

## **Rap - Resilience & Vulnerability**

*No need to chastise or categorise, they are the idiots -  
trying to make me feel left out. They should open their eyes!  
They are the ones despised, Left out and full of lies  
About their lives - Who they are or are not.*

I create my own ways, my own days, my own thoughts.  
They cannot change my face, my name, my place in the world.  
I am here whatever they may say, being myself, doing what I want.  
I am strong, I belong, I am adaptable, responsible, indestructible!  
They are vulnerable, transitional, just desperate to be influential.  
I am flexible, my life is meaningful, all things are possible.  
I am brilliant, resilient, mature, self assured, and pos-I-tive.  
I overcome, I beat the odds, I don't react to lures and taunts,  
I am not fr-I-ghtened by their acts or threats, attempts to intim-I-date.  
I could never be their friend or mate, unless they learnt to appreciate  
That they create their own ways, their own days, their own thoughts,  
Settle into it, quit acting so distraught, decide who they are or are not.

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(Transitions into Adulthood Workshops)