



Voices of Survival

December 2019

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www.qwf.org/programs/wic

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i've heard that it's pretty strange
that i could give so much to others
around me, yet i cannot give to myself.
i just value others and their emotions.
more than i truly value myself
it's as simple as that.
by a

I am sad I will never
be glad look in the mirror my disguise
won't be reveal cause I can never heal
by adalia

1. like spring watch the flowers grow
2 flowers grow and I get older
3 seasons change feelings get stronger and I get wiser
by adalia

1. here goes summer what a bummer
2 swimming in a pool water crushing my bones
3 spending time with family well the ones I have left
by adalia

1 fall is here you can fall in love
2 watching people break your bones
3 heat is important so let it burn
by adalia

1 winter I like dancing in the snow
2 snow melts between my toes
3 hot chocolate warming up my bones
by adalia

1 friends will grow at least I don't
2 watch me cry or at least I try
3 worlds can break my bones
by adalia

1 walls break and feelings change
2 but I will always stay the same
3 the dark place inside can rise
by Adalia

1 tears fall to the ground and around
2 but my love for you won't ever die
3 you can try and try but I won't cry
by Adalia

1 you can say my name

2 you can say in vane

3 but the lies stay the same

by Adalia

1 sticks and stones may break my bones

2 but stones may hurt my bones

3 chains can stay but I won't lay

by Adalia

1 you can make fun of me you can laugh

2 but you don't know my past

3 I am not just your class clown

4 I'm a girl, just trying to recover from her past

by Adalia

I'm a girl

I'm a girl who doesn't know where to start

I'm a girl who's trying to make it in this world

I'm a girl who finds it hard to fit in

I'm a girl who struggles with making friends

I'm a girl who wants to be like the rest

I'm a girl who likes to be recognized

I'm a girl who causes trouble

I'm a girl, just trying to recover from her past

by Adalia

my life

is depressing

my head is pressed against my window

watch me cry, my tears turn to ice

as I cry down my window

by Adalia

Shadow

Shadows are behind me

Ghost are in front of me

My eyes turn black

There's nothing left of me

As I stare in this room

I wonder what would it be like to be trapped

by Adalia

Photo

Say "Cheese!"

Did you see me in that picture?

Did you see me disappear?

Did you see me wanna cry?

Did you see me at least try?

By Adalia

Relationships

I met this boy

He used to be fun

Now he's a bum

He's got a new girl

Now she's his world

As time goes by I wonder...

Why did I like that fool?

By Adalia

I am a person because

I can speak

I can hear

I can smell

I can sit

I can sleep

I can use a computer

I can use the bathroom

by Andrew

I am a nice person

I am 13

I am awesome

I am a fan of sports

I am the oldest in my unit

I am good at technology

I am tired sometimes

I am good at sports

I am the kid that loves name brands

**I am a person that loves food and I am the
consumer**

by Andrew

Success has no deadline

It's not too late for me to go home

**It's not too late for me to be a
computer technician**

by Andrew



-Andrew

Respect

retaliation might make you feel better but it is not the right choice

express acceptance of others and their differences

support the people that you know need a little boost

politeness will get you to many places

especially kindness because kindness is key

courage may u have in the worst and great situations

together we the world could make the greatest team of all time.

-Anonymous

One day

I wish

I could show you

the brilliant image

when you are

in the darkness

the light of

your own being

-Anonymous

(found poem)

Not letting you get away with this right now is
where the world is working up change.

-Anonymous

The most beautiful things
come from nature
the gift he or she
gives us can and will
disappear quicker
than anyone wants it to

-Anonymous

something that can
look like a
singular object
may be millions
of different objects
if you look
hard and close
enough to
realize it.

-Anonymous

so plain when you
first encounter
someone or something
but once you take the time
to closely take a look at it
it becomes something totally
different.

-Anonymous

nothing is ugly
nor is anything boring
if it is shown in
a different angle shade or way
you would be
surprised in how much
you think differently
of that beautiful object

-Anonymous

go explore the great big world
see all the beauties that it has
given us and shown us
there' s so much more
to this world that we have yet to see
be the first to admire them.

-Anonymous

not all beauty is
given in light
darkness can be
very magnificent too.

-Anonymous

nature' s beauty can be
great to look at
but a danger
to touch

-Anonymous

October 1, 2019

Are you a person?

I believe I am a person but to others I may be a monster or a freak, I am a person because I have the ability to speak, grow, and learn,

I am a person because...

