

And then I woke up.....

By Farah Farooq

And then I woke up.....

In another body

Someone who was not me, I could clearly see
I was a boy, yet I woke up with long blonde hair and a skirt
Where was my purple minion's shirt or my hand me down robe?
I had blue eyes and a weird nose with funny earlobes
This was not me, I was in another body I could clearly see

So where was my body?

And where was this other girl who belonged in my place
But seemed to be replaced, by me
I'm not a religious person but I turn to god so he could hear my plea
Just return me to my body, I beg of you
Nothing happened too

I sigh and turn to the mirror, to see my new body
And when I looked before me, I see a friendly face,
The girl, I recognize her, she's in my class
My smile turns big with a gasp
I know her, I know her

But do I really know her
She's a sweet girl with a big heart and is always happy sometimes a little sappy
When I look across her room
I thought I could assume she was happy
But when I look at her arms I see cuts that she made?

And come to think about it I'm kind of hungry
I clutch my stomach and to my surprise
I see her stomach is half the size, it should be

Notes on her walls

Saying 'Don't eat'

This isn't the girl I knew, but now I'm walking in her feet

I see she doesn't eat and cuts her arm, she acts happy, when she's really sad

This makes me so mad

Why does she need to act?

When she could tell people, people could help her, that's a fact

I walk to the door, but before I do I see a sweater on the chair

I grab it and pick it up to wear

I'll keep her secret and maybe she'll keep my secrets too

I walk downstairs and turn on the TV

And on the news there I see

Other kids around the world have had their bodies switched

Leaving their other bodies ditched

The phone rings

And I pick up to answer

'Uh hi I'm Chuck, which kid am I speaking to?' the voice says

'It's me, Chuck, Darren,' it feels like we haven't talked in days

'Oh thank god Darren, please help I switched bodies with Stephany from school and,'

He takes a deep breath

'Her Dad hits her, I'm scared,'

I tell him to come over after I heard the news he shared

Chuck can't take a joke let alone a beating,

I also tell him to hold a kids meeting

Not all the kids have changed

Some remain the same

Our whole year comes to sort out this mess
But I tell them we must confess
We each have a dark secret not to be told
But we have to be brave, and we have to be bold

They stand there in silence, not daring to speak
So I have to be the first one to leak
I stand up on a chair
And close my eyes to pretend I don't care,
But I do, I have to
'I'm a jerk to my mum's boyfriend because he's a better dad than my real one'
I open my eyes and look out to my peers
There were weary faces, all expected to face their fears.
Chuck comes out of the crowd, except it's not Chuck it's his body
And inside it is little Stephany

'I'm Stephany and my Dad hits me and I take that crap
Because one day I hope my Mum will come back, but I know she won't,
Because she can't even pick up the phone, that's why I feel so alone'
Tears crawled beneath her eyes
And to my surprise another kid came out
He was a kid I barely knew
But he stated his name and his worst secret to a hundred faces
And we all unfolded like a pair of laces
We told our secrets one by one
Till one was only left

It was Jackson, the school bully
He switched bodies with Blaze
We watched him with our weary gaze

‘I hate myself,’
That’s all he said
Three words, no one should hear or say
But we did, that fateful day.
‘My parents tell me I’m worthless and sometimes I actually believe them.
I know I should tell people but what’s that going to do.
You’re just going to make fun of me.’
We stare at him, confused

He stares at us, getting angrier
‘You got all your problems, well their nothing compared to mine.
I get beat up every day!’ He shouts
‘He does,’ Blaze says
Only two minutes past but it felt like days
‘Don’t you get it?
I’m nothing
I’m the school joke
A failure
You don’t know what it’s like to be worthless
Or nothing you do matters
I feel that way every day of my life
Every damn day’,
We were stunned,
This bully that we had shunned
He hurt us, and we hurt back, never realizing or bothering to care that he was hurt first
He looked at Blaze
‘And when we were bad asses
Nobody thinks anything can hurt us
But it does

It hurts
And in the dark I cried
And tomorrow I'm going to commit suicide'

And then I woke up.....

In my body
Someone who was me I could clearly see
Even before I got out of bed I knew what I was supposed to do
I ran out my ran out of bed, and grabbed my coat and shoes
I fell downstairs in a hurry
To my mum's boyfriend who was watching Andy Murray

I needed to get to school
Instead I walk to my Mum's boyfriend who sits on a stool.
I hug him and say
'I've been a jerk to you and I'm sorry, thank you for being there.'
I ran out the door before he could say anymore and I was off to school

I ran as fast as the wind
Trying to get there before I was too late
I arrive at school at my fastest rate, waving hello to a couple of mates
And then ran
To each and every kid who shared their fears
Shed so many tears and told them
You're not stupid, or dumb, or a fool
Your worth just as much as the person next to you
I ran to students and teachers too
Each had a small smile appear on their face
And I ran to the next person like I was winning I race

I talked to Blaze
And Jackson the bully caught my gaze
Except he wasn't a bully, he was just hurt more than the rest
His life was harder than a test
He walked up to me as I said to Blaze
'You're amazing,'
'Says who' he said
He says this with a black eye that's been there for days

As usual, he was the last one left
Always the last one standing out of the rest
'You're not worthless, you know,' I said
He grabs my shirt and slams me onto the lockers
I struggle in pain
But this, to Jackson is all the same
He felt this pain day after day after day
Yet he was never one to say, anything about the struggles he faced

'Say that again,' he said
His eyes were hollow, he was dead inside
I squealed, to my surprise
My head leaned next to his and I whispered,
'Don't you get it?
You're not nothing
You're not the school joke
You're not a failure

You're not worthless
Everything you do matters
You're going to feel that every day of life
Every single day
I know it hurts
And in the dark you won't cry, not any more
You won't commit suicide
Because I believe in you'

He lets me go and I see tears in his eyes
Never in my life have I seen this boy cry
But I see him standing before me with dust in his eyes
It brings me relief and surprise
Because I know there is a light yet to burnt out
A light like Greek fire, it will always burn
Not always bright but still there
As long as he has someone to care

He steps back and asks me a question, that never once occurred to me
'How do you know this stuff?'
I was confused I didn't know what to say so I said
'I guess I was dreaming.....'
And then I woke up,'

