The Invisible War

Sticks and stones may break my bones  
But words will never hurt me.  
That’s the lie they always tell me  
But the truth of it deserts me

The things they say stick in my mind  
And keep me turning in bed  
They make me not want to go to school  
And fill each break-time with dread

My mum says “just ignore them all”  
That’s easier said than done  
They ruin anything I try and do  
And remove any chance of fun.

Nobody wants to stick up for me  
Nobody will be my friend  
So they keep on laughing and I stay alone  
With no-one to help make it end

Maybe I won’t go to school the next day  
Or even the day after that  
No one will miss me or wish I was there  
There can be no doubt about that

Then I told my teacher, and you’ll never guess  
They hadn’t known I felt so bad  
They helped me feel better, and less afraid  
They seemed disappointed and mad

They told me that they would do all that they could  
To make all my suffering end  
And they made a difference, they helped it change  
My teacher was my first friend

They made all the bullies say sorry to me  
They made lots of phone calls to home  
They kept them all in during break-times, and they  
Stopped me from feeling so alone

Sometimes now, people still say nasty things  
But it isn’t still day after day  
So I can ignore it. Not take it to heart  
And not let it get in my way

So if you’re getting bullied, please listen to me  
Do not fight the invisible war  
Stand up, tell someone, don’t just sit there afraid  
And a bully will bully no more.