By: Austin

I am

I am Austin

I am transgender

I am part of the LGBTQ community

I am strong

I am a fighter

I am handsome

I am a good listener

I am a good friend

I am a good person although I make mistakes

I am H U M A N

By: Austin

Dear, depression

I'm sick of you, I want you out of my life. You made me my worst and beat me down at my best, you make me think things I don't want to think and you make me do things I don't want to do. You made me an addict of many things, these are things I used to try and get rid of you,

Things like:

- ❖ Drugs
- ❖ Alcohol
- ❖ Love/Affection
- ❖ Self harm
- ❖ Smoking

Why can't you just let me stop these things, now, all because of you I crave these things daily.

You need to leave because you are not wanted here

- Austin

Dysphoria

Dysphoria, dysphoria, you come and go day by day, night by night you wait silently to creep up and scare me like a heart attack, it's not a scare where you scream and it's over, it's a kind of scare where you feel emotions like fear, anger, sadness, shame and frustration all at the same time. It's a feeling you can't escape. I feel like I'm trapped in a jail cell called my body, no matter how much I scream I can't get out. I wish I could wake up with those scars on my chest and different parts in my pants.

- Austin

It's hard

It's hard when there are only a few people who really
give a shit about you and they aren't even family

It's hard when the person who was supposed to love
you the most doesn't give a shit about you

It's hard when you have to hold everything inside just
to get out of this hell hole

It's hard when you wanna end it all but you don't
wanna hurt the ones you love

- Austin

SORRY

You say you're sorry but do you mean it
because every time you apologize

you NEVER MEAN IT

maybe this time PROVE that you mean it

But whatever you do

Just,

Mean

It

- Austin

It's a feeling

It's a feeling...

It's a feeling where you can't really feel nothing at all

It's a feeling where when things start to go good for you, and you start to feel happy again, your whole world comes crashing down

It's a feeling you can't escape no matter how much you try to push it down and ignore it, it always finds a way to tie those boulders to your ankles and make you drown in your own thoughts

It's a feeling...

It's a feeling that no matter how much the people that love you try to get you to smile, you may smile for a split second but then you are back to that sad frown of a face

It's a feeling that when you try to be happy you just...

Can't seem to smile

It's a feeling you wish you couldn't feel...

It's a feeling...

-Austin

Oct 16th 2019

What is time?

Time, we all use it, well we ain't got no choice. Time is something we can't escape no matter how much you try to run from it time will always be there, right beside you because no matter what time is inescapable.

-Austin

Time matters

Time matters because without it, we would be nothing. There would be no purpose, without time. Time matters because we need time to survive. Time matters because time matters.

-Austin

*It's really hard when you think you're good but
then your whole world comes crashing down.*

-Austin

*Even after all this time the moon never said to
the sun "you get me" but why, they've been
helping each other out day and night but what
happens next*

-Austin

*One day a shadow could show you infinite
incandescence my horrifying image could show
you, you are lonely or in the dark, the astonishing
light of your own being.*

-Austin

The words you speak become you ☺

-Austin

Oh honey, you are not ugly☹ , society is ☺

-Austin

HEY LITTLE GIRL

HEY LITTLE GIRL, YOU'LL NEVER BELIEVE

THERE'S A GHOST INSIDE OF YOU

BUT IT'S HIDDEN TOO DEEP

YOU CAN'T GET AWAY

EVEN IF YOU TRY

ITS GOING TO STAY THE REST OF YOUR LIFE.

HEY LITTLE GIRL, YOU'LL NEVER IMAGINE

YOU GET A LITTLE OLDER

YOU'LL GET ABANDONED

NO ONE WILL STAY

YOU'LL BE ALL ALONE

NO WHERE TO GO

NO PLACE TO CALL HOME

HEY LITTLE GIRL, YOU KNOW SMOKING KILLS

YOU DON'T REALLY CARE

CAUSE YOU LOVE HOW IT FEELS

YOU BUY A PACK OF 25 A WEEK

YOU OFTEN SMOKE IT TO YOURSELF

YOU DON'T CARE WHO SEES

HEY LITTLE GIRL, YOUR FALLING APART

YOU DON'T REALLY CARE

CAUSE THEY BROKE YOUR HEART

YOU BECAME SO COLD

YOU KNOW YOU'RE NOT HOLE

YOU WANT TO BE HELD

BUT YOUR ALL BY YOURSELF

- CryBaby

Her

she has the face of an angel

her smile makes my legs weak

she can be the sunshine to my rainy week

her beauty cannot be compared

her laugh alone gives me butterflies

she has a name of a goddess

an angel from heaven

she's got my heart racing

- CryBaby

Bullying

you should know bullying hurts

it starts with only one word

the word you blurt

Fat, Ugly, Worthless

the words they often hear

and did you know

*you become their biggest fear
all they asked for was one really true friend
but all you do is make them want
their life to end*

- CryBaby

Quiet place

Life is now and if peace was quiet,
hearts wouldn't cry out for help,
when its finely over.

