaves him/her feeling helpless and guilty for causing so much trouble. Everything in the secrecy and circumstances surrounding illicit sexual activity combines to make the victim carry the weight of the problem.

The sad reality is that the child often remains trapped in secrecy by shame, fear, and the threats of the abuser.

Careful evaluation is necessary in a sexual abuse situation to determine whether the child should be removed from the home immediately. The mother may assure the police or child protective services that the offending male will not be allowed to return to the home. However, in view of the emotional and, perhaps economic dependents the mother often has on the offending male, she may allow them back into the house. Thus, the child is again in an unprotected environment.

# **CHILD SEXUAL ASSAULT**

## **Facts About Child Sexual Assault**

Even though sexual abuse is often deceptively non-violent, it is more powerfully compelling and more often disabling than any strong arm attack from a stranger. Yet, the prognosis often can be encouraging. There can be a striking recovery when effective intervention and help are provided. Intervention alone does not interrupt the trap of sexual abuse, for the child remains burdened with guilt and helplessness unless the offending person is forced to admit and take responsibility of his/her actions. Detection, reporting, investigation, appropriate prosecution, supervision, and counseling are frequently essential parts of a family treatment process.

It is of the utmost importance to let your child know that he/she is not to blame for the assault. Try and get him/her to talk about it gently and without pressure. If they don't wish to talk about it immediately, don't push. Reassure him/her that when he/she is ready, you'll be there to listen. It is important that your child talk out the hurt that he/she is feeling. Feelings bottled in too long reinforce self-blame which sometimes leads to self destruction.

## **HELP FOR CHILDREN**

Self- help organizations such as **Children United, Parents United** and **Parents Anonymous** can be very helpful. They provide support and promote self-esteem and emotional well-being during the process of discovery, social intervention, adjudication, resocialization, and rebuilding of the family.

Early identification of abused children and clinical intervention is essential to develop healthy individuals and to prevent patterns from crossing generations.

*For the organization nearest you please  
contact:*

**Parents United**

## **SEXUAL ABUSE SHOULD BE SUSPECTED IF:**

The child reports sexual activities with parents, other relatives friends of the family, or other adults:

The child shows an early stage and exaggerated awareness of sex, with either seductive interest or fearful of avoidance of close contacts with others:

There is tearing, bruising, or specific inflammation of the mouth, anus, or genitals, or evidence of semen (oral, rectal, vaginal):

There is venereal disease of the eyes, mouth, anus, or genitals of a child or adolescent:

A girl is pregnant and appears extremely fearful, distressed, or secretive:

A child with behavioral problems hints at conflicts at home, but seems quite hesitant or fearful to talk about the problem and, or a child is known to be the victim of other forms of abuse.

Remember, a victim of incest (intrafamilial) or child sexual abuse may, out of their pain, confusion, or anger, act out in any number of anti-social patterns. Some of which include becoming increasingly passive, attempting suicide, running away from home, becoming involved in drug and/or alcohol abuse, or committing criminal acts.

# **CHILD SEXUAL ASSAULTERS**

## **Facts About Child Sexual Abusers**

The term "child molester" usually refers to a male or female (but, most often an older heterosexual male) who receives sexual gratification from young girls. A male (adult homosexual) or female who receives sexual gratification from a younger boys is commonly referred to as a "chicken hawk" the child molesters and chicken hawks usually have a specific age preference.

Chicken hawks and child molesters are "benevolent keepers" of their child victims. Many suspects are, in fact, wealthy and financially secure men or women who can afford to provide elaborate gifts for their victims. For most of their time together, the suspect caters to the child's wants and needs in an exaggerated, caring relationship. In return, the child willingly submits to sexual activity. While this perverse form of attention and affection may be especially appealing to an isolated runaway child, the danger of such sexual exploitation is certainly not limited to runaways. It can and does represent a danger to any child whose parent/caretaker fails to provide necessary attention and affection.

Pornographic literature is a device by which a suspect can steer a normal conversation with a juvenile towards a sexual theme. It is used to stimulate both suspect and victim and to assist in breaking down inhibitions. The nature of the literature usually will correspond with the suspects particular sexual inclination, and the models used are usually of the age the suspect prefers.

# **CHILD SEXUAL ASSAULTERS**

## **Facts About Child Sexual Abusers**

The child abuser is typically a recidivist; that is, the abuser tends to repeat abuse. The abuser is also typically an escalator in that the amount and severity of the abuse tends to increase. Because of these characteristics, early identification, reporting, and intervention are essential and vital.

Although many people assume that parents are the only culprits, it is important to remember that children can become victims of abuse by persons in non-parental relationships, such as foster parents, babysitters, day-care workers, etc.

Half of all of abusers are less than 31 years of age, 10 percent are over 50 years of age, and the majority of sexual abusers are men. If the abuser is a stranger, the child will most likely be abused only once, but if the abuser is someone the child knows, it will continue.

# GLOSSARY

**abuse** - to injure; violate, defile, to do wrong to.

**anal intercourse** - the penetration of the anus by the penis.

**assault** - to attack with great force.

**ejaculate** - the ejection of sperm during intercourse.

**fondle** - to stroke or touch one's body parts.

**incest** - sexual relations between people who are related by blood or as defined by law.

**marital rape** - sexual assault with one's wife against her will.

**molest** - to meddle with so as to trouble or hurt; bother.

**oral copulation** - sexual intercourse involving the mouth.

**pedophilic** - a person who uses children for sexual purposes.

**pervert** - a person with variant sexual behavior.

**pornography** - sexually explicit material.

**rape** - a violent sexual crime sexual intercourse with a person against his/her will.

**rape trauma syndrome** - a group of various symptoms experienced by a rape victim---fear, self-blame, anxiety, crying, sleeplessness, anger, rage----that accompany the aftermath of rape.

**rapist** - a person who rapes.

**sex abuse** - to injure sexually.

**sexual intercourse** - penile/vaginal penetration.

**sodomy** - anal intercourse; sex in the rear end.

**statutory rape** - sexual intercourse with a male/female who is under a legally prescribed age.

**torture** - to purposely hurt; great pain, agony.

**victim** - a person who is hurt.

**virgin** - a woman who has never had sexual intercourse.

**virginity** - the condition of being a virgin.

## **WORD FROM AUTHOR**

I had never realized how much I'd been affected mentally after the tragic rapes until I started reading about other people's experiences and the inner conflicts it caused. I then looked back on my own life and remembered the fluctuating emotions, unexplainable outbursts and the deep dark depressions that (at the time) seemed to stem from nowhere. At that Point I was finally able to start talking about the pain which had been buried in my subconscious causing emotional turmoil for well over a decade. It was such a relief, after all of those years to get it out of my system and have back my inner peace. It felt good to know that I was not responsible for the vicious attacks. For a change I was able to place the blame where it belonged.

It is very devastating for anyone to experience the trauma of sexual abuse and even more so when one does find the strength to tell of his/her ordeal only to be doubted and or ridiculed. Many times, the impact has a negative effect on the victim without he/she realizing the connection until years later. That's why it's so important to get it out and deal with it. Even though we experience misfortunes in life, we don't have to let them hold us back forever. God sent us here to be happy and that's what we all should strive for. I encourage all victims to tell someone if for no reason other than to lift the heavy some burden from within your heart. I further encourage you to seek help whether it's through God, a counselor or any other means you may have to put it into some kind of perspective. It can hold you back and cause tremendous conflict, more than you'll ever realize. Resolve it and go on with your life. If your kids were abused get them help-----immediately!

**God Bless**

*Yvonne Houston*