- CryBaby

Lunchbox Friends

the only time you want to talk to me
is when your plastic friends
play hide and seek
I don't want no lunchbox friends

all you do is hurt me
and play pretend
why don't we walk together
hand and hand
you can tell me all about the people you want to smash
but when the clock hits 3
I'll ignore your ass
I don't want no lunchbox friends
you're so fake
u can only get guys like ken
I don't want no lunchbox friends
I want friends
who will come to my house
and we'll die together
friendship that will last forever

- CryBaby

~~Heart Break Club~~

HTF

You claim you love me

But don't know the real meaning

You hurt me

Then you say it's all for love

I can't believe it

I wasted my time loving you

But you never gave any love back

I can't take my love and time back

Then if I wanted to

HTF

You claim you love me

But don't know the real meaning

You're as fake as the dreams we made

I can't believe I didn't see the plastic

Before now

HTF

You claim you love me

But don't know the real meaning

You put me in this ~~HEART BREAK CLUB~~

You made me cry

You made me believed beautiful lies

Some days I wish you would die

HTF

You claim you love me

But don't know the real meaning

I hate this.fucking ~~HEART BREAK CLUB~~

- CryBaby

Why?

An ache so deep, that I can hardly breathe. The pain can't be imagined. Will it ever heal? All I could do was keep believing in something worth breathing. Was that even enough? Was I even enough? Is anyone there? I just

wanna fucking scream! Is this a dream? How could this happen to me? This isn't fair, why is living a nightmare. This kind of torture I just can't bear.

-CryBaby

Hell

**I'm trapped in hell
too hollow and isolated to care
do you know how it feels to suffocate?
Drowning in madness
I'm dangerous
Only fear is left in here
I want to disappear
blood will triumph
I will never be free**

- CryBaby

You

I miss you

I hate you

I love you

I want you to die (sometimes not really)

I wish you were here

I want to strangle you

I want to hold your hand

I wish I could punch you

I wish I could still make love to you

somehow no matter how aggravated you get me

I will always be here for you

- CryBaby

Feel

I NEVER HEAR ANYTHING WHEN I GET UP

I FEEL NOTHING WHILE I'M AWAKE

SOMETIME BEING HAPPY IS SOMETHING WAY TOO HARD TO
FAKE

- ~~CryBaby~~

~~Will you?~~

~~Will you still love me?~~

~~When I'm under the blankets crying my heart out~~

~~Will you still love me?~~

~~When I feel like I'm a failure and you need better~~

~~Will you still love me?~~

~~When the dark thoughts swarm into my mind and~~

~~I ignore you~~

~~Will you still love me?~~

~~When I tell you everything is fine but we both~~

~~know I'm lying~~

~~Will you still love me?~~

~~When I'm so angry and confused that I just~~

~~can't take it and I just want it all to end~~

~~Will you still love me?~~

~~Will you still love me~~

~~when I can't love myself?~~

- CryBaby

it may look

pleasing and harmless

but you never

know if it's

harmful on the side that

we aren't able to see yet.

The smell of illegal substances lingers throughout the building

the building was foggy and I saw tiny flames in certain areas then smoke floating to the ceiling

I had fallen down these blurry steps almost three times now

I wobbled to the kitchen for some water but the liquid tasted sour

the sound was faint but I could feel the vibration from the music

nothing made sense but I couldn't stop laughing

my vision started clearing up and I felt better and was having a blast

I pushed my way through what feels like millions of people

I felt a nice breeze and I was outside all of a sudden I can't remember how I got there but I was there

I was having so many conversations at once It was fun tho

back into the basement somehow so much movement I guess that's where I was supposed to jump up and down and scream with a crowd of people

poof I'm in my living room and I'm in a game of throwing a ball into a cup of more sour liquid

I turn look at my window and see blue and red lights someone screams my name as everyone's in panic

I'm being carried out a door and feel the breeze again but the cold is gone quick I'm put into a small area

I feel movement and were gone I'm in a packed car.

I look out the window and see the streets being over loading with delinquents. Oh my god

we all sit in a large room with the left-over sour liquid in our cups as were talking about what the f*ck just happened and giggling.

Turns out that, that building was my home and I've f*cked up bad.

-Reilly